



## The First Forty Days: The Essential Art of Nourishing the New Mother

By Heng Ou, Amely Greeven, Marisa Belger

Download now

Read Online 

**The First Forty Days: The Essential Art of Nourishing the New Mother** By Heng Ou, Amely Greeven, Marisa Belger

The first 40 days after the birth of a child offer an essential and fleeting period of rest and recovery for the new mother. Based on author Heng Ou's own postpartum experience with *zuo yuezi*, a set period of "confinement," in which a woman remains at home focusing on healing and bonding with her baby, *The First Forty Days* revives the lost art of caring for the mother after birth.

As modern mothers are pushed to prematurely "bounce back" after delivering their babies, and are often left alone to face the physical and emotional challenges of this new stage of their lives, the first forty days provide a lifeline—a source of connection, nourishment, and guidance.

The book includes 60 simple recipes for healing soups; replenishing meals and snacks; and calming and lactation-boosting teas, all formulated to support the unique needs of the new mother. In addition to the recipes, this warm and encouraging guide offers advice on arranging a system of help during the postpartum period, navigating relationship challenges, and honoring the significance of pregnancy and birth.

*The First Forty Days*, fully illustrated to feel both inspiring and soothing, is a practical guide and inspirational read for all new mothers and mothers-to-be—the perfect ally during the first weeks with a new baby.

 [Download The First Forty Days: The Essential Art of Nourish ...pdf](#)

 [Read Online The First Forty Days: The Essential Art of Nouri ...pdf](#)

# The First Forty Days: The Essential Art of Nourishing the New Mother

By Heng Ou, Amely Greeven, Marisa Belger

**The First Forty Days: The Essential Art of Nourishing the New Mother** By Heng Ou, Amely Greeven, Marisa Belger

The first 40 days after the birth of a child offer an essential and fleeting period of rest and recovery for the new mother. Based on author Heng Ou's own postpartum experience with *zuo yuezi*, a set period of "confinement," in which a woman remains at home focusing on healing and bonding with her baby, *The First Forty Days* revives the lost art of caring for the mother after birth.

As modern mothers are pushed to prematurely "bounce back" after delivering their babies, and are often left alone to face the physical and emotional challenges of this new stage of their lives, the first forty days provide a lifeline—a source of connection, nourishment, and guidance.

The book includes 60 simple recipes for healing soups; replenishing meals and snacks; and calming and lactation-boosting teas, all formulated to support the unique needs of the new mother. In addition to the recipes, this warm and encouraging guide offers advice on arranging a system of help during the postpartum period, navigating relationship challenges, and honoring the significance of pregnancy and birth.

*The First Forty Days*, fully illustrated to feel both inspiring and soothing, is a practical guide and inspirational read for all new mothers and mothers-to-be—the perfect ally during the first weeks with a new baby.

**The First Forty Days: The Essential Art of Nourishing the New Mother** By Heng Ou, Amely Greeven, Marisa Belger **Bibliography**

- Sales Rank: #3840 in Books
- Brand: Abrams
- Published on: 2016-04-26
- Released on: 2016-04-26
- Original language: English
- Number of items: 1
- Dimensions: 9.38" h x .88" w x 7.25" l, .0 pounds
- Binding: Hardcover
- 224 pages

 [Download The First Forty Days: The Essential Art of Nourish ...pdf](#)

 [Read Online The First Forty Days: The Essential Art of Nouri ...pdf](#)



## Download and Read Free Online **The First Forty Days: The Essential Art of Nourishing the New Mother** By Heng Ou, Amely Greeven, Marisa Belger

---

### Editorial Review

#### Review

Women are beginning to see the range of choices they have during pregnancy and birth, but the journey isn't over when the baby arrives. Bringing our attention back to the importance of the postpartum period for new mothers helps to create space for this essential period of integration and recovery. *The First 40 Days* is an invaluable companion during the first 40 days and beyond.

(Ricki Lake & Abby Epstein, *Filmmakers, The Business of Being Born*)

#### About the Author

**Heng Ou** is the founder of MotherBees, a food and lifestyle company supporting women through every stage of motherhood.

**Amely Greeven** is the coauthor of the *New York Times* bestseller *Clean*.

**Marisa Belger** is a writer and editor whose work has appeared in numerous magazines and websites including *Natural Health*, *Prevention*, *Travel + Leisure*, and *New York*.

### Users Review

#### From reader reviews:

##### **Yael Whitehead:**

Have you spare time for any day? What do you do when you have considerably more or little spare time? Yeah, you can choose the suitable activity to get spend your time. Any person spent their particular spare time to take a move, shopping, or went to the actual Mall. How about open or even read a book titled *The First Forty Days: The Essential Art of Nourishing the New Mother*? Maybe it is being best activity for you. You understand beside you can spend your time with your favorite's book, you can cleverer than before. Do you agree with its opinion or you have various other opinion?

##### **Joseph Blackwell:**

Do you considered one of people who can't read gratifying if the sentence chained inside straightway, hold on guys this aren't like that. This *The First Forty Days: The Essential Art of Nourishing the New Mother* book is readable through you who hate those perfect word style. You will find the information here are arrange for enjoyable examining experience without leaving perhaps decrease the knowledge that want to offer to you. The writer of *The First Forty Days: The Essential Art of Nourishing the New Mother* content conveys prospect easily to understand by most people. The printed and e-book are not different in the content but it just different in the form of it. So , do you continue to thinking *The First Forty Days: The Essential Art of Nourishing the New Mother* is not loveable to be your top checklist reading book?

**Steven Perez:**

Reading a reserve tends to be new life style in this era globalization. With reading you can get a lot of information that may give you benefit in your life. Using book everyone in this world can certainly share their idea. Publications can also inspire a lot of people. Plenty of author can inspire their very own reader with their story or perhaps their experience. Not only the story that share in the books. But also they write about the knowledge about something that you need illustration. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that you can get now. The authors in this world always try to improve their expertise in writing, they also doing some analysis before they write to the book. One of them is this The First Forty Days: The Essential Art of Nourishing the New Mother.

**Jacki Warner:**

A lot of people said that they feel bored when they reading a book. They are directly felt this when they get a half regions of the book. You can choose the actual book The First Forty Days: The Essential Art of Nourishing the New Mother to make your personal reading is interesting. Your personal skill of reading expertise is developing when you similar to reading. Try to choose straightforward book to make you enjoy to read it and mingle the sensation about book and examining especially. It is to be very first opinion for you to like to available a book and learn it. Beside that the publication The First Forty Days: The Essential Art of Nourishing the New Mother can to be your friend when you're sense alone and confuse with the information must you're doing of the time.

**Download and Read Online The First Forty Days: The Essential Art of Nourishing the New Mother By Heng Ou, Amely Greeven, Marisa Belger #WD69ZJKTUHX**

## **Read The First Forty Days: The Essential Art of Nourishing the New Mother By Heng Ou, Amely Greeven, Marisa Belger for online ebook**

The First Forty Days: The Essential Art of Nourishing the New Mother By Heng Ou, Amely Greeven, Marisa Belger Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The First Forty Days: The Essential Art of Nourishing the New Mother By Heng Ou, Amely Greeven, Marisa Belger books to read online.

### **Online The First Forty Days: The Essential Art of Nourishing the New Mother By Heng Ou, Amely Greeven, Marisa Belger ebook PDF download**

**The First Forty Days: The Essential Art of Nourishing the New Mother By Heng Ou, Amely Greeven, Marisa Belger Doc**

**The First Forty Days: The Essential Art of Nourishing the New Mother By Heng Ou, Amely Greeven, Marisa Belger Mobipocket**

**The First Forty Days: The Essential Art of Nourishing the New Mother By Heng Ou, Amely Greeven, Marisa Belger EPub**

**WD69ZJKTUHX: The First Forty Days: The Essential Art of Nourishing the New Mother By Heng Ou, Amely Greeven, Marisa Belger**