



A Taste of Our Own Medicine: 3 Vital Keys to Ending Postnatal Depletion, Nurturing Mothers and Improving Communities (Paperback)

By Danett C Bean Daam

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.There is an epidemic that is going on. It is estimated that one out of every two mothers are affected by it. No one is talking about it, but a lot of women feel it. Intense fatigue, emotional fluctuations, memory issues, hormonal and other health complications, which for some, can be debilitating and even life threatening. It s called Postnatal Depletion, being depleted after having a baby and can extend from the first days of birth to more than ten years later, possibly predisposing the mother to later health complications. There is a different reality after giving birth than what is presented to us. All women don t just snap back into shape after having a baby and if they don t feel good, it s postpartum depression. In this ground breaking book, Dr. Danett Bean (Doctor of Acupuncture Asian Medicine), preventive care, women s health specialist, integrative medicine practitioner and survivor of postnatal depletion uncovers the roots to this phenomena as a societal issue and offers practical solutions to preventing and ending this condition. If you are an expectant or new...



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