

Optimal Nutrition For Post Natal Recovery and Healing – Module 1

Part 2 – Jessica Drummond

Key – ‘What’s Where & The Content Of This Presentation’

Time	Content
Start	Introductions and Topics to be covered
2:10	The Impact of Stress on the Post Natal Endocrine System
4:26	Post Natal Oestrogen
5:21	Post Natal Progesterone
6:34	The Role of Oxytocin
7:46	Maternal Infant Attachment
9:05	The Role of Prolactin
10:05	Milk Production
11:49	Exercise and Post Natal Hormones
13:30	Nutrition and Lifestyle Support for Health PN Hormones
20:32	Nourishment to Support Post Natal Recovery
22:55	Eating for Energy and Pain Free Sex
23:39	Stress, the Adrenals and Cortisol
25:03	The Stress/Sugar Roller Coaster
27:29	Ideal Breakfast Suggestions (you also have a PDF of these)
37:55	Optimal MICRO NUTRIENTS
40:42	Hyperthyroidism Symptoms
41:23	Hypothyroidism Symptoms
43:45	Micronutrients for Post Natal Thyroid Health
44:39	Support for the Immune System
46:22	Micronutrients for Healthy Oestrogen Levels
48:15	Elevating Oestrogen Naturally
51:15	Nutrition for Soft Tissue Healing
52:55	Collagen Rich Foods
53:59	Amino Acids that Build Collagen
56:25	Building Strong Cell Membranes
57:00	Omega 3 Rich Foods
58:08	Healthy Omega 6 Foods
1:01:48	Gentle Post Natal Detoxification
1:03:50	Post Natal Sleep (Mom)
1:06:34	Post Natal Sleep (Baby)
1:07:60	Summary

