



Ep. 42 Optimizing Energy Postpartum with Lahnor Powell, ND, MPH, and Evan H. Hirsch, MD

Evan H. Hirsch, MD 0:00

Hello and welcome to the FIX YOUR FATIGUE podcast. Whether you can't get out of bed in the morning, your energy crashes throughout the day, or you're a biohacker looking to optimize your energy, productivity and focus. This podcast is for you. I am Dr. Evan Hirsch. And I will be your host on your journey to resolving fatigue and optimizing your energy. And we'll be interviewing some of the top leaders in the world on fatigue resolution. Welcome. Hey, everybody, welcome back to the FIX YOUR FATIGUE Podcast. I'm super excited that you're joining me here today because today we're going to be talking about postpartum fatigue or how to optimize your energy after you have a baby. And with me is the expert on the subject. So we've got Dr. Eleanor Powell with me here today. So let's learn a little bit about her. So she is an MD and mph so naturopathic physician and master's in public health, and is the founder and CEO of love and lullabies LLC I just love that, providing holistic pregnancy delivery and postpartum preparation, education and confidence. As a naturopathic doctor and experienced mama, she offers personalized recommendations to support energy, hormonal balance, and nutrition replenishment. In addition, she possesses a master's degree in public health with a concentration in health behavior, and is an international functional laboratory consultant. Dr. Powell is a contributing author to the revised version of textbook of natural medicine, the Vice President of naturopaths in the state of Georgia, and an active member within her local church and community. Although Dr. Pals accomplishments within the world of medicine and track and field precede her, her proudest accomplishment accomplishments revolve around her success as a wife and mother of three amazing children. Lenore, thank you so much for joining me today.

Lahnor Powell, ND, MPH 2:00

Thank you for inviting me. I'm glad to be here.

Evan H. Hirsch, MD 2:03

So let's talk about this postpartum time. So. But first, let's talk about your story. Like why is it important to focus on on why do you focus on this perinatal period sounds like before middle and after pregnancy? Why do you focus on that,

Lahnor Powell, ND, MPH 2:21

because there's a gap. There's a gap in our traditional, I guess, society and how we actually handle women. After they become pregnant, they go see their OB GYN and for appointments where they get, you know, urine sample analysis, every once in a while, you'll get a blood test. Oh, and you'll get a few ultrasounds, but nobody prepares the woman for what's going to happen after the baby is delivered. They don't prepare you, they don't educate you regarding what your hormone levels do, which we'll talk about in more detail in just a bit. They don't prepare you for the actual birthing process and what to expect during that process, let alone do they not prepare you for after you deliver the various changes physically, mentally, emotionally, spiritually, that women tend to experience. And so my goal is to help provide the education so that the women are empowered when they are pregnant, so that they understand what to expect and what they can personally do to actually help minimize some of those side effects or symptoms. When you think about pregnancy. It's an it's a huge depleting process for the mother. And me personally, after I delivered my first baby, which she's going to turn five actually next week. Um, I cried, and I couldn't understand why I was crying. I was they call it baby blues. And then I would get moments where I would clean my whole house in like two hours. And they call that baby pinks. I've heard of women losing their teeth. I've heard of women losing their self identity, your bowels get stopped up. Your skin starts to lose its glow, you lose your hair, there's so many different things that happen. And unless we sit down, have a real honest conversation about what's going on, after you deliver a baby and how to prepare for it, then we're just going to continuously perpetuate this lack of knowledge, this ignorance and we're just going to continue to have women who go through the birthing process who go through this postpartum period, and utter and complete exhaustion and just fatigue. You know, when you're talking about improving a society, you really have to look at your communities. When you talk about improving communities. You have to look at your families. If you talk about improving families, you have to look at the mother and if the mother is depleted if the mother's tired of the mother is frustrated if the mother is sensitive to sounds if she has issues with a hormone levels. Good luck.

Evan H. Hirsch, MD 5:02

Amen. Yeah, and I think this is even more important, because we now know, you know, everybody's talking about stress, right? And whether it's mental, emotional or physical stress, we now know that stress actually begins in the womb and maybe even before it right? And so the more that we can mitigate stress on the baby, the better. And that all starts with the mom, would you agree?

Lahnor Powell, ND, MPH 5:27

I agree. 100%. You know, when we talk about stress, we talk about cortisol a lot of times, and that's kind of like the fight flight hormone. But this hormone, it's longer acting than your adrenaline. And the body should be able to turn it on and to turn it off. And with this, you know, cortisol or this stress hormone that's produced in pregnancy, it actually increases, especially in the latter trimester, where actually the placenta the other organ that the woman grows during pregnancy takes over cortisol production. And so, you know, when you think about cortisol, and what it does, it really has this ability to impact your immune system, your detoxification, it's thought to help lat to mature the brain and the lungs of the baby. But if you're in this state of cortisol on on and you're not able to switch it off, you're actually negatively impacting the baby, you're negatively impacting yourself, really setting yourself up for immune dysfunction. You're setting yourself up for inflammation, you're setting yourself up for hormonal disruptions for issues with detoxification. So definitely, when I think about stress, I totally agree begins before you are pregnant, you have to work on how to manage stress levels. So

Evan H. Hirsch, MD 6:54

when is the ideal time for a woman to start thinking about pre pregnancy support?

Lahnor Powell, ND, MPH 7:01

This is, um, great question. I would say at minimum six months before you are interested in trying to start conceiving for baby. I think that gives us plenty of time to reestablish nutrients that we might be deficient in. It helps us to ensure that the menstrual cycle and ovulation, everything are regulated appropriately. It helps us to make sure that you're not exposed to environmental toxins that can actually also negatively impact your hormone levels. It just allows us it buys us a little bit of time for that. Now, if you can give somebody two years, that's great, right? But at minimum, we want to at least give a healthcare practitioner at least six months.

Evan H. Hirsch, MD 7:48

That's so important. So for everybody listening right now, if you know somebody who's thinking about getting pregnant, definitely get them in touch with Dr. Powell, or somebody like her where you are going to where they're going to make sure that they are getting rid of all these toxins beforehand. Because Can you talk to us a little bit about kind of some of the toxins that babies come out with I've heard stats, you know, in the umbilical cord and in the breast milk, just to give us a little bit of understanding.

Lahnor Powell, ND, MPH 8:17

So everybody knows about mercury, because we talk about in pregnancy, how we're supposed to avert avoid, you know, Mercury high foods. But what people are not talking about are things like salads, and parabens, which are found in our cosmetics, our beauty products, our shampoos, they're not talking about the toxins that might be found in your cleaning dish detergent or your your items that you use to clean your clothes, they're not talking about the toxins that are in air fresheners that are in candles. So these toxins are literally coming from everywhere. And it can be passed through the mother to the baby. And we have to be very cautious what we allow to come into our environment. A lot of ladies, I see getting their nails done getting their hair done. And you have to be careful because again, that can negatively impact hormonal balance. It can make it more difficult to get pregnant, it can make your pregnancy a little bit more rocky. And it can also make your delivery and recovery process more difficult as well. Especially when you're talking about hormones spiking crazy high and drop it off crazy low. You want to make sure you don't have exogenous for hormones coming from your environment or things come from an environment that can impact your hormone levels.

Evan H. Hirsch, MD 9:40

And this isn't all bad news, right? There are things that people can do to get rid of these toxins out of their bodies before they have a child right?

Lahnor Powell, ND, MPH 9:48

Absolutely. Um, number one plastic containers Tupperware you should not be heating up your foods and tableware. You should not be placing hot foods in a tub. Where are plastics When you go to a restaurant, don't use Styrofoam, you know, try to either eat your food there, or, you know, try to avoid eating up your food. Because, again, that's a really easy place that you can get toxins in your body. When you're drinking water, try using glass containers. Look at your cookware, look at your beauty products, I'd like to send women to the EW.com website. And on there, they have a place where you can actually enter in your beauty products. And it rates like the cleanliness of those beauty products. There's apps and they actually have an app too, you can download on your smartphone and scan products. There's another app called think it's think dirty, buy clean. So there are items out there that allows you to kind of scan products you're using on a regular basis to actually help decrease that load. And if you're eating a diet filled with fruits, and especially your vegetables and having regular bowel movements, which is so critical, that will also help you to kind of mitigate the exposures that we do have. Because let's be real, you can't live in a bubble.

Evan H. Hirsch, MD 11:11

It's very true. Yeah. Excellent. So let's talk a little bit about this hormone roller coaster that you talk about in terms of what's happening before, during, after that's really affecting all the aspects of health.

Lahnor Powell, ND, MPH 11:26

Okay, so your sex hormones, the estrogen and progesterone, they're actually produced in your ovaries. And until early in the second trimester of pregnancy, then the placenta will actually take over hormone production. Now your estrogen which is responsible for like the hips, the lips in the breast, it helps you to maintain the uterine lining, it helps with blood circulation to the fetus. It's what we call a master hormone regulator. And after birth, your estrogen levels which went superduper high when you're pregnant, they plummet to levels of post menopause postmenopausal. And they stay that way they stay on the lower side until the woman stops breastfeeding. You have progesterone which kind of counteracts your estrogen, it's your happy, even keeled, dreamy hormone. And it can increase up to 200 times in pregnancy. And basically, when you deliver the baby, the progesterone drops extremely quickly, because that's what helps trigger your milk production for lactation. And so it basically kind of stays on the low side until a woman begins ovulating again after pregnancy. Then you have oxytocin, which is like your love hormone, your attachment, your bonding hormone, it helps, it helps with the birth of the baby and the uterine contractions and pushing the baby out. That one goes high. After delivery, you have relaxing, which is a hormone that increases 10 times in pregnancy, it helps with the ligaments to relax, it helps with the joints to relax, so you can actually get the baby out of your body. And it continues saying a little bit on the higher side until after breastfeeding. You have cortisol which we briefly talked about, which jumps up superduper high and then it should come back after you deliver your baby. But for some women who had issues turning cortisol on and off, that might not actually be the case. And then your thyroid hormone can actually increase by 50% by the third trimester. So there are I mean, when we say hormone rollercoaster, I mean, a roller coaster. These aren't like gradual incline declines, they're pretty steep. And so it's important, again, for us to avoid those environmental exposures that can influence your hormone levels, it's important for us to also make sure we have a diet that's healthy, and that's conducive to healthy hormonal balance, as well as lifestyle stress management, we need to make sure we have the right testing done. All of these things play a role, not only to helping you achieve pregnancy, but to have a good pregnancy and to have a happy good birth as well as a good postpartum recovery timeframe.

Evan H. Hirsch, MD 14:23

Excellent. Yeah, I was gonna ask you then what do you do to kind of smooth things out but you just mentioned a whole bunch of things that I'm excited about diving into. So let's talk then first about nutrients. So what sort of nutrients can be helpful during this time?

Lahnor Powell, ND, MPH 14:37

Okay, so there's some key nutrients for afterbirth, right? A lot of women already know about the key nutrients for pregnancy because fortunately, our traditional medical system it does do a really good job letting us know about calcium and iron and folate or vitamin B nine. It does a good job letting us know some of those basic nutrients But I would also add in for pregnancy, a fish oil, EPA DHA that helps with the neurological system of the baby. And for you as well. I would also add in a little extra magnesium, I might even consider adding in NAC and acetyl, cysteine and amino acid that has some really up and coming true, tremendous research about how it helps to regulate blood sugar levels, and it can help with women who have had prior miscarriages. Um, those are some things probiotics to help prepare the vaginal canal because when you have the baby out of the vaginal canal, that's how it's basically GI tract microbiome is developed. It's from your microbiome. So those are the things that I think about in pregnancy, but after you deliver the baby, you have to repair rebuild yourself. And collagen is actually one of my top nutrients. You think about what that I think about anyway, when it comes to recovery. Um, same thing with protein, because when it comes to protein, you should be eating about 21 more grams, I would say actually about 10 to 21 more grams during pregnancy and postpartum especially when you're breastfeeding. essential fatty acids like the EPA, the DHA that's important for read nourishment or recovery after delivery, vitamin A vitamin C, your B vitamins, iron, even though a lot of people say that you don't need iron after you deliver your baby. If you think about it, you lose about one to two cups, and sometimes even more if you have multiple babies a blood during delivery. So iron is important to help reestablish and to rebuild that blood supply. Zinc, iodine, think about your fibroid how we mentioned that, you know, your thyroid hormone changes iodine can help with that as well as selenium and magnesium. That's going to be kind of like my hit list when it comes to nutrients to make sure that you have an adequate amounts during pregnancy and also postpartum.

Evan H. Hirsch, MD 17:10

Excellent. And so that's going to help mitigate any of these negative symptoms that can occur. And can you just kind of list some of those again, I mean, there's obviously energy issues, which is why we're talking about this. But then can you name some of the other ones the

Lahnor Powell, ND, MPH 17:27

GI tract, we become sluggish in the GI tract, a lot of women start to experience a lot of constipation, they start to experience sometimes alternating stools, diarrhea and constipation, weight resistance. So yes, after you deliver a baby, you're not supposed to drop back down to your pre baby weight. That's a fallacy. It irks the mess out of me, I hate the whole snap back culture, it just, um, but sometimes we carry extra weight that's unhealthy, especially around the midsection. That is another symptom of extreme fatigue. I mean, unrelentless fatigue, um, you have sleep difficulties, right now, as a new mom, which I am I have a three month old, I don't expect to sleep eight hours throughout the night, like that's just not going to happen. But some women's cortisol and hormone levels are so dysregulated that they can't even shut down to sleep when that time comes. Other common symptoms can be inflammation. So I know after my first child, I had joint inflammation, my joints were locking up and I'm a prior athlete. So this is like, new to me. My knees were hurting, it was just a whole mess. And remember the hormone relaxing we talked about that leads to ligament and joint instability. So imagine moms who are hunched over breastfeeding and just kind of the back pain that they experience, the knee pain and everything else, just paying wise. That's another common symptom that we might experience. We see an uptick in autoimmune diseases because the immune system starts to flare, because you have this inflammation, cortisol kind of issue going on. Um, I mean, the list goes on. Um, those are probably the most common ones and just mental emotional, we see more depression, more anxiety, and a loss of self identity. Who am I? A lot of women lose it in their everyday roles of being a mom being a wife and carrying a full time job and whatever else they're doing.

Evan H. Hirsch, MD 19:40

Yeah, it seems like you kind of have to drop everything, put everything on the shelf for a number of years because all of a sudden that there's this animal, this new animal that literally can't survive without you. Exactly. Yeah, that's gotta be hard. I know. I've had conversations with my wife about that and, and how long it's taken for her to kind of get back back on the horse, she had a business, you know, and whatever we kind of let that go when it was, you know, we had to take care of our child, then kind of getting back on that can be really challenging. Exactly. Yeah, imagine. Yeah. So a couple things around postpartum around having after you have a child. So I'm really glad that you mentioned auto immunity, because isn't that time, the number one time for women to get autoimmune conditions?

Lahnor Powell, ND, MPH 20:26

Whenever you have drastic hormonal shifts? Okay, so I just got my menstrual cycle for the first time. I just had a baby, I'm going into menopause. Those are the three timeframes where we see an uptick in autoimmune diseases.

Evan H. Hirsch, MD 20:43

Interesting. Yeah. So but with doing all these things that you're talking about the lifestyle habits, the nutrients and whatnot, this is a way to mitigate those risks, right?

Lahnor Powell, ND, MPH 20:53

Yeah, it's a way to mitigate the risk. Now, there are genetic predispositions and things like that. But um, I also stress strongly testing. Because even if you have an autoimmune condition, it's not the end of the world, there's a lot of things you can do to help kind of calm down the symptoms, so they don't kind of take over your life. So early identification is going to be very essential. And that's another place I think we kind of fall short. With our current system. Women don't have clear direction when the next time they're supposed to go to their doctor and get testing after they've had a baby. There's no guidelines, there's no extra appointment covered through insurance, right? We just have that six week appointment where literally, it can last less than five minutes.

Evan H. Hirsch, MD 21:53

Yeah, that's a problem. You know, one of the things you mentioned also was back a little bit was like the chemicals and the family eats, and how those can be triggers for the auto immunity, you know, the heavy metals, chemicals, molds, infections, they can all you know, if they're in the body, the immune system sees it, the hormones going bonkers, right? And then they're reacting to all of these things. But it's just kind of an important message for to get out there that, you know, oftentimes, more than more than often, you know, we know that we have these toxicities in our bodies, we just don't know how much and whether or not it's going to trigger an autoimmune condition. So that's why it's even more important to do this pre pregnancy planning. Would you agree?

Lahnor Powell, ND, MPH 22:35

Absolutely. And it's going to make it more difficult to achieve pregnancy. You know, I often wonder Is that why we have this climbing infertility? Right? Is that why we have an increased number of women who have to seek IDI IVF therapy to help with pregnancy? Is this why we have an increased number of diseases associated with infertility like endometriosis, ovarian cysts, fibroids, PCOS, you know, it makes you wonder?

Evan H. Hirsch, MD 23:08

Yeah, I definitely believe that to be the case. Yeah. So great. Let's talk a little bit about seryan. So people who have C sections, you talked about probiotics. So what did they need to do to get those good probiotics into their baby, if they have a cesarean and the baby doesn't come down the vaginal canal.

Lahnor Powell, ND, MPH 23:27

So if it's a planned cesarean section, there's good news, you still want to take your probiotics and things like that. And you can do kind of an artificial inoculation of the baby. Okay. So this is where you, you know, have a conversation with whoever is your physician or your practitioner is going to be working with you. And you're able to take a swab of the vaginal canal, and then you just kind of smear it on the baby's face when they first come into, you know, when they're first delivered from the C section. So that is an option. Now, I had two emergency C sections. So it I did not even do any kind of inoculation because I wasn't planning on having a C section. And by the time I realized I was having a C section, it was too late for me to even do anything because you know, you're given antibiotics and different things like that, for the procedure, she don't get an infection. So what I did was, I used probiotics. So I got a powdered probiotic. And what I would do is I would take the pot of probiotic and put it around my nipple around breastfeeding, or put it on my finger or you could even put it on a pacifier, BPA free, and you can put on a pacifier and have the baby you know, sup on the pacifier. There are other ways to help establish the microbiome of the baby even through cesarean section.

Evan H. Hirsch, MD 24:51

Brilliant. Yeah, that's so important. Because as your gut goes in with the first six months of life, so it goes for the rest of it or something like that.

Lahnor Powell, ND, MPH 25:00

Ah, I like that. I'm gonna use that.

Evan H. Hirsch, MD 25:05

Please do. So a couple of other questions around around timing. So in terms of detoxification, this is always a question that kind of, I'm always armwrestling with myself. So getting rid of so let's say somebody's got toxins in their body, and then all of a sudden, oops, they get pregnant. And you know that those removing those toxins is important. But you also don't want to dump toxins into the baby. Right? So how do you how do you wrestle with that? What do you think

Lahnor Powell, ND, MPH 25:41

that's a tough one. That's very tough. But when you're going through a detox program, or protocol, you should be using contraception. Right? Like, that's like number one thing that we should be telling our women who are, are of childbearing ages to use contraception during these timeframes, because you don't want to get pregnant during these times right. Now, if for, and this happens over and over again. But women do become pregnant during detoxification protocols, you stop what you're doing, right. So you want to stop saunas, you want to stop binding, clay or charcoal, whatever you might be using, you want to stop coffee enemas, if you're doing those, whatever the protocol is, you want to immediately stop. And now it's time to provide those prenatal nutrients to support the mama. And also you want to decrease your current exposures to toxic things. Now, I mentioned NAC, but also vitamin C, right. These are also things that you can use pretty safely in pregnancy, you just don't want to go to too high with vitamin C, because of the bowel stimulation. And you know, that's happens around the abdomen area, got the gavel. But you want to make sure that we have antioxidants on board, eating your dark pigment color berries, you know, this is all going to be important and helpful. Just during that timeframe, and I agree with you, I wrestle with it too. Um, people want to still do things to get it out their body. And I'm like, wait, because during that first trimester, think about what's happening. You're taking cells, and they're multiplying, and they're developing. And all of a sudden, these cells are joining together to create limbs. And in the second trimester, you're maturing your organs, you really don't want to have an increased level of toxins circulating within your bloodstream at that time.

Evan H. Hirsch, MD 27:33

And essentially, when you're doing a detox is that you're mobilizing those toxins, you're pulling exactly shoes and organs into the bloodstream. So you correct them out of the body. Yeah. And the challenge that I have is that we know, if you're not going to do any detoxification, you're probably looking at like 300 different chemicals and toxins that are coming out of breast milk that are found in umbilical cord blood, right? So it's like, if you could know for sure that you that you were going to do a detox protocol that was then going to take those toxins and put them out of your kidney and liver and stool and it wasn't going to go into the baby, then you do it. But you just don't know.

Lahnor Powell, ND, MPH 28:11

You don't know. Yeah. And the fact that we're finding these things in cord blood and passing through breast milk, that's kind of concerning.

Evan H. Hirsch, MD 28:22

It is right? Like, how

Lahnor Powell, ND, MPH 28:23

are babies being born when they have toxins in their bloodstream? Like what? So it has to come from

Evan H. Hirsch, MD 28:28

Mama. Right? Exactly. Yeah. So even I mean, you had said initially at least six months, you know, prior to wanting to get pregnant. Two years would be great. And you know, if you're childbearing age, it's like and you think you might have kids, it's just a good idea to, you know, get these things assessed and see what you have in your body.

Lahnor Powell, ND, MPH 28:49

Absolutely. Absolutely. We're actually seeing more women going into pregnancy in a depleted state. You know, we're talking about postnatal depletion, oops, you come in depleted, you go through a depleting process of pregnancy. And then what are you left with?

Evan H. Hirsch, MD 29:11

So a depleted child? That's true. Yeah, unfortunately. Yeah. So but things you can do. So don't get worried about, you know, if you're listening to this, and you're worried about all this bad news we're giving you just realize that this is education, and that there are there's always things that you can do about this stuff, so don't get down on it. Um, next question is about placenta encapsulation. So I can you tell us a little bit about what that is, and, and what you think of it?

Lahnor Powell, ND, MPH 29:41

Yeah. Oh, I think it's wonderful. I think it's a great option. Um, your mainstream medicine doesn't necessarily back placental encapsulation. There isn't a ton of literature. But animals do it all the time. Right. So sometimes we have to look at nature, to understand what might be helpful, um, what happens is, after you deliver your baby, your placenta, the organ that you grew during pregnancy is delivered afterwards we call after birth. And what a trained placental encapsulation individual do, they will collect your placenta that has been put on ice. So you have to put this in your birth plan, your healthcare facility and team needs to know about it, but they put it on ice. And within one to two hours, somebody who was trained in encapsulating, the placenta will come and pick it up. They thoroughly clean it. And then they dry it and grind it down to a powder. And sometimes they'll even add different herbs like ashwagandha, for example. They encapsulate it, and then you as the mama then receive that, and you take it. Now what they have found is they find very low levels of toxins, which is awesome. They also have found low levels of estrogen, progesterone, CR H, cortisol, low levels of these hormones, that when you have a baby, they go offline. So it helps to prevent that steep roller coaster of the hormones, it helps to kind of normalize it a little bit. Now we're not talking about therapeutic doses of estrogen and progesterone, we're talking about just a little dab a little bit of Delia, but it can help mitigate some of those changes. And they say that it actually the hormone, the hormones through the placenta and all the nutrients that the placenta has, because that's what's responsible for taking the nutrients from you and giving it to your baby. So it is very nutrient dense. And then sometimes, as I mentioned, they put like ashwagandha herbs, and they put other nutritive herbs like nettles, for example, right. And it's a very nutritive, mineral rich herbs. And they kind of just, I mean, it can really help rebalance you, and decrease your risk of postpartum mood changes and depression, and different things that might come with being in a depleted state after pregnancy.

Evan H. Hirsch, MD 32:29

Excellent, so don't knock it till you try it. Right, it sounds sounds like

Lahnor Powell, ND, MPH 32:35

you have to plan in advance though. You can't wait to the last minute like your third trimester and decide that's what you're going to do. Because the individual who's going to pick it up has to pick it up in such a short timeframe. If they have other people they're working with, they might not be able to take you. So it has to be planned well in advance.

Evan H. Hirsch, MD 32:56

So it's like the original bioidentical hormone complex. Love it. There you go. So you mentioned a birth plan. And it sounds like you need plans at different steps of this process. So it sounds like you need a pre Prego plan your Prego plan your post prego. So how many plans do you actually need for this process?

Lahnor Powell, ND, MPH 33:23

Um, I would say at minimum two, okay, have a birth plan, and then have what people don't realize a post birth plan. Okay. And in your birth plan, you want to know the different screenings and tests and injections and different things that they do at that hospital, you want to understand what you would like and what you might want to put off, that needs to be in that birth plan. You want to also put in the birth plan, if you want music, what kind of environment keep the lights dimmed, I don't want the bright fluorescent lights in my face. Keep talking down to a minimum, I want to aim for this type of a delivery, I want to be able to use my birth ball, I want to have a water birth, you want to put all of these details within your birth plan. It's super easy to find birth plan examples online. Now, you also want to post birth plan what you need to Okay, when you look at other societies in Asia, Africa, Hawaii, Australia, um, when you look at these other countries, even in Europe, they have these like, it's these kind of like rituals around this post partum timeframe. And if you look at them, they all include a few basic principles rest, some of them mother can't even get out of bed for two minutes for like two or three months. You also have nourishment. And then lastly, you have massage. So take those principles and put them into your birth plan, right? Let's take some wisdom from different people who have been doing it for a long time, right? So when it comes to rest here in the US, we sometimes will chatter about the five by five rule. So five days in bed, right, five days next to bed five days within arm's reach of bed. Okay, so basically 15 days, you're basically in your bed other than going to the bathroom. Um, so that's one example of how you might be able to adopt such traditions into your own personal life experience postcard and plan, but you have to prepare for it. So if you have a dog who's going to walk your dog, if you have other kids who's going to take him to daycare, who's going to take them to school, who's going to cook for you, right? Meal trains, okay? All these have to be pre planned in advance. When you look at speaking of nourishment, when you look at Asian cultures, they really strongly believe in warming foods. The idea is that when you are delivering a baby, you are basically in this Qi depleted state, Qi Gong depleted state.

And you're in a more of a yin state, which is more of a cold state. And so they put heating, they encourage heating things, soups, and stews and teas and hot packs and bundle up warm, no skin showing, because it's all to help the body rebuild itself rebuild that blood, which is heating. So that's a part of the nourishment, you know, seaweed soups and making sure you have nutrient dense foods, your cruciferous vegetables, things like that. And then you have this village, you have to kind of develop, right? Because a lot of times I said, you know, in these other cultures, they have this, like 45 days, 60 day, 15 day kind of thing, where the mother, or the grandmother comes in and takes over all household duties. Right. In some countries, women actually go to a postpartum spa. You know, where they literally do not have to do anything, but breastfeed their baby and bond. Nice. So you have to really plan and set this up. Let people know what your favorite food is, who do you want to come visit to after you've had your baby. You don't want negative people to come visit you. Because you want more positivity and you want people that will come into your house and start cleaning and doing your laundry and helping out. So all of these things need to be in your post birth plan who's a part of your healthcare team? Right? Do you have a massage therapist, man, that was one of the best things I did after I had tried to deliver was a massage. I mean, I felt rejuvenated, I felt great because if you think about it, you hold on to a lot of fluid in pregnancy. And the massage helps you kind of release that.

Lahnor Powell, ND, MPH 38:20

What about your acupuncturist? Do you have somebody on your team like a chiropractor, if I wouldn't have had my chiropractor on my team, I would have been the most miserable person ever. Um, these are different people you want to bring on? What about somebody to help you? If you've had pelvic floor dysfunction, or I laugh and I pee a little bit. I sneeze and I pee a little bit. I started working out and I'm peeing a little bit that might be that your pelvic floor is not strong enough. So these are things that we want to make sure we have on our team, these kinds of health care people, providers to help support us and then what brings you joy. I mean, you're sitting in bed for like 1545 days, you gotta find something that brings you joy. Okay, so I knit, knit, but I crochet, I'll do puzzles. I had a list of like movies I wanted to see on Netflix, right? So you just have to really plan things in advance and you have to be so strategic. I made sure that I had enough toilet paper, toothpaste, floss, and basic items that you use in high quantities in my house. My mother when she came to my house laughed at me. I have not had to go grocery shopping for those basic items.

Evan H. Hirsch, MD 39:38

Nice. I feel like that kind of intentionality is is what's gonna heal the world and you know, in giving a child and giving them mom, you know that that best start or that best recovery seems to be such an important part of this right if the children really are our future, which they are, right the best start that we can actually give them in the best parents that we can give them, the less stress, the greater health, you know, the greater wealth they they can have, right?

Lahnor Powell, ND, MPH 40:10

Absolutely. I couldn't have put it better. That was that was like tied up in a bow that was perfect.

Evan H. Hirsch, MD 40:19

So I could just talk to you all day long. But we're gonna we're gonna conclude here in just a minute. So where can people go to learn more about you,

Lahnor Powell, ND, MPH 40:28

please come to my website www.thatloveandlullabies.org that's LOVE AND LULLABIES.org. I also am on Instagram, at love and lullabies stop blog. And you can visit me there as well and interact with me, I have a few fun freebies, on my website, please come and check it out. I have blogs on my website. I'm extremely transparent, if you can't tell by now. And so I have just a lot of really helpful resources. And if you are, you know, pregnant, I would absolutely love to work with you. We can work one on one, even if you've already had your child and you're like, you know, I was healthy until I got pregnant. That's when all my symptoms happened. You know, check me out that that might be postnatal depletion. And there's definitely things that we can do to really help bring you back into a state where you're not so tired, where you're not so exhausted, where your adrenals are working better, your thyroids working better, you have balanced sex hormones, you have a wonderful sex life, like we can help you get back to that stage. So just come check me out. I got some stuff on my website that I think you'll find pretty fun.

Evan H. Hirsch, MD 41:49

Awesome. I love it. So one more question. I just want to leave people with a practical thing. So what's one thing that you would say like the most important thing that people should do if they are postpartum? And they have low energy? What would you say would be like the one thing it could be a Category Two, you get to decide

Lahnor Powell, ND, MPH 42:12

rest. You have to rest. You have to make rest a priority. You cannot rebuild yourself until you have adequate amounts of sleep. I'm going to put in another one. Stop eating. Stop eating the scraps from your toddler. Right? Eat Real meals, eat real food. Don't shop the insides of the grocery store shop the perimeters. So rest and nutrition that's going to be what will really make the largest difference. Cut out the process stuff. Drink a lot of water.

Evan H. Hirsch, MD 42:53

Amen. So all you amazing women out there who have just given birth. Listen, prioritize yourselves, because you're worth it. And we need you. So Lenore, thank you so much for joining me here today. It was wonderful getting to know you better and I just love the work you're doing in the world. Well,

Lahnor Powell, ND, MPH 43:10

Thank you so much for inviting me I am honored.

Evan H. Hirsch, MD 43:18

I hope you learned something on today's podcast. If you did, please share it with your friends and family and leave us a five star review on iTunes. It's really helpful for getting this information out to more fatigue people who desperately need it. Sharing all the experts I know in love, and the powerful tips I have on fatigue is one of my absolute favorite things to do. If you'd like more information, please sign up for my newsletter, where I share all important facts and information about the team from the foods and supplements to the programs and products that I use personally and recommend to others so that they can live their best lives. Just go to [fix your fatigue.com](http://fixyourfatigue.com) forward slash newsletter to sign up and I will send you this great information. Thanks for being part of my community. Just a reminder, this podcast is for educational purposes only, and is not a substitute for professional care by a doctor or other qualified medical professional. It is provided with the understanding that it does not constitute medical or other professional advice or services. If you're looking for help with your fatigue, you can visit my website and work with us at [fix your fatigue.com](http://fixyourfatigue.com) And remember, it's important that you have someone in your corner who is a credentialed health care professional to help you make changes. This is very important, especially when it comes to your health. Thanks for listening, and have an amazing day.