

POSTPARTUM SERIES 3: BALANCING HORMONES FOR MOMS

Dr. Daniella Perri

I am a naturopathic doctor with over 10 years of clinical experience and a CAPPA certified childbirth educator. My practice is focussed on supporting women who want to have an empowering birth experience and those who are struggling with postpartum challenges. I am a mother of 3 with lived postpartum understanding. Tell me your story. I'm here to help!

CONTACT & SOCIALS

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POSTPARTUM CRASH

- Drop in estrogen & progesterone
- Affects thyroid: metabolism and sweating
- Affects brain: mood changes
- Affects uterus: changes in your periods

HORMONE TESTING

- blood: snapshot of hormone levels
- saliva: hormone levels in the tissues
- urine: metabolism of hormones



SUPPORT WHILE BREASTFEEDING

BASIC

- hydration, good nutrition
- keep taking your prenatal vitamins

HOMEOPATHICS

- helps improve symptoms of unregulated hormones

BOTAMINCAL MEDICINE

- targets adrenal function and cortisol
- try chamomile, lemon balm and holy basil tea

SUPPORT IF NOT BREASTFEEDING

BASIC

- same as in breastfeeding: nutrition, hydration, prenats

HERBAL TONICS

- may include black cohosh, vital

ADREABL SUPPORT

- stronger herbs like rhodiola and ginseng can be used

KEEP IN MIND

- tell your doctor and naturopath about going back on birth control

Scan me to book an appointment

