

POSTPARTUM SERIES 1: MOM & BABE IMMUNE SUPPORT

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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COMMON IMMUNE BOOSTERS

- Vitamin C
- Zinc
- Echinacea

REMEMBER THIS ...

- baby's ear, nose & throat spaces are tiny
- drain the spaces and tissues
- treat the cause: virus or bacteria
- ensure comfort



TOP 3 SUPPLEMENTS FOR MOM & BABY

GARLIC

- Nature's antimicrobial; safe in breastfeeding

SAMBUCUS NIGRA/ELDERBERRY

- botanical antimicrobial
- may reduce length/intensity of illness

VITAMIN D

- enhances immune system activity

HYDROTHERAPY

- steam baths & steam inhalation moisturizes tissues
- Cold wet socks: wet thin cotton socks with cold water and ring them out, put on feet. Place dry, thick wool socks on top. Repeat when dry!

NUTRITION

- Bone broth: replenishes minerals for healing
- Immune popsicles: echinacea tea with elderberry syrup
- Breastmilk: offer more than usual
- Protein smoothies: nutrient dense option that is gentle on the stomach

Scan me to book an appointment

