

Post-Partum Period

What Is Post-Partum Period?

Post-partum period (or post-natal period) is the period beginning immediately after the birth of a child and covers a 6-week span, during the time where changes in a woman's body that happened during pregnancy return to the non-pregnant state.

Common problems during this period include damaged or painful perineum (the region of the body inferior to the pelvic diaphragm and between the legs), retention of urine, bowel problems, mastitis, backache, and psychological problems.

Post-Partum Period FAQ

Q: How can Serrapeptase help?

A: Serrapeptase helps immensely as it slowly digests all of the dead scar tissue. By clearing away this problem tissue, it enables the body's own healing system to replace it with healthy tissue.



“I gave birth to my third child five months ago, and my sister advised me to take Serrapeptase to help clean out my system and manage post-partum. She gave me 3 bottles to start with, and I took 2 tablets three times a day before meals. True enough, I did not seem to have as much difficulty coping as with my two previous children.”

- Julie C., Canada



Follow the Health Plan as recommended for the best results:

POST-PARTUM PERIOD HEALTH PLAN

The following health plan is designed to provide relief for the Post-Partum Period, especially when combined with a naturally healthy lifestyle.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support women's health - in order of priority:*

- [SerraPlus+](#) - Take 1 capsule x 4 times per day, 30 minutes before each meal and the last one at bedtime.
- [Rio Rosa Oil](#) - Use on the scars a few times a day to reduce their appearance and improve skin texture.
- **Use Relaxed Breathing** - Make sure you are relaxed and breathe from the tummy. Breathing from the tummy is a power source for your recovery.