



# The First Forty Days: The Essential Art of Nourishing the New Mother

By Heng Ou, Amely Greeven, Marisa Belger

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**The First Forty Days: The Essential Art of Nourishing the New Mother** By Heng Ou, Amely Greeven, Marisa Belger

The first 40 days after the birth of a child offer an essential and fleeting period of rest and recovery for the new mother. Based on author Heng Ou's own postpartum experience with *zuo yuezhi*, a set period of "confinement," in which a woman remains at home focusing on healing and bonding with her baby, *The First Forty Days* revives the lost art of caring for the mother after birth.

As modern mothers are pushed to prematurely "bounce back" after delivering their babies, and are often left alone to face the physical and emotional challenges of this new stage of their lives, the first forty days provide a lifeline—a source of connection, nourishment, and guidance.

The book includes 60 simple recipes for healing soups; replenishing meals and snacks; and calming and lactation-boosting teas, all formulated to support the unique needs of the new mother. In addition to the recipes, this warm and encouraging guide offers advice on arranging a system of help during the post-partum period, navigating relationship challenges, and honoring the significance of pregnancy and birth.

*The First Forty Days*, fully illustrated to feel both inspiring and soothing, is a practical guide and inspirational read for all new mothers and mothers-to-be—the perfect ally during the first weeks with a new baby.

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## Editorial Review

### Review

Women are beginning to see the range of choices they have during pregnancy and birth, but the journey isn't over when the baby arrives. Bringing our attention back to the importance of the postpartum period for new mothers helps to create space for this essential period of integration and recovery. *The First 40 Days* is an invaluable companion during the first 40 days and beyond.

*(Ricki Lake & Abby Epstein, Filmmakers, The Business of Being Born)*

### About the Author

**Heng Ou** is the founder of MotherBees, a food and lifestyle company supporting women through every stage of motherhood.

**Amely Greeven** is the coauthor of the *New York Times* bestseller *Clean*.

**Marisa Belger** is a writer and editor whose work has appeared in numerous magazines and websites including *Natural Health*, *Prevention*, *Travel + Leisure*, and *New York*.

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