

Pregnancy & Beyond

Nuskhas for Wellness



Livsatvik

Postpartum Food
Solutions.



Pregnancy is a crucial and transformative stage for both mother and child. Therefore, it is important to prioritise care during this period and in the days following childbirth.

Our grandmothers prepared nutritious homemade mixtures that are immensely beneficial. These traditional remedies played a vital role in easing the challenges of pregnancy and restoring maternal health in the postpartum period.

When these pure and natural foods are consumed in the right combinations, they help in good lactation, followed by healthy weight loss.

When you decide to have a baby, it is important to reduce consumption of packaged products and eliminate all sugar-free products. There is no shortcut to achieving good health, and for that, regular exercise and active lifestyle are a must. This helps to absorb calcium and maintain bone density. Also, strive to minimise stress levels and prioritise quality sleep in order to support a healthy pregnancy.

Guidelines for Expectant Mothers

A basic green chutney, consisting of coriander, lemon, mint, green chilli, ginger, and cumin, aids in stimulating the appetite, which is often reduced during pregnancy.

Desi cow Bilona ghee should be consumed with rotis, rice, etc., as it slows down the rate at which blood sugar increases and supports thyroid function.

Trimester 1

- It is advisable to stay well-hydrated and aim for clear urine to take care of yourself during this special time.
- Your body's condition before pregnancy will play a significant role during this period, so if you are already fit and healthy, you'll likely feel even more vibrant.
- Consider starting your day with a small piece of coconut or a dry fruit as it might help alleviate nausea or morning sickness.
- Opt for local and seasonal fruits and target to consume at least one fruit before 5:00 p.m. to ensure adequate nutrient intake.
- Soaking almonds overnight makes its nutrients easily absorbable by the body and it greatly contributes to nourishing the developing foetus.

Trimester 2

- Stretch marks - the appearance and location of stretch marks are largely determined by genetics. However, the intensity of the marks can be reduced by applying oils that are rich in vitamin E, once or twice a day.
- A happy, loving, enthusiastic atmosphere and attitude from the expectant mother will greatly benefit the child.

- It is important to check vitamin D and B12 levels. Exposing oneself to morning and evening sunshine can help maintain vitamin D levels and keep mood and energy levels high.
- It is recommended to sit on flat surfaces and develop a habit of maintaining a straight spine at all times. This helps the foetus take the appropriate position in the womb.
- Engaging in some form of exercise, such as light walks or workouts, 4 to 5 times a week is beneficial. It's important to start with manageable activities and always prioritise comfort.

Trimester 3

- Coconut water helps maintain the amniotic fluid.
- In case of swelling in the feet or lethargy in the evening, try to keep your feet elevated as often as possible.
- Pay special attention to hydration. Even if the packaged food is healthy, its salt and sugar content may leave you dehydrated.
- If you find yourself unknowingly scratching your stomach, it is a sign that you need to add ghee and other essential fats to your diet. Be consistent with your bedtime routine.
- Eat light, easily digestible food when you're less hungry. Having early dinners will be beneficial.
- To prevent sagging of breasts, it is recommended to lightly massage them using cold pressed oils (coconut in summers and sesame in winters)

Guidelines for New Moms -Post Partum

- Ghee derived from full-fat milk of desi cows is beneficial, whereas ghee from Jersey or Holstein cows should be avoided. The right type of ghee is not fattening. In fact, it promotes fat burning.
- Menstruation can cause a decrease in breast milk production, and as the baby's nutritional needs naturally decrease with age, menstruation typically resumes around 6-8 months after childbirth.
- It is recommended to lose pregnancy weight gradually over a period of 6 to 7 months. Expecting to lose weight within 40 days is inappropriate and unrealistic.
- Resting after childbirth is crucial, but completely restricting movements is not appropriate.
- Simple yoga can be started after receiving advice from doctors, following delivery.
- Kegel exercises can be initiated after consulting a doctor and should be continued for a minimum of 6 months after delivery.
- Movement improves blood circulation and aids digestion.
- Anxiety, anger, grief, or mental disturbances, as well as lack of sleep, can adversely affect breast milk production.
- A non-vegetarian diet should be avoided for 30 days after delivery due to the slow and weak digestion that occurs post childbirth.

About Us

Livsatvik believes in the healing power of authentic Indian food. Our elders used to say "Food is Medicine". That is our guiding light.

Our grandmother compiled immense knowledge passed down over multiple generations, specific to post delivery "Jaapa" care. Taking inspiration from her work, we have curated a set of hampers to get new mothers fit as a fiddle in forty days post delivery.

Livsatvik is a one stop destination for food requirements of a new mother. Experience the healing touch in our Jaapa hampers, made with the purest of ingredients and build a healthier and happier tomorrow.

Specialising in natural food products, Livsatvik offers a wide range of nourishing and wholesome options specifically designed to support the physical & mental recovery and overall well-being of new mothers.

Our services include providing partially prepared ingredients paired with extensively researched and proven recipes. We also provide a user-friendly timetable for meal consumption. To guarantee the highest quality, we cultivate some of the required ingredients ourselves and procure the remainder from the best sources nationwide. Our carefully curated hampers contain pre-prepared ingredients, making it convenient to prepare delightful and nutritious meals!

With a focus on quality, taste, and health benefits, Livsatvik empowers new mothers to make informed choices for themselves and their babies, promoting a holistic approach to postpartum care.

Livsatvik

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Postpartum Care

Postpartum Care or 'Jaapa' is a science and culture handed down through generations in our country.

The 'Jaapa' period is essential for the healthy development of the child and complete recovery of the mother. During this time, the new mother is encouraged to get - Extended periods of rest to rebuild her energy, boost immunity, avoid infections and keep postpartum depression away. - Regular massages; for both the mother and child, to stimulate blood flow and reduce the stress hormones.

But, the most important part of "Jaapa" by far is consuming the right food at the right times.

- **The Jaapa Diet**

Consisting of very specific superfoods, the Jaapa diet aims to rejuvenate and heal the new mothers body. It is instrumental in bringing the uterus back to its pre pregnancy size and condition, balancing the various hormones and boosting lactation. Getting this food ready has its own set of challenges. for instance-

- i) Procurement of ingredients from the correct source is paramount, with correct ingredients such as "Sathwa Saunth", "Desi Khand" available only in very specific places across the country.
- ii) Preparing the very important desi cow Bilona ghee from rearing the cows to churning the butter to making the ghee is all done by us at Livsatvik farms.
- iii) Converting these ingredients into their usable form is a time consuming, laborious and skilled process that requires meticulous attention and craftsmanship.

- iv) The drinking water for the mother is supposed to be infused with "Battise ka potli". This potli is a combination of over 30 different ingredients blended together by pounding.
- v) Ingredients like "Ajwain" need to be treated with raw desi cow milk, the process lasting over 24 hours.

We put in the painstaking work required to turn these raw ingredients into the required form.

For the longest time, we have relied on our grandmothers' expertise. However, today we are rapidly losing this knowledge. Using this wealth of knowledge, we at Livsatvik have fortified these traditional recipes to meet the needs of 21st-century mothers, addressing relevant issues such as postpartum depression, lactation, weight loss, and fatigue.

By creating personalised postpartum hampers, we aim to make your Jaapa enjoyable and hassle-free. Read on to learn about the various Jaapa hampers we offer

Importance of recommended food during postpartum

Almonds:

- Enhances hair lustre.
- Helps in reducing fat accumulation in the stomach, butt, and thighs.

Carom Seeds (Ajwain):

- Known for its antifungal and antibacterial properties, making it a reliable remedy for digestion issues.
- Eases gas and acidity caused by a disturbed sleep cycle that babies cause.

Edible Gum (Gaund):

- Nourishes the brain, aids digestion, and boosts the immune system.
- Acts as an anti-aging agent and is known for restoring sexual vigour.

Coconut:

- Offers protection against infections and illnesses.
- Has a calming effect on the mind.

Garden Cress Seeds (Aliv):

- Rich in iron, it helps prevent fatigue and irritability.

Sesame Seeds (Til):

- Provides support for strength in the spine and mind.
- Traditionally associated with enhancing Arabic women's complexion and promoting ageless skin.

Ghee:

- Prepared using the Bilona method with full-fat milk from desi cows (not from Houston or Jersey cows).
- Improves intestinal function and promotes the growth of beneficial bacteria.
- Aids in fat burning and helps manage blood sugar levels during pregnancy.
- Recommended in good amounts, especially for those with a history of diabetes.
- Application on the soles of the feet can prevent constipation and promote better sleep.

Turmeric:

- Possesses neuroprotective properties, preventing brain and muscle degeneration.
- Helps prevent eye strain and protects the heart and nerves.
- Helps purify breast milk

Cumin:

- Helps improve lactation and quality of breast milk

Dry Ginger(Saunth):

- Helps regain strength, energy and stamina post delivery.
- It is anti-inflammatory and helps un foster healing.

How to decide which hamper is more suitable for you ?

- **Jaapa Lite**

Jaapa Lite is a great option for new mothers during the postpartum days. This product provides ingredients along with a recipe booklet, allowing mothers to prepare their own nutritious meals. By using the high-quality ingredients provided, mothers can ensure they are consuming wholesome and nourishing food that caters to their specific dietary needs during this crucial period of recovery. One may use these basic ingredients for their own recipes.

- **Nourishing Basket**

The Nourishing Basket is a must-have for new mothers during the postpartum phase. This hamper offers essential items that mothers require but will not be available off the shelf in the markets. With the Nourishing Basket, mothers have easy access to a range of products, such as herbal teas, lactation blends and nourishing supplements, all specifically curated to support their well-being and recovery.

- **Convenience Hamper**

The Convenience Hamper is a true saviour for new mothers in their postpartum days. By following simple instructions, mothers can quickly prepare a wholesome meal using the pre-portioned ingredients provided. Now, mothers can save time and effort by having all the necessary ingredients conveniently packaged and ready to use along with the required recipes. This Hamper is an added convenience for the mothers making their own food using Jaapa lite products.

- **Jaapa Collective**

Jaapa Lite + Nourishing Basket + Convenience Pack + Comprehensive Booklet with recipes & Timetable & Do's and Don'ts

Jaapa Collective is a DIY product that minimises effort while ensuring a nourishing meal for new mothers. These ingredients come in powder, whole and crushed form needed as per the recipes provided. By receiving everything in one package, mothers can eliminate the hassle of sourcing individual ingredients and instead focus on preparing delicious and nourishing dishes. Jaapa collective offers convenience, quality and a wide range of variety making it an ideal choice for new mothers who want to prioritise their well being without compromising on taste.

- **Jaapa On Your Plate:**

Jaapa On Your Plate is a comprehensive solution for new mothers during the postpartum period. With minimal preparation required, this option provides new mothers with the convenience they need during the demanding postpartum days. Jaapa On Your Plate allows mothers to save time and energy while still enjoying a balanced and nutritious diet, promoting their overall well-being during this crucial period of recovery.

P.S: A time table with each Hamper is given.

Food Solutions for New Mother

Post Partum Food

Jaapa Lite

This hamper has the core ingredients that are most important for the basic cleansing and strengthening of the new mother. These ingredients are treated and pre-prepared to make it fit for consumption for the new mother.

All the quantities in Jaapa Lite will suffice for the 40-day postnatal period.



- **Recipe Book**
- **Treated Ajwain (800gms)**
 - powdered for ajwain peji & ladoos
 - coarsely grounded for kankari
 - whole for roti
 - potlis for bathing.
- **Treated Saunth (125gms)**
 - Ladoos
 - Moi
- **Treated Gaund (800gms)**
 - coarsely ground for rai, chakki
 - Powdered for ladoo
- **'Nutty Suwa Bhurki' for Lactation**

Nourishing Basket

This hamper is a combination of natural herbs that help the mother in preventing post partum disorders.

These products are homemade.

A booklet with all guidelines to consume these is included.



A list of the benefits of each product

- **'Ajwain Heeng Pachak'** - to prevent constipation
- **'Heeng Phoola'** - to prevent flatulence
- **'Battisa Potli'** - the right drinking water aiding in digestion
- **'Badami Saunf Masala'** - is a digestive stimulant
- **'Mishri Gulkand'** - cools the stomach
- **'Dashmool Kadha'** - for preventing postpartum fever
- **'Sitopaladi'** - for preventing cold and cough
- **'Haldi Goli'** - for faster healing
- **'Kamarkas'** - for lower back strength
- **'Jeera Mix'** - for improving lactation
- **'Mom's Milk Masala'** - to balance hormones
- **Home extracted cold press 'Almond Oil'** - for your precious hair

Convenience Pack

This hamper is a collection of ingredients that are essential for the recipes provided with the Jaapa Lite hamper. It is a complete package for items that may not be readily available in the required form in your kitchen.

- **Homemade Desi Cow Bilona Ghee (3 Kg)**
- **Homemade Moong Badi/Mangodi**
- **Haldi powder**
- **Mamra Badam (2 Kg) :** prepared in three forms
- **Organic Gud Crushed**
- **Black Pepper Coarse**
- **Black Pepper Whole**
- **Cardamom Powder**
- **Choti Peepal Powder**
- **Decicated Coconut**
- **Desi Khand**
- **Dhana Guli**
- **Kashmiri Kesar Crushed**
- **Kharbooja Giri**
- **Sabudana (barik)**
- **Salt-Blended**
- **Moong Besan**
- **Khus Khus**
- **Satta Mishri Coarse**
- **Chopped Pishta**
- **Singhare ka Atta**
- **Taal Makhana Cut**
- **Viaividing Powder**

Jaapa Collective

The Livsatvik Jaapa Collective includes

- **Jaapa Lite**
- **Nourishing Basket**
- **Convenience Pack**
- **Recipe and timetable booklet- One comprehensive booklet combining the use of all the three hampers.**

Jaapa On your Plate

Introducing the ultimate Jaapa solution for new moms - our fully prepared, **Ready-to-Eat** Jaapa on your plate. A bundle that ensures your meals for the 40 day post delivery are taken care of.

We do all the hard work so that you can focus on your recovery and spending time with your little one. You don't have to worry about grocery shopping, measuring ingredients, or spending hours in the kitchen.

The max you have to do is boil water !

Our hamper includes a detailed timetable along with Do's and Don'ts, ensuring that you have all the guidance you need.



Grandma's Ghasa Box

A treasure chest for the precious little one to help overcome hiccups in their new environment.

- Grandma's ghasa box contains selected natural remedies for minor ailments like cold, cough, flatulence and constipation. Regular dose of Ghasa also ensures that the digestive system of the baby can keep up with new foods that are introduced over time.
- This box also has Janam Ghuti which kickstarts the building of the immune system of the child.
- Regular consumption of these more than 25 ingredients keeps the baby healthy and ready to take on the world.

A booklet with detailed guidelines to prepare and administer these remedies is included

- **Argha**
- **Ghasa Box containing**

- Ajwain
- Ajwain Potli
- Ashwagandha
- Anar chilka
- Badam
- Belgiri
- Choti Peepal
- Chikni Supari
- Harda
- Haldi Ganth
- Honey
- Jaiphal

- **Chakla / Ghasara Paata**

- Janm Ghuti
- Kharak
- Katikaranj
- Kala namak
- Kayaphal
- Marodfali
- Mulethi
- Mishri
- Nagarmotha
- Suntha
- Sitopaladi
- Vaividing





The Team

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