

Post-Pregnancy Wellness Company LLC

The Mommy Plan

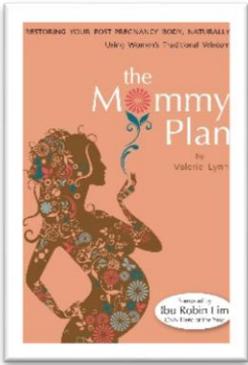
Restoring Your Post-Pregnancy Body Naturally, Using
Women's Traditional Wisdom

A New Mother's Complete Plan for Recovery After
Pregnancy and Childbirth

By Valerie Lynn, Post-Pregnancy Wellness Company LLC



The Mommy Plan



1. Book, printed in 2010, 210 pages, 1,500 copies sold.
2. The Mommy Plan Workshops - corporate, government, and wellness organizations.
3. The VIP Mommy Plan Recovery Program from Pregnancy & Childbirth – 6-8 weeks up to 4-month COMPLETE recovery program.



- i. A new post-baby nutrient dense diet, personal care and activities.
- ii. Personal care – body treatments and abdominal wrapping.
- iii. Lifestyle guidelines – for the first 40 days.

New Mommy Wellness Kit

A comprehensive set of 11-all natural healing products, including an abdominal Mommy Wrap, that aids a mother's body to release retained pregnancy fluid, fat and flatulence allowing for an improved physical recovery which



contributes to a more balanced hormonal recovery. The NMWK is sold separately or is part of the VIP Recovery Program.



The Mommy Plan Recipe Book – Healing Meals: Simple Recipes for New Moms:



Following the post-baby nutritional guidelines in The Mommy Plan, over 50 recipes created, and still counting, in this living cookbook!

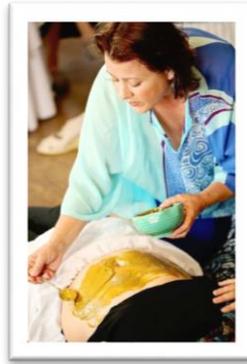


(VIDEO) – Postnatal Maple Scented Cupcake with Chai Spiced Frosting



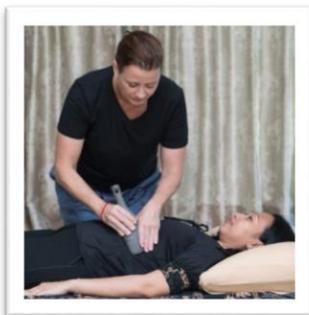
Traditional Postpartum Practitioner Training

Education for childbirth professionals, massage therapists, social workers and anyone who wants to work effectively with new moms on the most effective and modernized post-baby recovery practices from scientific theory to practical. Customized to your needs.



The Mommy Wrap

One of the most comfortable and supportive after birth abdominal wraps that supports Mama's temporarily weakened core. This wrap encompassing the core from below the bust to the hips. New Moms have described it as a "warm hug". Gentle pressure on the hips ensures the cervix closes at a steady and faster rate.



Post-Pregnancy Wellness Company LLC. founded in 2010 is a leading company in the United States introducing modernized traditional after birth recovery practices regarding a New Moms' diet and personal care – which includes abdominal wrapping and body treatments. We provide Moms with the knowledge, all-natural products and well-developed recovery program to help their body recover, heal and re-balance their hormones in a strong, healthy manner in 3-4 months after childbirth.



New Mother's Require Sacred Time and Space for Healing

Pregnancy and impending motherhood are no doubt one of life's most significant experiences for most women. Women plan everything down to the last onesie, but we find ourselves completely out of our element when it comes to holding space for ourselves to honor and heal our post-baby body; which mind you, has been put on a pedestal throughout pregnancy. We need to have "post-baby boundaries" in place that are not meant to keep people out but to hold space for ourselves when we need to rest, deal with painful breasts or doubled-over with after birth pains. That 'sacred post-baby space' is paramount for our healing.

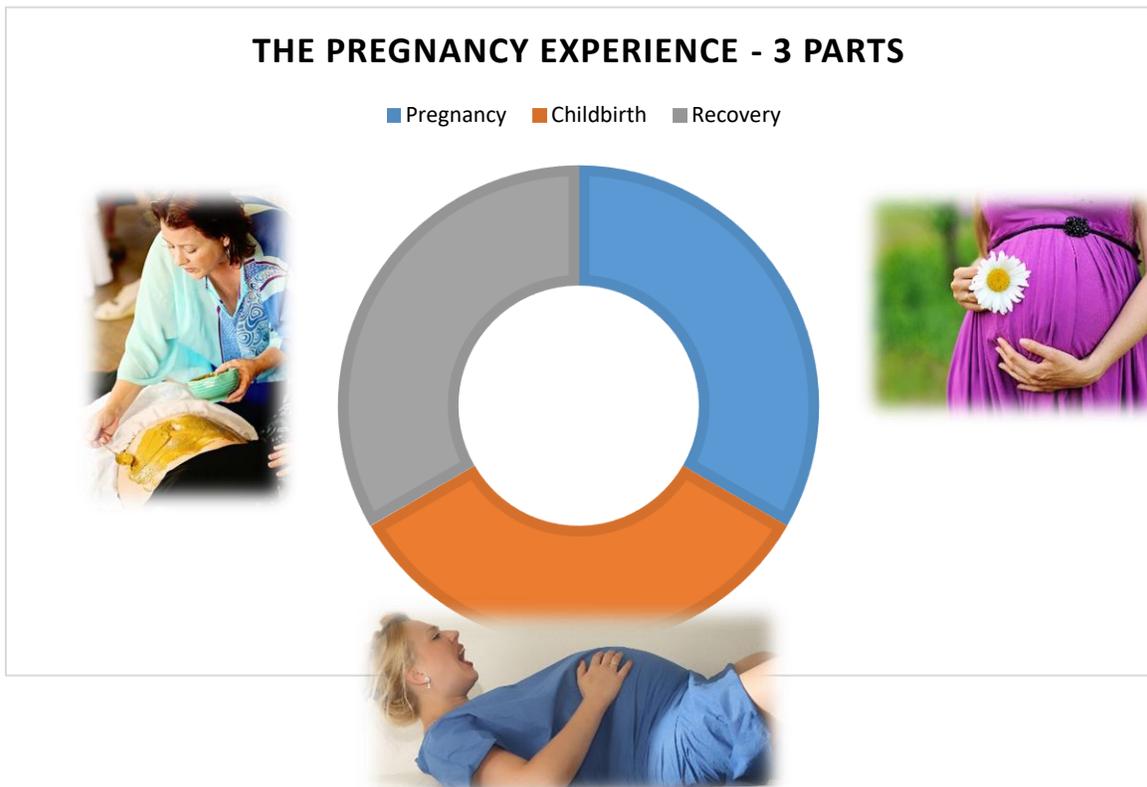
Newest Global Trend of Post-Pregnancy Wellness

The ancient body of knowledge, known as post-pregnancy wellness, is gaining notoriety as the United States continues to have an unofficial rate of postpartum depression of 25% equating to over 1,00,000 new mothers per year with no definitive solution how to reduce this number. Traditional Post-Pregnancy Wellness regards the rich post-baby heritage of countries with specific, structured recovery guidelines and practices and how they may be successfully introduced to western cultures so all mothers may benefit. Such practices are "preventative measures" undertaken by women to aid their body to heal in a strong, fast and hormonally balanced manner. Caring for one's own body as it transitions back to a non-pregnant state is new to women in the United States. However, **3 billion people** on the planet follow a well-structured set of post-pregnancy recovery guidelines in stark contrast to American culture that doesn't have any guidelines.

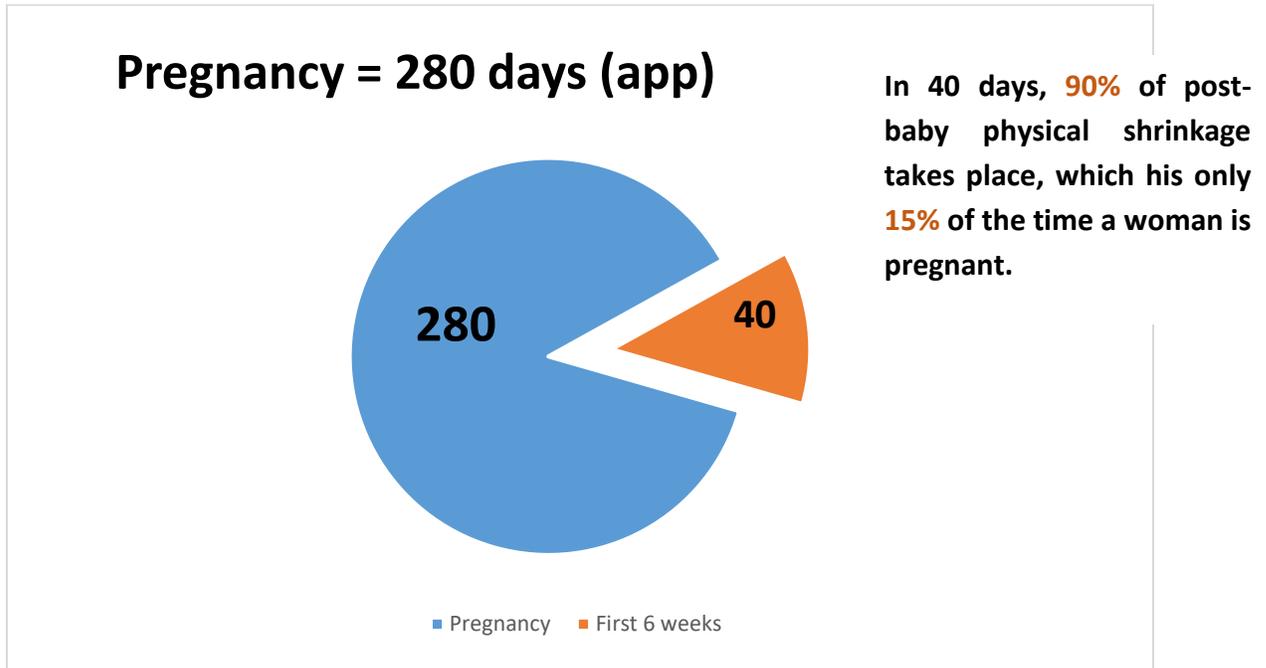
The “Healing Window of Opportunity”

The #1 complication from childbirth is **Perinatal Mood and Anxiety Disorders (PMAD)**; which are statistically grouped together under postpartum depression or PPD. The official rate of postpartum depression is 15% but more likely to be as high as 25% (unofficially) in the U.S. This means that with an average of 4 million births per year roughly, 1 million NEW mothers are diagnosed annually; this doesn't include existing PPD numbers. Postpartum depression costs the U.S. economy roughly \$7.5 billion annually which is largely borne by the insurance industry. Much of the prevalence of PPD is due to the void of specific recovery guidelines as there is a lack of after birth recovery practices or knowledge in the U.S. Most American women begin their recovery after the 6-week doctor's post-delivery exam. However, there is a “Healing Window of Opportunity” that women don't realize occurs within the first 6-8 weeks post-baby when their body is naturally transitioning, at an accelerated rate, back to a non-pregnancy state which should be taken advantage of as it requires minimal effort by new moms but *maximum* results are seen.

Breaking Down the Pregnancy Experience



Recovery is the final 1/3 of the pregnancy experience; with the first 2/3 being: pregnancy (1/3) and labor and delivery (1/3).



What happens within the first 42 days postpartum?

In a nutshell, here's why the first 6-weeks are so important. Pregnancy is roughly 280 days. Within the first 6-weeks, 80% of the hormonal re-balancing takes place and 90% of the shrinkage of the perineum organs. This is only **15%** of the time a woman spends pregnant. Why? Birth is a trauma to the body, but it is a natural trauma which is the reason it can recover so quickly.

Healing After Pregnancy and Childbirth: Phase I and Phase II

Phase I – The first 6-Weeks - Intense Healing Process

Every woman sheds her pregnancy weight at her own pace. It is also claimed that breastfeeding may burn as much as 500 extra calories per day. Depending on a new mother's eating habits breastfeeding may or may not have an impact on weight loss.

During childbirth 10-12lbs may be lost due to the baby, placenta and fluids being pushed-out which is a healthy start of removing weight a pregnant body has been carrying around. The

average weight loss is another 10-20lbs of fluid and fat by Weeks 3-4 post-birth. The two tables below illustrate the intense healing process that goes on in the weeks directly after childbirth.

Table 1 exhibits *safe weight loss* recommended by leading health organizations such as the Mayo Clinic of 1-2 pounds per week when not pregnant.

Table 1: Safe Weight Loss – Recommended Average Loss

Pounds	No of Days	Calories burned per day	Total Calories Burned
1	7	500	3,500
2	14	500	7,000

Table 2 illustrates how a post-baby body burns fat at **7x times higher** than the normal rate as it’s furiously releasing excess pregnancy fat and fluid that is no longer needed to support a baby-in-utero. **Please note that this is a naturally occurring process of body without engaging in any form of exercise.**

Table 2: Accelerated Average Weight loss by Week 2-3 after childbirth

Pounds	No of Days	Calories burned per day	Total Calories Burned
20	14	7,000	*49,000

*A post-baby body is burning fat **7x higher** than usual during the first 2-4 four weeks after delivery.

Childbirth is a natural event but it is also a trauma to the woman's body; a natural trauma which is why during Phase I – 0 to 6 weeks 85% of the internal healing takes occurs.

Harness the “Shedding Process”

Women in many countries harness the Phase I “shedding process” and sustain it by actively managing their post-baby recovery by following a temporary post-maternity nutritional diet as well as specific guidelines surrounding their life-style and personal care. This results in elevated energy levels, more stable re-balancing of hormone level and strong, steady physical recovery.

Did I mention this all happens BEFORE the six-week medical checkup? This means that a new mom can get a huge jump on her recovery and place herself well on the road to a sound recovery, even before she sees her doctor at the 6-week medical check-up. There is a great deal new moms can do to gently heal themselves that have a tremendous impact on the healing process within those first weeks.

Phase II – 6-Weeks and Beyond

At roughly six weeks post-baby a new mother's body has largely completed its transitioning back to a non-pregnant state, thus the super-charged shedding of retained fluid, fat and flatulence has slowed down tremendously.

Origins of After Birth Recovery Traditions, Southeast Asia – Learning from the Best

Valerie has conducted original research on holistic post-pregnancy recovery practices that are part of daily life, culture and tradition in other parts of the world. Much of her research is from Malaysia, a country with the **lowest rates of PPD in the world at 3.9%** where she carried out original research through the Malaysian Ministry of Health, Traditional Complementary Medicine department of the Malaysian government in hospitals and the field.





Valerie spent four years gathering information, as nothing was written down or in English. She is the very first foreigner to earn a certificate in Malay Postnatal Wellness & Body Treatments from a university in Malaysia – UTM.

Malaysian Maternal Health Care Policy – FREE after birth recovery treatments for women

There is a deep postnatal heritage, and wide body of knowledge in Malaysia, therefore after birth recovery is taken very seriously and well-planned out. So, serious in fact that the Malaysian government incorporated postnatal recovery services into its Maternal Health Care Policy. Each mother is afforded the opportunity of enjoying six-two-hour body treatments and abdominal wrapping within the first six weeks after child birth. These treatments, in combination with a nutrient dense-diet, personal care and temporary life-style guidelines, contributes to a strong post-pregnancy recovery, much more so than what American women experience. As result of her research, and experience in Malaysia, Ms. Lynn is a zealous advocate for “preventive measures” and actively managed recovery care that women can do to reduce the chances of suffering from postpartum disorders beyond the “Baby Blues”, which is a normal and transient condition.

Continual Deep Connection with Malaysia



[Yayasan Suara Wanita – The Voice of Women Foundation - Malaysia](#)

I am part of this wonderful organization that stands up for women’s rights in Malaysia as part of their Board of Directors as an **International Consultant on Traditional Postnatal Practices.**

July 2017 - Inaugural training of first group of birth professional from the U.S. to travel to Malaysia for a 2-week course in Malay Traditional Postnatal Techniques and Practices.



1st Asian Postnatal Practices Conference, Sept. 2017, New York NY

Yasnita, Valerie Lynn, of Post-Pregnancy Wellness and the Malaysian government will be announcing the commencement of 1st Asian Postnatal Conference to be held in New York City in September 2017. The theme of the conference will be on evidence based after birth recovery practices which are preventative measures of successful recuperation from pregnancy and childbirth.

Topic areas are based on Traditional After Birth Recovery Practices and Beliefs are as follows:

- Cultural beliefs surrounding a woman's body after childbirth.
- Diet Do's & Don'ts: Post-baby nutritional diet.
- Postpartum Precautions: New Mother personal care.
- Postnatal Body treatments and massage including abdominal wrapping.
- Traditional Postpartum Practitioners, who are they?
- Understanding New Mother's from traditional cultures.
- Traditional Asian Health Beliefs & Healing Practices
- Understanding Postpartum Recovery Care from Cultures Around the World
- Case Study: Malaysian, Chinese and Indian Postnatal Care Systems
- Incorporating after birth recovery services and practices into your organization.



The conference will be aimed towards organizations such as hospitals, insurance companies, birthing centers and professionals who would like to incorporate sophisticated after birth recovery care services to new mothers.

The Mommy Plan Workshop

Optimizing Maternity Leave: A Roadmap to Recovery After Pregnancy

Corporate Lunch & Learn Talk (60-90 minutes) | Development of Maternity Leave Policy

Extended paid maternity leave alone is not enough IF a mother's recovery is not managed. The #1 complication from pregnancy is recovery. Over 1,000,000 women, or 1 in 7 new mothers, experience Postpartum Mood Disorders (PPMD) resulting in a \$7.5 billion cost to the U.S. economy. More expecting and new mothers, and their



family members, are realizing recovery from birth during their maternity leave must be **actively** managed. Provide your team with the opportunity to learn proven, evidence-

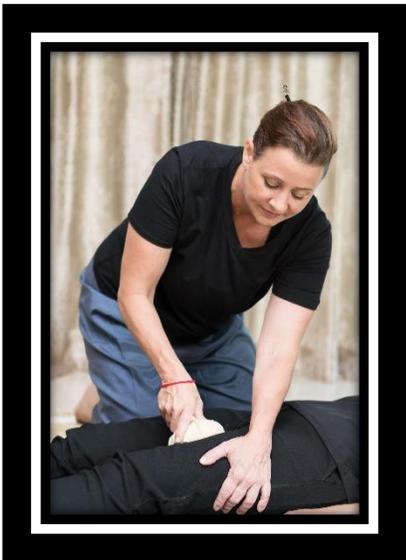
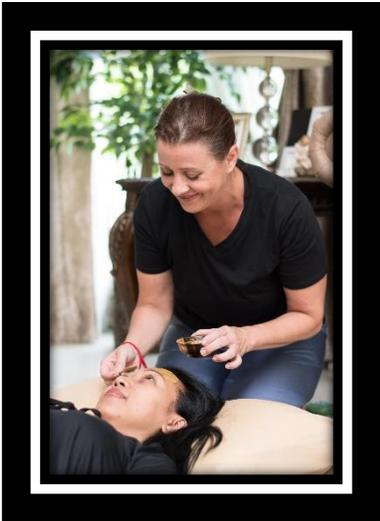


based vital knowledge and information from a country that has mastered recovery from pregnancy with the lowest rates of PPMD in the world at just **3.9%**. A new comprehension is needed to effectively manage a post-baby diet, personal care and activities to ensure a mother has a strong, healthy, balanced recovery. The sooner maternity recovery is managed, the sooner and more sound is the recovery. Maternity leave alone DOES NOT

guarantee the return of a productive employee. **Maternity leave + The Mommy Plan Workshop = A Roadmap to Recovery After Pregnancy.**



MALAYSIA



THAILAND

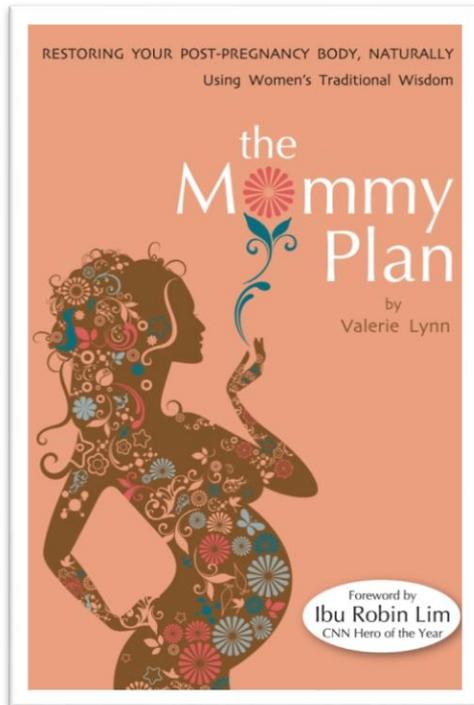


CAMBODIA



The Mommy Plan

Restoring Your Post-Pregnancy Body,
Naturally Using Women's Traditional Wisdom



[Foreword by Ibu Robin Lim, CNN Hero of the Year](#)



"It is time to care for ALL new mothers, and The Mommy Plan is an important key to having the knowledge "toolbox" ready to help."

Ibu Robin Lim, Global Birth Advocate, CNN Hero of the Year

1. Published in May 2012.
2. 1500 copies sold to date.
3. Printed version - sold on [Amazon](#).
4. Electronic versions - 4 different formats
 - a. Kindle unlimited (Amazon).
 - b. Apple: Ipad.
 - c. Barnes & Nobel: Nook.
5. E-reading aps for PC and Mac.



[amazon.com](#)

**BARNES
& NOBLE**

Introduction

For the very first time food science, anatomy and medical science are put behind core tenants of one of the most effective traditional post-pregnancy recovery programs in the world. Specific guidelines and recommendations surrounding a mother's diet, activities and personal care after childbirth are presented in detail. How food is used as medicine and why certain foods can negatively or positively affect the healing capabilities of a woman's body as it transitions back to a non-pregnant state are answered. The traditional recovery guidelines presented in this book have been adapted for a western diet and lifestyle making it easy, and cost effective, for a recovering mother to incorporate them into her daily routine. Suggestions of how staple meals can be adapted to the recommended cooking guidelines as well as sample recipes and shopping lists are included.

- **Moms are Searching for Ways to Speed-Up Recovery from Pregnancy**
- **Post-pregnancy Recovery Information Void in the United States**
- **Asian Post-Pregnancy Healthcare in a Global Lead Position**
- **No More Underestimated, Understood**
- **The Daddy Plan**

Moms are Searching for Ways to Speed-Up Recovery from Pregnancy

The childbirth industry is in transition as more mothers are searching for ways to help speed up their recovery from childbirth as the United States is one of only four countries in the world that does not require employers to provide *paid* maternity care – which a competitive business environment and market forces are changing this. Therefore, new mothers need to return to work as soon as they are able. The result of this is the undocumented, existence of a "Postpartum epidemic" happening in the United States as approximately 1 million mothers are diagnosed *annually* with a Postpartum Mood Disorder (PPMD). To make a comparison, more women are diagnosed with PPMD than men are diagnosed with new cases of erectile dysfunction, or impotence, annually. The average number of new impotence cases in the United States per year is over 600,000, although you would never know this.

Void of Postpartum Preventative and Post-Pregnancy Recovery Information

There is ample knowledge regarding fertility and pregnancy in western countries however there is a significant void in any *specific* post-pregnancy recovery knowledge that is widely known or followed. Western countries that do not have a supportive post-pregnancy culture have only one solution, to turn to countries that have a rich after birth heritage to gain insight and knowledge. Therefore, Western countries are no longer ignoring the fact that there is ample evidence-based proof regarding the effectiveness of traditional post-pregnancy guidelines and how they accelerate a mother's recovery from pregnancy and childbirth. However, the primary obstacle in the past, to allow for general acceptance, has been the lack of explanation of *how* traditional post-

pregnancy guidelines positively affects a mother's body as it transitions back to a non-pregnant state; and how such effects assist with a speedy recovery? These obstacles have been demystified by breaking them down with a scientific perspective. All after birth beliefs, practices and traditions are based on the Humoral Theory of Medicine that is applied to the period after childbirth.

Asian Post-Pregnancy Healthcare in a Global Lead Position

Asian healthcare traditions are in a global lead position. Not only does Asia have the raw materials, it has the knowledge as well. The world is increasingly reverting to natural forms of healthcare and demand for the same is high. The growing field of natural healthcare is now becoming well established in official government healthcare policies in many countries of the world. Asian cultures far exceed Western countries, when it comes to after birth recovery and miscarriage care, as there are well-documented programs women follow to strengthen their body and womb.

Don't Underestimate Them, Understand Them

Western countries are no longer underestimating the effectiveness of traditional post-pregnancy traditions; they are being understood. As women across the world are embracing more natural ways and means into their lifestyle, western mommies are searching for *natural* ways to recover from childbirth. The ability to heal at a faster rate from pregnancy is required in modern cultures as women must resume their normal life within weeks after delivery. The introduction and indoctrination of the modern, practical application of traditional post-pregnancy care is a definitive need in the United States and most western countries like the U.K., Australia, Italy, The Netherlands, Iceland, Greenland, Canada and a few countries with a lack of post-baby recovery guidelines.

The Daddy Plan

Dads are also remembered with the final chapter of the book called, *The Daddy Plan*. There is a note to mommies in the beginning of this chapter to, "Pass the book over to the daddy to read." This chapter provides dads with a brief overview of important information for new, as well as successive, dads on how they may best support the mommy. REAL COMMENTS FROM REAL DADS are included to share real-life dad-to-dad perspectives and where modern dads get their information from popular websites on the internet.

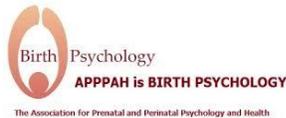
The Mommy Plan is a proactive measure to enable a Mommy to do everything she can to recover in a strong, healthy and balanced manner after childbirth. The Mommy Plan imparts well-defined and proven post-pregnancy recovery guidelines about diet, activities and personal care. This plan is necessary as a Mommy's recuperation and nutritional needs are different during this brief window of time. The guidelines and new Mommy diet are specifically tailored to help accelerate a Mommy's recovery.

A balanced recovery can make a profound positive impact on a woman's health during the menopausal years, as many cultures believe there is a direct link between the quality of recovery after birth and menopause. So, make sure you get it right.

Sampling of Reviews of The Mommy Plan

The Association for Prenatal and Perinatal Psychology and Health

JOURNAL OF PRENATAL AND PERINATAL PSYCHOLOGY AND HEALTH, SPRING 2016



*Lynn's book provides the reader with a plan to help prepare a new mother and her family for optimum postpartum recovery. Although no exact cause has been found as a link to all perinatal mood disorders, factors such as hormone imbalances, lack of sleep, previous mental health issues, and inadequate social support are known to predispose some women. Lynn's book is not meant to make the case that *The Mommy Plan* will either fully protect against or eradicate a postpartum mood disorder. However, by addressing some of the factors that may play a role in postpartum mood disorders, Lynn offers age-old guidance on how to best set a new mother and her family up for peak postpartum healing, with the hope that this will lessen the likelihood of serious physical or emotional issues occurring.*

MIDWIFERY TODAY, 2016

Valerie's plan guidelines, "Do's and Don'ts," and dietary advice are based on thousands of years old traditions



that she learned in Asia, especially from the Malays, an ethnic group in Malaysia. This group of people has a 3% postpartum depression rate, compared to 15% in the United States (which is likely much higher, because many cases go unreported). Lynn's contrast of Western vs. non-Western post-pregnancy care and traditions will leave you asking, why are we neglecting new mothers in the West? Why do Western women have a higher social standing than those in the East, yet nearly all our needs are ignored during the most vulnerable time in our lives?



DONA (DOULAS OF NORTH AMERICA) INTERNATIONAL,

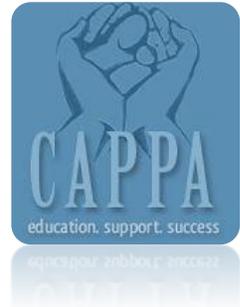
Oldest doula organization in the United States and revered with over 7,000 members.

Valerie's post-pregnancy recovery plan guidelines, "Do's and Don'ts," and dietary advice are based on thousands of years old traditions that she learned in Southeast Asia, especially from the Malays, an ethnic group in Malaysia. This group of people has a 3% postpartum depression rate, compared to 15% in the United States (which is likely much higher, because many

cases go unreported). Lynn's contrast of Western vs. non-Western post-pregnancy care and traditions will leave you asking, why are we neglecting new mothers in the West? Why do Western women have a higher social standing than those in the East, yet nearly all our needs are ignored during the most vulnerable time in our lives?

**CAPPA (CHILDBIRTH & POSTPARTUM PROFESSIONAL ASSOC.),
POSTPARTUM DOULA CERTIFICATE,**

CAPPA is the largest child birth international educational organization in the world in five countries, U.S., Canada, India, Israel, Latin America (Argentina, Brazil, Bolivia, Chile, Columbia, Costa Rica, Cuba, Dominican Republic, Ecuador, Guatemala, Honduras, Nicaragua, Panama, Peru, Spain, Uruguay, Venezuela)



The Mommy Plan has been a choice of required reading for the Postpartum Doula Certification since 2013. That is the highest endorsement by one of the most well-known childbirth educational organizations in the U.S. and globally.



**WENDY DAVIS, EXECUTIVE DIRECTOR, POSTPARTUM SUPPORT
INTERNATIONAL (PSI)**

"The Mommy Plan by Valerie Lynn is a wonderfully nurturing and informative resource for women and their caregivers. Creating a bridge between the worlds of traditional wisdom and modern research, Valerie Lynn writes in a way that is expert, loving, and familiar. From start to finish, this lovely collection of expert guidance and time-tested wisdom is warm and practical. I felt informed and comforted by this treasure from the start – even as I opened the book and read that it is sealed with a non-toxic layer so that new parents who are fortunate enough to pick it up are free from chemical exposure.

Full list of comments/reviews by request.



Designer: The Mommy Wrap



PODCASTS- Interviews



Working Mother Radio Interview – [Healthy Postpartum Recovery](#)

Dearest Doula Podcast: [Postpartum Recovery & Wellness](#)

Dearest Doula Podcast



Episode 89: 'Postpartum Recovery & Wellness'

Featuring Valerie Lynn

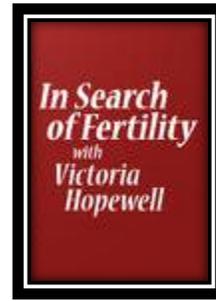


The Mother Love Show, LA Talk Radio – [The Mommy Plan](#)

Progressive Parenting Radio – [The Mommy Plan for Post-Pregnancy Wellness](#)

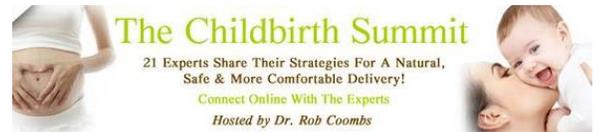


In Search of Fertility Radio – [Postpartum Depression](#)



Webinars - Speaker

[2016 The Childbirth Summit's](#) with Dr. Rob Coombs, Founder, The National Center for Wellness.



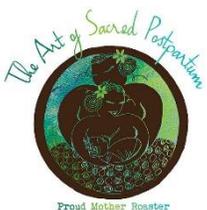
[Motherhood TV: Dr. Christina Hibbert The Mommy Plan™ for after Pregnancy & Childbirth](#)



The Fourth Trimester: November 2016 - [Nurturing the Belly & Womb After Birth](#)

On-line Course Contributor

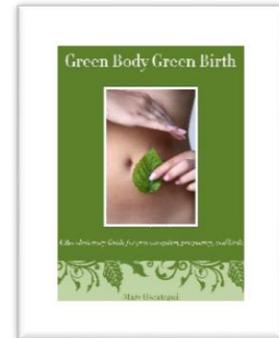
Rhythm of Birth: [Postpartum Recovery E-Course](#)



The Art of Sacred Postpartum: [Sacred Belly Binding | V-Stems + Teas + Hot Stone Herb Abdominal Press](#)

Book Contributor

Green Body, Green Birth by Mar Oscategui



CULINARY COOKING COMPETITION – [Cooking for Ibu](#) (New Mothers)

Berjaya University, MALAYSIA

(Based on the post-pregnancy nutritional guidelines in The Mommy Plan) **PAGE 17**



Articles

Well Rounded NYC: [Postpartum Recovery Tips](#)



HEY MAMA: [The Recovery Guide: 8 Tips to Help You Feel Normal in Your Post-Baby Body](#)



HEY MAMA



Choices in Childbirth: A national leader in the maternity care field in New York City.

1. [If your Post-Baby Body Could Talk](#)
2. [Traditional After-Birth Care Theory and Nutrition](#)
3. [The Importance of Recovery After Pregnancy](#)



Mothering Arts - [TURKEY & PEAR BREAKFAST PATTIES](#)
[The Mommy Plan Recipe Book: Healing Meals: Simple Recipes for New Moms](#) -



Mother Reverence - [Recovery Wisdom from "The Mommy Plan"](#)



Baby Wellness: [Malaysian Style of Infant Massage](#)

Natural Baby Pros - [The Mommy Plan by Valerie Lynn](#)



Book Distributor

Integral Yoga Distribution – [The Mommy Plan](#)



Valerie Lynn, The Mommy Planner



Valerie Lynn is one of the leading New Motherhood Recovery Experts in the United States.

Valerie, known as The Mommy Planner, has been a major force in introducing and modernizing traditional after birth recovery practices, more specifically the Malay traditions and treatments, to women globally. Through her own 15-month experience of postpartum anxiety and OCD (obsessive compulsive disorder) after the birth of her son in 2007 while living in Malaysia. Valerie turned to traditional feminine healthcare to re-balance her post-baby hormones and heal herself naturally through herbs, feminine-focused treatments and an enriching diet.

Valerie has benefited first-hand from Eastern medical practices while living in Asia for over 16 years and in Kuala Lumpur, Malaysia for 12 of those year. She researched, wrote and published her first book, *The Mommy Plan*, in Malaysia by way of the Malaysian Ministry of Health, Traditional Complementary Medicine department. Valerie conducted research in hospitals and in the field. Malaysia is leading the world in after birth care as it's Maternal Health Care Policy provides each new mother (who gives birth in a public hospital) 6-free, 2-hour body massage, treatments and abdominal wrappings and feminine-focused medical care. The result is Malaysia has one of the lowest rates of postpartum depression in the world at just 3.9%. *The Mommy Plan* is endorsed by several leading childbirth educational organizations in the U.S. and internationally.

Valerie's subsequent cookbook-in-development, *The Mommy Plan Recipe Book: Healing Meals: Simple Recipes for New Moms*, contains recipes based on the postnatal nutritional guidelines in her first book. Recipes from this book are part of her Traditional Postpartum Practitioner (TPP)

course. The TPP course introduces the modernization of traditional postnatal recovery practices which comprises a change in post-baby dietary needs, body therapy and treatments that aids a new mother's body to recover in a stronger, faster and more balanced manner.

Valerie has held positions such as Executive Director of the American Malaysian Chamber of Commerce and Principal of VLM Consultancy where she was provided strategic consultancy services for foreign companies entering the Malaysian and APEC markets.



Valerie serves on several organizations. She is part of the Board of Directors of the distinguished Malaysian NGO YASNITA, "Women's Pathway to Success" where she serves as an International Advisor on Postpartum Recovery Practices. She is International Country (PSI) Volunteer Co-coordinator for Malaysia of Postpartum Support International, a global organization in 138 countries. She is a Board Member of the International Maternity Institute and the After-Birth Project in the U.S. Valerie regularly contributes to articles, books, training programs. She aspires to improve the maternity services through the feminine-focus and healing-care of new mothers in the United States and globally which, she believes, will reduce the high rates of PPMD. She is an approved speaker for Johnson & Johnson. Valerie resided abroad for over 20 years with 16 years in Asia. She has lived in Japan, UK, Indonesia, Australia and Malaysia. Currently Valerie resides in Brooklyn, New York and regularly travels to Malaysia, Australia and Southeast Asia.



For further information and pricing, please contact:

Valerie Lynn, The Mommy Planner
 Post-Pregnancy Wellness
 Address: 7101 4th Ave, #B7, Brooklyn, New York 11209

T: 1-732-535-1522

E: valerie@postpregnancywellness.com

W: www.postpregnancywellness.com

W: www.themommyplan.com