



***By Valerie Lynn, The Mommy Planner
Author of, The Mommy Plan and
The Mommy Plan Recipe Book- Healing Meals: Simple Recipes for New Moms***

New medicine for new Moms. The recipes created for Healing Meals is only part of the recovery process all new mothers should know about. Recipes have been carefully and lovingly created based on the nutritional guidelines in The Mommy Plan. Recovery is a necessity, NOT a luxury, for new moms. For the first time new moms will know exactly how to help themselves heal after pregnancy as food science, anatomy and medical science are put behind core tenets of the most holistic recovery program in the world.

Chicken Broth for the Post-Baby Mommy's Soul

Below is my own easy-peasy recipe I put together from various recipes I've tried over the years. New Moms should drink homemade broths, as they are nourishing for the body, which is why chicken soup always makes us feel better when we have a cold.

I'm not a new mom but include bone broths into my daily diet and drink at least 2 cups per day and if I'm not feeling well I increase my consumption to 4-5 cups per day. Self-care is not an option in the world we live in now. New Moms, and all of us women, have to make the decision and the effort to actively manage our own health.

1-2 whole chickens, chopped up so bones are exposed (4-5 pounds)
2-3 tablespoons white vinegar
4 carrots
3-4 stalks of celery
2 large onions
2-3 bay leaves
2-3 tablespoons of black peppercorns

Optional: Fresh flat parsley and thyme

Note:

- Salt is not included in this recipe, or most broth recipes.
- Leftover roasted chicken bones can be added.
- Garlic is known to give breastfeeding moms gas so I leave out for new moms.

Add healing options:

- 2" piece of peeled, chopped fresh ginger root may be added for an extra zig. However most of the time you can't taste it but it will provide circulation benefits to get the digestive system moving again over the following weeks.

My personal preference

I add a minimum six chicken feet to my stock for extra gelatin goodness. You could ask a butcher for them as its usually waste they throw away or sell very cheaply for \$1-\$2. Try a Halal or Chinese supermarket they most likely will have them. However, you must cut off the tips of each chicken toe to completely remove the toe nail. I also use a kitchen scissor to cut the flat, bottom part of the foot if there are any calluses. Yes, I know this is a disgusting thought but the result is a velvety broth. You can ask your butcher to do this for you for a small cost. Add the feet to the vinegar soaking time.

1. Added chopped whole chicken parts and roughly chop vegetables. Put in a stock pot or large pot.

2. Add 2–3 tablespoons white vinegar. Fill the rest of the pot with **COLD** water – very important, and soak for 1 hour. Soaking draws the marrow out of the cut bones, which is very good for us as it contains proteins, Vitamin B-complex, minerals (calcium, magnesium, zinc) as well as Lecithin and Methionine.
3. Add bay leaves and peppercorns.
4. Bring to a boil, remove any scum that rises to the top, and then simmer on very low heat for a minimum of 4–5 hours (I simmer for 10-12 hours). I start out uncovered but then put the cover on after about an hour when some of the water has evaporated. If you simmer too high, the water will evaporate too quickly.
5. Ten minutes before it finishes simmering, add the parsley and thyme as these herbs add mineral ions to a broth.
6. Scoop out chicken and veggies and strain the broth through a fine sieve into a large, clean bowl or stockpot. Discard the meat and vegetables as the flavor is normally boiled away and is therefore tasteless.
7. Place in the refrigerator until the fat rises to the top as a white topping. Skim off the fat. Do not drink or use broth until the fat has been removed.





Yummy Goodness in a Slow Cooker – (8 quarter or larger)

Follow the above recipe over once you place the top on the slow cooker DO NOT remove it. Scum will not float to the top like in stovetop cooking. When I make broth in a slow cooker, after the one-hour soaking is completed I initially turn the crock pot on HIGH for the first hour. Then I turn it down and let it cook for a minimum of 12-6 hours. If you are adding parsley and thyme add for the last one hour. Once you lift the pot it takes 30 minutes or more for the temperature to reach its previous point. Then I let it cool for a few hours and then strain it.

Tip: Don't leave on high for more than 3-4 hours and definitely not overnight as a there will be too much evaporation. I've left stock on high overnight and woke-up finding much of the liquid gone and then added water, but to me, after adding the water the stock was too watered down.

Drink anytime you like. I have a cup in the morning, sometimes in the afternoon, and in the evening. Use for healthy sautéing and of course making any kind of soup! Freeze broth as ice cubes and keep in a freezer bag in the freezer so you have single servings for cooking.

Skimming off the fat

You must skim the fat before you drink the stock. Do not drink the stock before removing the fat as it may cause stomach pains.

I normally let my stock sit overnight and then strain off the fat in the morning giving it a good 10 hours to rise to the top and solidify. A thin layer of fat will completely cover the top of your stock. When skimming it off if it's thick enough you can remove with a large spoon or spatula. When removing do it gently so you do not disturb the sediment and rich goodness that descends to the bottom.

When straining the foodstuff from the broth I wear dishwashing gloves as the fat will make your hands slippery, the gloves get slippery too so you have to be careful. I then put the food into a colander and use a kitchen tool such as a mashed potato masher or the back of a large soup serving spoon and press the chicken and veggies as they are soaked full of stock over a large bowl. Once that's done I place a colander/strainer over a large bowl and put the remaining liquid through.

How fine to strain depends on your preference.

1. If you want little bits of vegetables and chicken to remain in your broth, then use a colander.
2. If you want your broth to be free of bits, then use a finer strainer.

Note: Fat rises to the top, not descends to the bottom. Homemade stock is not perfectly clear it is cloudy. Proteins and little bits of chicken descend to the bottom of the bowl.

Over the next 2 days the flavor or the stock will become further enriched and possibly even more gelatin-like.

Storage

After I skim off the fat I freeze half of it. You will know if it has gone off if the broth is cloud and has a sour smell to it – even an undertone of a sour smell can be detected.

Valerie Lynn is one of the leading New Motherhood Recovery Experts in the United States. ([For more details see our PRESS KIT](#))



Known as The Mommy Planner, Valerie, 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, Valerie turned to traditional feminine healthcare to re-balance her post-baby hormones and heal herself naturally through herbs, feminine-focused massage and an enriching diet.

Valerie benefited, first-hand, from Eastern medical practices first had while living in Asia for over 16 years and in Kuala Lumpur, Malaysia for 12 years. 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 interviews 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 chooses to give birth in a public hospital) 6-free, 2-hour body massage, treatments and abdominal wrappings. 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*, are recipes based on the postnatal nutritional guidelines in her first book. Recipes from this book are part of her Traditional Postpartum Practitioner course. A training course on the modernization of traditional postnatal recovery practices which covers a change in dietary needs, body therapy, treatments that assists 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 many 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 healing-care of new mothers in the United States and globally which, she believes, will reduce the high rates of postpartum depression. 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, Southeast Asia and Australia. For more details and up to date activates please see our [Press Kit](#).

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