

NEWSLETTER

MARCH 2024

坐月子這個名詞，追溯到西漢時期《禮漢內則》，坐月子又稱「月內」。是婦女生產後調理身體、恢復體力及母乳餵哺的最佳休養時期。如果產後媽媽能夠利用這段時間充分休養，體質由產後回復到產前狀態，甚至改善原本不太好的體質(如經痛，皮膚敏感)。

《藥補不如食補》，對於坐月媽媽來說，飲食調理是重要的環節。因為分娩時的虛耗，元氣大傷，需要從飲食去調養身體。適當的產後食療更加可以幫助增加母乳，補而不胖。傳統坐月，是依據產後媽媽的產後體質及不同階段而進食和進補。而進補則以每個階段(平補、溫補、大補)去安排產後食療。BONDSLANE 上門烹煮月子餐服務也是針對進補原則，陪月員每天按產後媽媽的身體狀況去新鮮烹調月子餐。好讓產後媽媽可以專心照顧新生嬰兒同時，也有新鮮、合適的產後食療幫助恢復元氣。

The concept of confinement can be traced back to the Western Han Dynasty and is also referred to as "in the moon". It is an important period for women to restore their physical health and strength, especially for mothers who are breastfeeding. By fully utilizing this rest period, postpartum mothers can restore their bodies from the postpartum state to the prenatal state. This can even have a positive impact on pre-existing physical conditions such as menstrual pain and skin sensitivity.

In Chinese wisdom, there is a concept that says "Food supplements are better than medicine". This concept is particularly important for new mothers during the postpartum period in traditional Chinese medicine practice. Due to the exhaustion and depletion of vitality during childbirth, it is essential to focus on the mother's diet and recovery. By following a proper confinement food regimen, breast milk production can increase without causing weight gain. The traditional confinement approach takes into account the mother's postpartum physique and the different stages of postpartum recovery. The supplements, which include the choices of raw food and Chinese herbal ingredients are carefully used for each stage. In addition, the intensity of meal combinations will gradually increase in different postpartum periods. This helps to facilitate postpartum diet therapy and support optimal recovery for new mothers. BONDSLANE Door-To-Cook confinement meal service is designed to provide postpartum mothers with fresh and nutritious meals that supplement their physical condition. Our postnatal worker prepares meals daily based on each mother's needs and recovery progress, allowing them to focus on their recovery and newborn care.



KEEP
CALM
AND
BONDS
LANE

