



Zuo Yuezi: An American Mother's Guide to Chinese Postpartum Recovery

Guang Ming Whitley

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Zuo Yuezi demystifies the ancient tradition of Chinese postpartum recovery. It is the first and only comprehensive English language guide of its kind. It is a must read for women interested in natural methods for reducing postpartum stress, losing baby weight, producing breast milk, and cleansing and replenishing their bodies.

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