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Pregnancy and Childbirth Best Selling Author, Dr. Jolene Brighten, Reveals the Fourth Trimester: A Book About Health Care Deficits After Pregnancy

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Dr. Jolene Brighten has procured through her thoughtful and informed text what so many mothers in 2016 are grappling with in our medical system. The book addresses the deficits in the healthcare system by informing patients how to advocate for themselves with their family physician.

The book addresses the concept of the fourth trimester, a time where mothers are often overlooked as they become themselves. The book addresses postpartum health, when the mother is healing physically from birth but simultaneously adapting to her role as a mother. Dr. Jolene Brighten explains, "Doctors rarely address the health of the new mom after the 6-week checkup. Even as a doctor, I had so many questions after the birth of my son. I wrote the book I wish I'd had." Having developed Hashimoto's following the birth of her son, Dr. Brighten became a strong advocate for patients with Hashimoto's. Through the practice of medicine she refined her skills with a special emphasis in fertility, pregnancy, and postpartum thyroiditis and has distilled these interesting findings into her book *Healing Your Body Naturally After Childbirth - The New Mom's Guide to Navigating the Fourth Trimester*

The book covers topics from breast and vaginal health to mood and libido after birth and includes a collection of time-tested naturopathic remedies paired with leading-edge medical advice, including scientific labs patients can directly request from their doctor. Dr. Brighton offers instruction in how to talk to doctors to ensure medical needs are met.

Healing Your Body Naturally After Childbirth - The New Mom's Guide to Navigating the Fourth Trimester
Readers are provided simple, nourishing recipes. We particularly love the appendix filled with resources for the busy new mom who wants to keep healthy in mind, body, and spirit.

Dr. Brighton wants readers to know the book is written to be read one manageable chapter at a time - perfect for a mother who doesn't have a lot of time. The book is available in digital copy through Amazon and will be widely available in print beginning January 14th, 2016. For blog posts and other incredible resources, Dr. Brighton has invited her readers to join her on Twitter: @DrBrighten; Instagram: @DrJoleneBrighten; drbrighten.com or even directly at drbrighten@drbrighten.com.

Healing Your Body Naturally After Childbirth - The New Mom's Guide to Navigating the Fourth Trimester is a curation of natural tips, remedies, and recipes exclusively for the new mom. Dr. Jolene Brighton is a licensed Naturopathic Physician, a mother, an herbalist and a Holistic Pelvic Care provider. She is recognized as a leader in the fields of postpartum medicine, autoimmunity and fertility. Dr. Jolene Brighton earned her doctorate in Naturopathic Medicine from the National College of Natural Medicine in Portland, OR after studying Nutrition Science and completing graduate coursework in molecular nutrition at Cal Poly, San Luis Obispo.

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Clear Health Talk

We wanted to see every Clear Health Talk follower to have a healthy lifestyle. We aim to provide consistent and updated health care tips and encouragements to everyone who wanted to take the journey to a healthy lifestyle.

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