



A mum's guide to everything

By Veena Thoopkrajae

Dimple Arora had no trouble at all with her newborns. Her book explains why

Ayurveda advocate, nutrition know-it-all and mother of two Duangthip "Dimple" Arora has published a complete guide to holistic health for both mums and babies.

"A New Age Manual for the New Mother" doesn't focus on just the needs of the infant, says Dimple. It gets Mum in the spotlight, with recommendations for both pregnancy and the postnatal stage.

As well as good nutrition, it covers mental, emotional and spiritual health.

"Women usually have to go to different sources for the information they need - first-aid books, herb guides, parenting manuals," Dimple notes. "There's so much fragmented information and sometimes it's hard to link it together.

"This book offers scientific knowledge, awareness and practical application, all under one cover."

Dimple says she was completely relaxed and confident in caring for her babies, and amazed to see other mothers "oscillating between home and hospital for every infant sneeze".

"I also saw how my children were getting sick less frequently, thanks to the natural approach strengthening their immune system."

The Indian and Thai cultures share wisdom about natural health, but few people are aware of the scientific basis. Dimple explains the root science of holistic healthcare and explains the logic clearly and in an entertaining fashion.

Nuad mor klua, the traditional Thai practice of massaging the mother after childbirth with a heated earthen pot, and yu fai, another body-heating treatment, balance and harmonise the "cold" vata energy, Dimple explains by way of example.



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Among the book's many features are postnatal recipes, a glossary of common herbs and their use in treating ailments, a chart of essential nutrients and common food sources, a body-type quiz and inspiring quotes from spiritual masters that reinforce all the positive aspects of motherhood.

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