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Autore	Ou Heng
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ISBN	1-61312-941-6
Descrizione fisica	1 online resource (295 pages) : illustrations, photographs
Disciplina	618.6
Soggetti	Postnatal care Puerperium - Nutritional aspects Mothers - Health and hygiene
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
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Sommario/riassunto	Emphasizes the importance of the first forty days after childbirth for mothers, describing traditions and rituals, as well as providing recipes designed to restore vitality, including oxtail stew and seasonal greens soup.--