

PARTIAL TRANSLATION OF *POSTPARTUM RECOVERY PROGRAM*:
A MANUAL OF RULES AND RECIPES FOR THE POSTPARTUM WOMAN

A Capstone Project
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Doctor of Acupuncture and Oriental Medicine

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ABSTRACT

Background: Making more TCM-related material from China, Taiwan and other regions available to English speakers continues to be an issue. Translating a portion of Dr. Zhuang's (1995) book on Postpartum Recovery is one more step in that process. Shu-qi Zhuang is a widely known TCM doctor specializing in Taiwan's rich postpartum tradition. Along with her daughter, Shou-mei, she holds seminars, offers meal services, and sells books and supplements for postpartum women.

Objective: To add to the body of translated material. To increase awareness amongst English-speaking practitioners on the topic of Postpartum Recovery.

Methods: A Connotative Translation was performed. A Mini-Scan Eye II Pen was used to upload the characters to the computer. Wen Lin translation software and other dictionaries were used for the translation. The translation was then verified by a native Chinese-speaking DAOM doctor.

Findings: Dr. Zhuang's "Postpartum Recovery Plan" outlines a comprehensive, three-stage postpartum plan of care for the lay public. The stages include detoxifying, contracting the uterus, and finally tonifying the body.

Keywords: TCM, Chinese nutrition, Chinese medical nutrition, postpartum care, preventative care, mothers and health.