

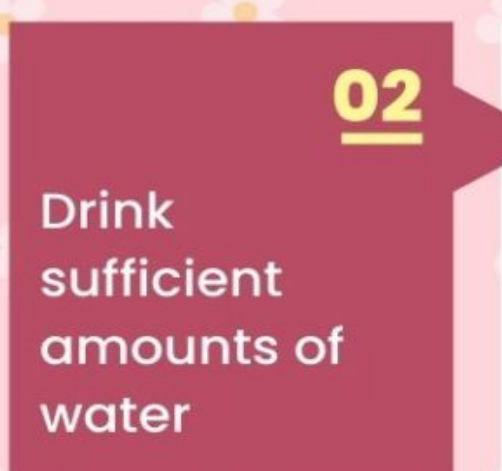


# HOW TO REDUCE SWELLING AFTER PREGNANCY



**01**

Focus on  
healthy  
eating



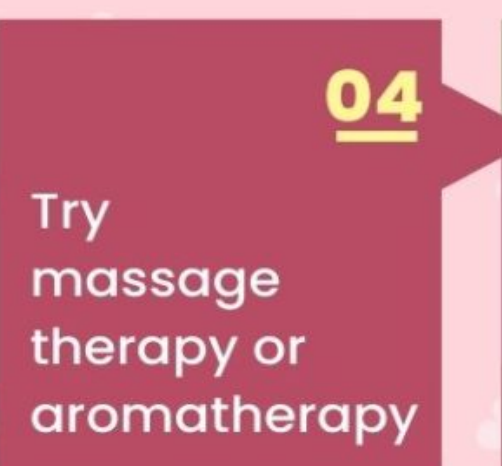
**02**

Drink  
sufficient  
amounts of  
water



**03**

Keep your feet  
and hands in  
an elevated  
position



**04**

Try  
massage  
therapy or  
aromatherapy



**05**

Engage in  
moderate  
exercises



**06**

Try  
acupuncture  
and foot  
reflexology

