



# KRISTAL LAU

## POSTPARTUM 30

Thirty Days to a Nurtured Fourth Trimester

[CLICK HERE](#) for Book Info, Media Page, and Headshots

### Bio

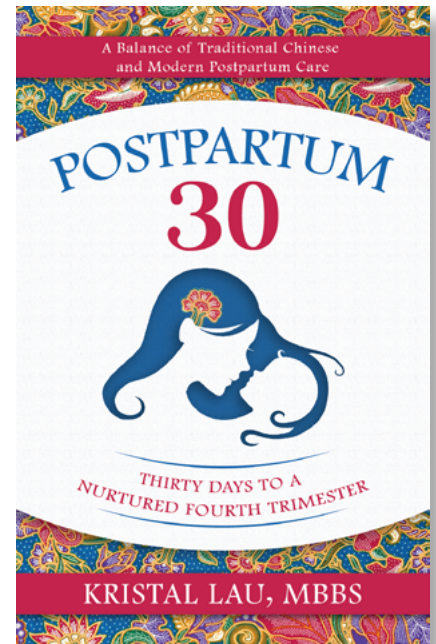
After becoming a physician and practicing medicine in Australia, Dr. Kristal Lau got her MS degree in Public Health.

Kristal grew up in Malaysia, where it's common for people to use modern medicine alongside traditional medicine. She frequently applies this concept when managing her patients and their families—as long as the medical treatments and traditional or home remedies don't clash and cause harm.

After moving away from Australia in 2017, Kristal's exploring her interests in writing and podcasting. She and her husband have four children: two cheeky daughters and two incorrigible fur babies.

Kristal practiced confinement after her first child with her mom as her confinement person. She's since completed her second confinement practice with her husband as her support person.

She believes that the future of health lies in combining our past and present knowledge about healing to meet the needs of our constantly evolving society as we move forward.



### Topics Kristal Can Speak On

- ▶ What "Postpartum 30" means and why she decided to write this book.
- ▶ Kristal's personal struggle with postpartum anxiety, postpartum depression, D-MER (dysphoric milk ejection reflex), and grief related to matrescence.
- ▶ What her Chinese postpartum recovery confinement practice was like.
- ▶ How to include traditional medicine and cultural practices in modern healthcare patient management and communication, especially in postpartum care.
- ▶ The importance of including fathers/spouses/partners in traditional cultural postpartum practices and how to do so.
- ▶ What it's like being a foreign-born US military spouse (someone who was not born in the USA and is married to a US military service member).



### CONTACT

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