

🌿 TOP 10 THINGS TO  
SUPPORT YOUR BODY &  
HEART AFTER MISCARRIAGE



*A deeper guide to physical, hormonal, and emotional recovery*

## A NOTE FROM ME

First, I want to say how deeply sorry I am for your loss.

If you are reading this, you may be carrying grief that feels heavy, confusing, isolating, or even invisible to others. Miscarriage is often minimized — especially when it happens early — but the loss is real. The attachment was real. The hormonal shift was real. And your pain is valid.

I know this not just as a practitioner, but as a woman.

I have experienced three miscarriages.

Each one affected me physically, emotionally, and spiritually in ways I did not fully anticipate. What surprised me most was realizing that miscarriage is a postpartum experience.

Even if pregnancy was brief, your body had already begun adapting:

- Hormones were shifting
- Blood volume was increasing
- The immune system was recalibrating
- Your nervous system was preparing to protect and nurture life

When a loss occurs, the body doesn't simply "reset." It goes through a rapid hormonal withdrawal and recovery process — similar in many ways to postpartum after birth.

That understanding changed everything for me.

Instead of rushing forward, I realized I needed to focus on healing. I needed to nourish my body, calm inflammation, support my nervous system, rebuild nutrients, and reduce the overall burden my body was carrying.

I stopped asking, "What's wrong with me?"

And started asking, "What does my body need right now?"

The ten things in this guide are not theoretical.

They are the foundations I focused on in my own healing journey — and the same principles I now use with the women I support at Healing to Thrive.

Miscarriage is not your fault.

Your body is not broken.

But it may be depleted. It may be inflamed. It may be overwhelmed.

Healing is possible — gently, intentionally, and without shame.

My hope is that this guide helps you feel supported, informed, and empowered as you move through your recovery.

You are not alone in this.

With compassion,

*Chelsea*

RN, NTP, RWS-3



# TOP 10 THINGS TO SUPPORT YOUR BODY & HEART AFTER MISCARRIAGE

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## 1. Allow Yourself to Grieve

### Why this matters:

Grief is not separate from physical healing — it directly influences your hormones, immune system, and nervous system. When grief is suppressed, the body often remains in a subtle stress response, which can delay hormonal recalibration and recovery.

Miscarriage is both a physical and neurological event. Your body had already begun adapting to pregnancy:

- Progesterone rising
- Blood volume expanding
- Immune modulation shifting
- The nervous system entering protective mode

When loss occurs, hormones drop rapidly. That sudden withdrawal can dysregulate cortisol, sleep, appetite, and mood.

Unprocessed grief can keep the nervous system in fight, flight, or freeze — impacting:

- Ovulation
- Progesterone production
- Immune balance
- Inflammatory signaling

Support may include:

- Trauma-informed therapy
- Journaling
- Somatic practices
- Breathwork
- Safe community

Healing is emotional and physiological.

## 2. Rebuild Nutrient Stores

### Why this matters:

Pregnancy — even very early pregnancy — significantly increases nutrient demand. Miscarriage adds blood loss, tissue repair, and hormonal recalibration. If nutrients are not replenished, the body may struggle with fatigue, delayed ovulation, mood changes, and ongoing inflammation.

Your body now needs to:

- Repair uterine tissue
- Restore iron and blood volume
- Clear hormone shifts
- Stabilize immune signaling
- Rebalance stress physiology

Repletion creates resilience.

Below are key nutrients that commonly need replenishment after miscarriage.

### ● Iron

Blood loss during miscarriage can significantly reduce iron stores, especially ferritin (stored iron).

Low iron can contribute to:

- Fatigue
- Hair shedding
- Dizziness
- Anxiety
- Poor ovulation
- Low progesterone

## High-Iron Foods

Food	Serving	Iron (mg)
Beef liver	3 oz	5 mg
Grass-fed beef	3 oz	2.5 mg
Sardines	3 oz	2.5 mg
Spinach (cooked)	1 cup	6 mg
Lentils (cooked)	1 cup	6.5 mg
Pumpkin seeds	1 oz	2.5 mg

*Tip: Pair plant-based iron with vitamin C foods to enhance absorption.*

## ● Folate (B9)

Folate supports:

- DNA repair
- Cellular regeneration
- Healthy egg development
- Neural tube protection in future pregnancy

## High-Folate Foods

Food	Serving	Folate (mcg)
Beef liver	3 oz	215 mcg
Lentils	1 cup	360 mcg

Spinach (cooked)	1 cup	260 mcg
Asparagus	1 cup	260 mcg
Black beans	1 cup	255 mcg
Avocado	1 medium	120 mcg

## Vitamin B12

B12 is critical for:

- Red blood cell formation
- Nervous system repair
- Energy production
- Methylation pathways

### High-B12 Foods

Food	Serving	B12 (mcg)
Clams	3 oz	84 mcg
Beef liver	3 oz	70 mcg
Sardines	3 oz	7.5 mcg
Salmon	3 oz	2.6 mcg
Grass-fed beef	3 oz	2.4 mcg
Eggs	2 large	1.1 mcg

## ● Vitamin B<sub>1</sub> (Thiamine)

Thiamine is often overlooked but is critical for:

- Carbohydrate metabolism
- Nervous system regulation
- Energy production
- Stress resilience

Stress and blood sugar instability deplete B<sub>1</sub> quickly.

### High-Thiamine Foods

Food	Serving	B1 (mg)
Pork (lean)	3 oz	0.8 mg
Sunflower seeds	1 oz	0.4 mg
Black beans	1 cup	0.4 mg
Lentils	1 cup	0.3 mg
Macadamia nuts	1 oz	0.3 mg
Brown rice	1 cup	0.2 mg

## ● Vitamin C

Vitamin C supports:

- Iron absorption
- Collagen repair of uterine tissue
- Immune regulation
- Antioxidant protection

- Adrenal resilience

It is especially important after blood loss and inflammation.

### High-Vitamin C Foods

Food	Serving	Vitamin C (mg)
Red bell pepper	1 cup	190 mg
Kiwi	1 medium	70 mg
Orange	1 medium	70 mg
Strawberries	1 cup	90 mg
Broccoli	1 cup	80 mg
Brussels sprouts	1 cup	75 mg

## ● Zinc

Zinc supports:

- Egg quality
- Tissue repair
- Progesterone production
- Immune modulation
- Antioxidant defense

It works closely with copper and should be balanced — not excessive.

## High-Zinc Foods

Food	Serving	Zinc (mg)
Oysters	3 oz	30 mg
Beef	3 oz	5 mg
Pumpkin seeds	1 oz	2.2 mg
Chickpeas	1 cup	2.5 mg
Cashews	1 oz	1.6 mg
Yogurt	1 cup	1.7 mg

## Copper

Copper is essential for:

- Iron transport and utilization
- Red blood cell formation
- Collagen production
- Antioxidant enzyme systems

Low copper can impair proper iron recovery.

## High-Copper Foods

Food	Serving	Copper (mg)
Beef liver	3 oz	12 mg
Oysters	3 oz	4 mg

Sunflower seeds	1 oz	0.5 mg
Cashews	1 oz	0.6 mg
Dark chocolate (70–85%)	1 oz	0.5 mg
Lentils	1 cup	0.5 mg

## Omega-3 Fatty Acids (EPA + DHA + ALA)

Omega-3s help:

- Lower inflammatory cytokines
- Support egg quality
- Regulate immune balance
- Support brain recovery and mood
- Improve progesterone signaling

After miscarriage, omega-3s help calm inflammatory pathways and support tissue repair.

### High-Omega-3 Foods

Food	Serving	Omega-3 (mg)
Salmon (wild)	3 oz	1,500–2,000 mg
Sardines	3 oz	1,000–1,500 mg
Mackerel	3 oz	1,200 mg
Chia seeds	1 tbsp	2,400 mg (ALA)

Flax seeds	1 tbsp	2,300 mg (ALA)
Walnuts	1 oz	2,500 mg (ALA)

*Note: EPA and DHA (from fish) are more directly usable than ALA (plant form).*

## Magnesium

Magnesium supports:

- Sleep
- Blood sugar balance
- Nervous system calm
- Progesterone production
- Inflammation regulation

### High-Magnesium Foods

Food	Serving	Magnesium (mg)
Pumpkin seeds	1 oz	150 mg
Spinach (cooked)	1 cup	157 mg
Almonds	1 oz	80 mg
Black beans	1 cup	120 mg
Dark chocolate	1 oz	65 mg
Avocado	1 medium	60 mg

## Protein

Protein provides amino acids needed for:

- Hormone production
- Detox pathways (liver phase 1 & 2)
- Immune regulation
- Tissue repair
- Blood sugar stability

Aim for ~25–35g per meal during recovery.

### High-Protein Foods

Food	Serving	Protein (g)
Chicken breast	3 oz	21 g
Grass-fed beef	3 oz	22 g
Salmon	3 oz	22 g
Greek yogurt	1 cup	20 g
Eggs	2 large	12 g
Lentils	1 cup	18 g

## 3. Support Blood Sugar Stability

### Why this matters:

Blood sugar instability is one of the most overlooked disruptors of hormonal recovery. When blood sugar swings dramatically, cortisol rises — and elevated cortisol directly interferes with progesterone production and ovulation signaling.

After miscarriage, your endocrine system is recalibrating. It needs stability.

Blood sugar spikes and crashes:

- Increase inflammatory cytokines
- Raise cortisol
- Disrupt ovulatory signaling
- Increase anxiety and sleep disruption

Support:

- Eat protein within 60 minutes of waking
- Avoid coffee on an empty stomach
- Include protein, fat, and fiber at each meal
- Avoid prolonged fasting during recovery
- Eat every 3–4 hours initially

Stable blood sugar sends a message of safety to the body.

## 4. Calm Inflammation

**Why this matters:**

Inflammation is necessary for healing — but prolonged or excessive inflammation can delay hormone recovery and tissue repair. The goal is not to eliminate inflammation entirely, but to prevent it from becoming chronic.

After miscarriage, inflammation may be elevated due to:

- Tissue repair
- Hormonal shifts
- Stress physiology
- Gut permeability
- Environmental toxin exposure

Chronic inflammation can:

- Impair ovulation
- Lower progesterone
- Disrupt implantation readiness

Support:

- Omega-3 rich fish 2–3 times weekly

- Extra virgin olive oil
- Berries and colorful vegetables
- Gentle movement (not intense training)
- Time in nature
- Adequate sleep

Lowering total inflammatory burden supports smoother hormonal recovery.

## 5. Support Liver & Gentle Detox Pathways

### Why this matters:

After miscarriage, estrogen and progesterone levels drop quickly. These hormones must be metabolized and cleared efficiently. If detox pathways are sluggish, women may experience prolonged PMS-like symptoms, heavy bleeding, headaches, or hormonal irregularity.

### The liver requires:

- Amino acids (protein)
- B vitamins
- Magnesium
- Sulfur-rich foods (garlic, onions, cruciferous vegetables)

### Gentle support includes:

- Daily bowel movements
- 25–35g fiber per day
- 2–3 liters filtered water
- Bitter greens
- Light sweating if tolerated

Avoid extreme detoxes. The goal is supporting the body — not forcing it.

## 6. Regulate Your Nervous System

### Why this matters:

The reproductive system is highly sensitive to perceived stress. If the brain senses

threat, it deprioritizes reproduction. Miscarriage itself can be a shock that keeps the nervous system in a protective state.

When the nervous system remains dysregulated:

- Ovulation may be delayed
- Progesterone can be lower
- Inflammation increases
- Sleep worsens

Support vagal tone:

- Slow breathing (4–6 breaths per minute)
- Gentle yoga
- Humming or singing
- Nature walks
- Warm baths

Safety restores rhythm.

## **7. Rebuild Hormonal Communication**

**Why this matters:**

After miscarriage, the entire hypothalamic–pituitary–ovarian (HPO) axis must recalibrate. This hormonal communication system governs ovulation, progesterone production, and cycle regularity.

The body needs time and support to restore signaling between:

- Brain
- Ovaries
- Adrenals
- Thyroid

Disruptions may show up as:

- Delayed ovulation
- Short luteal phase
- Irregular cycles

- Increased PMS

Support hormonal communication by:

- Eating enough (especially protein)
- Stabilizing blood sugar
- Reducing excessive exercise
- Supporting thyroid health
- Getting consistent sleep
- Reducing stress load

The body is not “broken” — it is recalibrating.

## **8. Prioritize Gut Health**

**Why this matters:**

The gut influences immune balance, inflammation levels, estrogen metabolism, and nutrient absorption. If gut health is compromised, systemic inflammation can remain elevated — interfering with reproductive signaling.

If gut permeability is present:

- Immune activation increases
- Inflammation rises
- Hormone balance may suffer

Support:

- Remove ultra-processed foods
- Gradually increase fiber
- Include fermented foods if tolerated
- Consider bone broth
- Chew thoroughly and eat slowly

A resilient gut supports a balanced immune response.

## 9. Protect and Prioritize Sleep (Non-Negotiable)

### Why this matters:

Sleep is not a luxury in recovery – it is non-negotiable.

During sleep, your body:

- Resets cortisol
- Regulates inflammatory cytokines
- Produces growth hormone for tissue repair
- Improves insulin sensitivity
- Supports progesterone production
- Rebalances immune signaling

Chronic sleep deprivation:

- Increases inflammation
- Raises cortisol
- Disrupts ovulation
- Lowers progesterone
- Impairs detox pathways

If there is one lever that dramatically impacts healing, it is sleep.

Protect it.

Support:

- Morning sunlight within 30 minutes of waking
- Consistent bedtime
- No screens 60 minutes before bed
- Dark, cool bedroom
- Magnesium glycinate (if appropriate)
- Wind-down ritual

Think of sleep as nightly hormone and immune therapy.

It is not indulgent.

It is essential.

## 10. Get Personalized Root-Cause Support

Miscarriage recovery is not one-size-fits-all. This is where personalized, root-cause work becomes powerful.

At **Healing to Thrive**, we look beyond surface symptoms to gently uncover what may be contributing to imbalance, such as:

- Nutrient depletion
- Chronic inflammation
- Immune dysregulation
- Gut dysfunction
- Blood sugar instability
- Thyroid patterns
- Nervous system dysregulation
- Environmental toxin burden (mold, heavy metals, endocrine disruptors)

Your body is intelligent. When something is off, it leaves clues.

You do not need to navigate this alone.

You do not need to guess.

And you do not need to overhaul everything overnight.

Healing is layered.

And when we intentionally reduce total toxin burden while replenishing the nutrients your body has lost, the body often responds beautifully.

If you're ready for deeper support, I would be honored to walk with you through that process at **Healing to Thrive**.

