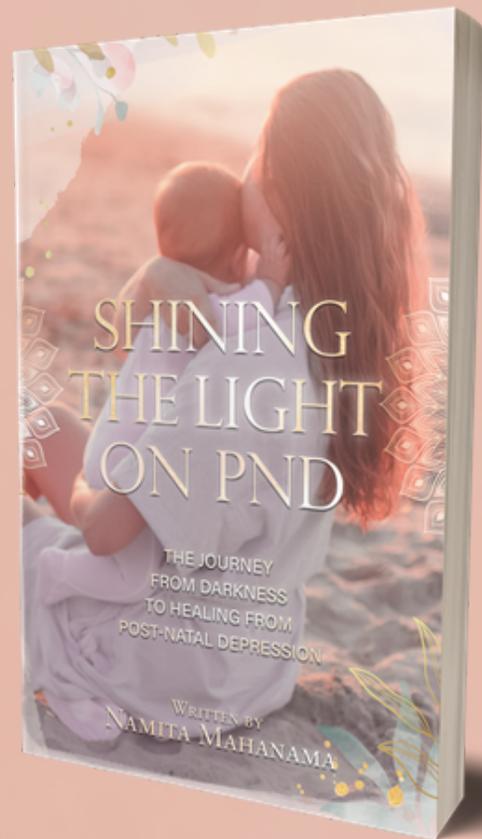


# SHINING THE LIGHT ON PND

THE JOURNEY FROM DARKNESS TO  
HEALING FROM POST-NATAL DEPRESSION

NAMITA MAHANAMA

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Have you had a baby and are just not feeling like yourself? Do you feel like you are in a dark fog, cannot think coherently and are riddled with anxiety and insomnia? ... Or is this your partner?

Do you find yourself not connecting with motherhood or your beautiful baby?

Are you having a baby soon and want to know what Post-Natal Depression looks and feels like so *you* can recognise it if it comes knocking on your door completely unannounced? Do you want to learn about insightful reflections and tools to *help* you survive it?

Then this book is for you!

Following the birth of both of her sons, instead of revelling in the most joyous time of her life, Namita fell into the darkest and heaviest of Post-Natal Depressions. She vowed that if she survived and healed through this most harrowing chapter in her life, she would rise up, break the stigma and hold that this has on women and share her story to inspire and create *hope* for others and their families navigating their way through this journey.

*Shining the Light on PND* was created as a survival guide by allowing the reader to see exactly how she was thinking and feeling, in hope that if you recognise this in yourself or your partner, you will gain the strength to reach out for help. It is an open recounting of her experience, reflections and learnings; perspectives on mindsets; and information about medications, hormones, strategies and healing tools for the mother to use, as well as her carer.

Her hope is that it paves the path towards more understanding, universal compassion and awareness, so that women do not need to suffer in silence any longer.

# ABOUT THE AUTHOR



Namita Mahanama is a registered Pharmacist. After her children were born, she furthered her qualifications as a Paediatric Massage Consultant and a CIMI (Certified Infant Massage Instructor), an Ayurvedic Yoga Teacher and is currently a student of Ayurvedic Lifestyle Consultancy.

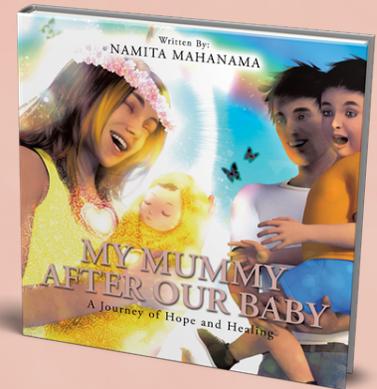
She draws upon her professional knowledge as well as her own heart-wrenching first-hand experience suffering through two post-natal depressions after having both of her children. Her honesty and authenticity in raising awareness of the condition is refreshing and aims to create a positive change in this arena of healthcare.

Her intention is to uplift and *inspire* women to speak up about their condition, and to break through the stigma and misconceptions held about post-natal depression. She has created a resource that she wishes she and her family had access to when she was unwell, as they felt extremely lost finding their way through the journey.

The trajectory of her life has shifted into creating space for allowing women to heal, no longer suffer in silence and to rise up into their light through their healing.

Namita is the Director of Whole-istic Healing Co., a business centred around synergistically bringing Eastern and Western modalities of healing together. Through her background and experience, she hopes to support women, their family and children through their healing. She is passionate about creating tools available to all women with the specific intention of creating balance and healing for the person as a whole, integrating their body, mind, and spirit.

Namita has also written a children's book called *My Mummy After Our Baby: A Journey of Hope and Healing* as a resource to help children understand the reality of post-natal depression in the gentle, light, and beautiful way that she wished was available for her eldest son when she fell prey to it with her second baby.



## AUTHOR Q+A

**What is one of the most common misconceptions or misunderstandings about PND that you would like to call attention to?**

The biggest one would be the misconception that PND is quite simply the inability to cope with motherhood.

It is not this, but in fact a change in biochemistry after the hormonal barrage of pregnancy and giving birth that causes a biological condition that gives rise to a plethora of symptoms of anxiety and depression that ranges from woman to woman.

Also, that it is NOT a sign of weakness and nothing to feel guilt, shame or fear about!

**Is there a mantra or affirmation that you can offer for women who are trying to find hope?**

The first is that there IS light at the end of the tunnel, I promise! Hold on one day and one breath at a time, because you WILL get through this time (even though it feels relentless and unyielding).

The second is my acronym ARMER...

- Ask for help from your partner and family
- Reach out for help from health professionals
- Make a commitment statement to yourself
- Exercise
- Rest and Rejuvenation practices

**Can you tell us more about the organisation that you're donating a portion of the book's proceeds to, the Gidget Foundation?**

It is a not-for-profit organisation that provides resources and support for women with perinatal and postnatal depression. It is a cause close to my heart for their mission and was setup by a family who lost their daughter 'Gidget' to postnatal depression.

My genuine hope is to generously donate, so they can help as many women and their families who deserve to recover from this silent but very all-consuming disease. This is my life's purpose now, to shine the light on a condition filled with so much darkness...so that our women in generations to come, no longer have to suffer in silence.