

BGW Belly Binding

What is Bengkung ?

Bengkung is a traditional Malaysian belly binding method. Essentially it is a practice of tying a long strip of cloth around the abdomen during the postpartum recovery period to ensure a strong support to our womb after childbirth.



Why belly-binding ?

- It helps to slim the ribcage, belly and hips.
- Pulls in the separated abdominal muscles (diastasis recti) back together.
- Prevents back pain. While wearing it, you are reminded to sit and walk straight, a good antidote to the “nursing-slouch”.
- Decreases postpartum bleeding time by speeding up the process of getting rid of waste blood in a natural way.
- It’s an ancient traditional natural way of healing after birth.
- It feels good!

[\(https://mothernaturale.wordpress.com/bengkung-belly-binding/\)](https://mothernaturale.wordpress.com/bengkung-belly-binding/)

“The traditional practice of wrapping the belly post childbirth has long been implemented in Asia, Europe and Latin America. The wrapping techniques commonly involved long strips of cloth wound firmly around a woman’s midsection after giving birth to her child. As a new mother’s abdomen contracted down, the cloth was shortened and tightened.

For centuries, Japanese mothers have used their “Sarashi” to speed up weight loss and aid with toning of the abdominal muscles and lax skin after childbirth. Hispanic mummies believe their “faja” helps bring all the muscles used in the birthing process back together again. “No matter what she calls it, women in Indonesia, Thailand, Singapore, Latin America, Mexico, Spain, England, and the Philippines have benefited from using an abdominal compression wrap after childbirth.” (<http://twinpossible.com/the-history-of-belly-binding-the-traditional-vs-the-modern-take-and-the-many-benefits-of-binding>)

We at Blessing God’s Way want women to feel supported in their fourth trimester, after the birth of their baby. You can start as early as 2-3 days after birth, with wrapping and enjoying the healing properties of belly binding. You can wrap up till 6 wk postpartum.

We have wraps that we “rent” out to our clients or others and the cost is \$50.00 to have on loan for 6 wks. You will fill out a form and we will collect your money when you take the wrap. We can show you how to use it the first time. Or we can show you how to do it for a woman, if you are doing it in a celebration/healing type of gathering.

For more information on renting our wraps - please contact us at bgwhcbc@gmail.com or call 540-295-2186.