



TIPS TO INCREASE BREAST MILK

Breastfeeding is beneficial to both mom and baby. It can help prevent excessive vaginal bleeding, reduce the risk of ovarian and breast cancer, and help build bone. Babies are given just the right type of protein and digest breast milk easier. It can prevent various health problems later in life such as allergic reactions, diabetes, ear infections and asthma.

The best breastfeeding schedule is to feed baby when baby is hungry. Baby should have at least 6 wet diapers a day and be satisfied after a feeding. If not, the following suggestions are to help increase breast milk production and are only if needed.

Fenugreek Seed Capsules (580-610mg)

- 2-4 capsules, 3x/day

Fenugreek powder or seeds

- ½- 1 teaspoon, 3x/day
- 1 capsule = teaspoon
- Can be mixed with a little water or juice
- (Side effects) sweat and urine smells like maple syrup; milk and/or breastfed baby may smell like maple syrup.
- GI symptoms in mom (upset stomach, diarrhea) which go away when Fenugreek is discontinued.
- Can be found at GNC, Hi-Health or any Health store

Brewer's Yeast tablets

- 3-5 tablets, 3x/day
- Powder 1.5 - 2.5 tablespoon, 3x/day
- (Side effects) may cause gassiness in baby
- Baby's stool will smell "yeasty"
- Can be found at GNC, Winco bulk as a powder or any health store

Red Raspberry Leaf Tea

- Up to 6 cups per day/of 3 glasses per day
- Prepare tea by pouring 1 cup of boiling water over 1-2 teaspoons of the herb and steeping covered for ten to fifteen minutes.
- (Side effects) Raspberry may cause mild loosening of stools and nausea
- Found in loose leaf at Wealth of Health

Blessed thistle capsules

Take 3 capsules 3x/day. You can use a tincture of 20 drops 3x/day.
This can be done at the same time as Fenugreek

Below is a recipe for nipple cream that can be soothing as well as healing.

Triple Nipple Cream
Hydrocortisone 1%
Polysporin
Lotrimin (Clotrimazole 1%)

Mix an equal amount of all three ingredients into a small container. Only mix a small amount at a time. Use the cream 3x/day for 5-7 days for cracked, irritated nipples. Use immediately after breastfeeding and allow nipples to be open to air. Clear any medication away before breastfeeding baby.

Mom knows best. Trust your instincts.

If you have any questions or concerns we are just a phone call away.

