

How to use this document - Every section is color-coded to a category pertaining to your pregnancy journey from Fertility through Postpartum and Lactation. Products and information under “Essential” are very important for a healthy pregnancy. Products and information under “Helpful” are for suggestions for items that could be helpful if a solution to a problem is needed. Products and information under “Planning Ahead” are for items that will be useful to have on hand at the beginning of or through the next phase. **For more information, visit www.herblore.com**

Lactation

Essential

No products are “Essential” in lactation unless there is a problem, such as low breastmilk supply, breastmilk over-supply, plugged ducts or mastitis. Using a product to increase breastmilk production when you have adequate supply could cause over-production and the problems associated with over-production.

Helpful

Blessed Thistle Tincture: Helps to increase breastmilk production and is an excellent digestive tonic. It is a good choice for those who find that Fenugreek does not provide the expected results.

Fennel Tincture: Helps to ease nausea, gas, colic, reflux, indigestion, and heartburn. Can aid in bowel movements as it has gentle stool softening properties. Increases breastmilk production in nursing mothers.

Fenugreek Tincture: One of the most popular and effective herbs for increasing breastmilk production. Using it is like turning the faucet of breastmilk on. Suddenly decreasing it or using it inconsistently turns the faucet off, or up and down, causing an up and down milk supply, so it must be used with consistency for best results. Using it in a combination item can cause production problems as well. It's best used as a single herb item to ensure a consistent dose each time. Do not suddenly stop this herb unless absolutely necessary as it could drop your supply. Weaning down from the herb is recommended. See our website under Resources --> Articles & Information for directions. Fenugreek is one of the most popular herbs for increasing breastmilk production - you just need to know how to use it correctly.

Lactation - continued

Helpful - cont.

Goat's Rue Tincture: Helps to increase breastmilk production. Great choice for women with IGT, hypoplasia, previous breast surgeries, or a low milk supply right from the start.

Moringa Tincture: A superfood used to increase and enrich breastmilk supply. Great for women (or anyone) with nutritional deficiencies or weakened immune systems.

Nursing Tea (or) Nursing Tincture: Helps to increase breastmilk production while helping to ease gas, colic or reflux. Great choice for mothers with newborns, or babies with gas or sensitive tummies.

Poke Root Tincture: Used to help clear breast infection (mastitis) and plugged ducts. Typically works within 24 hours.

Sage Tincture: Used to dry up or decrease breastmilk. Also may help alleviate hot flashes in menopausal women.

Shatavari Tincture: An Ayurvedic herb used to tone and nourish the male and female reproductive systems, aiding in fertility and conception. It's also noted as one of the best herbs to increase breastmilk production in nursing mothers, making it a good choice for nursing moms wishing to conceive again.

WORDS OF WISDOM: If you're making enough milk, don't take anything to increase it. You may over-produce and set yourself up for problems caused by over-production.

If one breast produces more than the other, this is ok. You can put your baby to the least-producing breast first which will give it extra stimulation. This should help balance the breast's production. But if it doesn't, don't worry. Twins get only one breast apiece so your baby will be fine too!

Stress is a big contributor to low milk supply. And having low supply can cause stress in itself! Not to worry! Try to visualize waterfalls of breastmilk coming from your breasts while you nurse in a quiet, serene environment. Many women who have had multiple problems with breastfeeding were able to overcome them to go on and nurse their babies successfully.