

Chapter 1 : Low Milk Supply -- Metoclopramide

This is the "remove more milk" part of increasing milk production. If milk is not effectively removed from the breast, then mom's milk supply decreases. If positioning and latch are "off" then baby is probably not transferring milk efficiently.

It is not unusual to need to pump times to get enough milk for one feeding for baby remember that the pump cannot get as much milk as a baby who nurses effectively. Many mothers are able to pump more milk per session when they are separated from baby or if they are exclusively pumping. When your milk supply regulates this change may occur either gradually or rather suddenly , it is normal for pumping output to decrease. It is normal for pumping output to vary from session to session and day to day. Having an occasional low volume day is not unusual. Growth spurts are temporary – try increasing nursing and adding a pumping session or two until the growth spurt is over. Menstruation or ovulation can result in a temporary drop in milk supply. You might also notice cyclical dips in milk supply before your period returns, as your body begins the return to fertility. Hormonal changes also cause milk supply to decrease during pregnancy. What can cause a decrease in pumping output? First, consider the possibility that baby is being overfed by bottle when you and baby are separated. If this is the case, you may actually not need to be expressing as much milk as is being requested. This is certainly not always the case, but it is not at all uncommon. See How much expressed milk will my baby need? Jerry Bunkers on flickr When you do need to pump more milk, the first thing to check is your pump: Are you using an appropriate pump for the amount of pumping that you do? How old is your pump? If you have an older electric pump particularly older than a year , or if you are pumping more often than the pump was designed for, the motor may be wearing out. Many times a decrease in pumping output is because pump parts need to be replaced. Do you have a type of pump check your user manual that benefits from occasionally boiling the boilable parts? See Choosing a Correctly-Fitted Breastshield for more information. Milk production is a demand-supply process. If you consistently decrease nursing or pumping for several days, your overall milk supply will decrease and you can expect to see a decrease in pumped amounts. Has baby started solids recently? As baby eats more solids and takes in less milk, overall milk supply naturally decreases and you may see a decrease in pumping output. You may not notice a change in nursing pattern, as some babies nurse just as often, but take in less milk during those sessions. If baby started solids early before around 6 months or is eating lots of solids early on, you are more likely to notice a drop in supply. A very gradual start to solids around 6 months or later is less likely to affect milk supply. Hormonal causes of decreased milk supply: Have you started hormonal birth control recently? Hormonal birth control , particularly that containing estrogen, can significantly decrease milk supply. Are you expecting either ovulation or your period soon, or has it recently started? Taking care of mom: Have you started a strict diet? Are you getting enough calories? Snacking during the day on healthy, protein-rich foods may be helpful. Are you drinking to thirst? Some moms, particularly when they are at work, will get busy and forget to drink enough fluids. Are you getting enough rest? This can be hard to do when you have a baby. Try to go to bed a little earlier and to take a nap each day on your days off. Consider co-sleeping so you can get more sleep. Just a little added rest may make a big difference. Have you been under an unusually large amount of stress? Stress can affect let-down and pumping output. Have you been sick? Illness, especially if you have a fever, mastitis or get dehydrated, can result in a temporary decrease in milk supply. To speed milk production and increase overall milk supply, the key is to remove more milk from the breast and to do this frequently, so that less milk accumulates in the breast between feedings. Increasing frequency Nurse more often when you are with your baby. Are you pumping frequently enough? Is there any way you can add a pumping session at work? If necessary, when pumping times are very limited, adding even a short 5 minute pumping session is better than not pumping at all. Add a pumping session or two outside of work hours or on the weekend. Try pumping after baby nurses, or pump one side while baby nurses on the other side. You might also try pumping while baby is napping, at night, or when baby goes longer than usual between nursings. Does your baby complain about slower milk flow when you pump between nursings? If so, try single pumping between nursings, instead of double pumping. Although single pumping is not as effective for increasing milk supply, this leaves one

breast more full, so the milk will flow more quickly. See also these tips for babies who want a faster milk flow. Sit down with your baby and your pump, and nurse and pump every half-hour to hour for several hours. This is simply a nursing vacation with pumping added in. On these days, get lots of rest, nurse very frequently and pump after as many nursing sessions as possible. Removing more milk from the breasts Are you pumping long enough? Use a good double pump. Double pumping generally results in better pumping output and is better for maintaining milk supply. Pump quality can make a huge difference in pumping output, and different moms have better results with different pumps. However, some moms with abundant milk supplies do not respond well to pumping even using the best of pumps and do not get much milk when pumping. These moms may get better results using manual expression. Use breast massage and breast compression. If your pump has a soft shield or shield insert available for example, the Medela Comfort breastshield or the Ameda Flexishield insert , then try using the pump with and without it. Some moms get better results with the softer shield; some get better results without it. Switching to a larger pump flange increases pumping output for some moms. Scroll down here for more information on sizing the flange. It can be helpful to snack on protein-rich foods during the day and to have something to drink every time you sit down to pump or breastfeed. Many moms have gotten good results using fenugreek or other herbs to increase supply, either on a short- or long-term basis. Other things to try The following things are useful for maximizing nursing and minimizing the amount of expressed milk that baby needs while you are away. Nurse right before you leave baby and immediately after you return from work. Make sure your care provider does not feed baby right before you are due to return. Has your baby started solids? If so, have your care provider offer all or most solids, and only or mainly breastfeed when you are with baby. By doing this, baby may need less milk when you are apart due to the solids and will nurse more when you are together. This can both help your supply more nursing and decrease the amount of pumped milk you need to provide. One study has shown that the moms of hospitalized babies who listened to guided relaxation or soothing music while pumping had an increased pumping output. In this study, the interventions led to moms producing times their normal pumping output. Milk fat content also increased for these moms in the early days of the study.

Chapter 2 : How To Increase Your Milk Supply Without Losing Your Mind (25 Ways)

Before you start pumping 10 times a day and chugging the lactation smoothies, you need to determine if your milk supply is actually low. It's not uncommon for new moms to be confused between low milk supply and having misguided nursing expectations.

Your baby nurses frequently. Breastmilk is digested quickly usually in 1. Many babies have a strong need to suck. Also, babies often need continuous contact with mom in order to feel secure. All these things are normal, and you cannot spoil your baby by meeting these needs. This is often a growth spurt. The baby nurses more this usually lasts a few days to a week, which increases your milk supply. Your baby nurses more often and is fussy in the evening. As babies get older and better at nursing, they become more efficient at extracting milk. Your baby is fussy. Many babies have a fussy time of day often in the evening. Some babies are fussy much of the time. This can have many reasons, and sometimes the fussiness goes away before you find the reason. Your baby guzzles down a bottle of formula or expressed milk after nursing. Many babies will willingly take a bottle even after they have a full feeding at the breast. Read more here from board-certified lactation consultant Kathy Kuhn about why baby may do this and how this can affect milk supply. Of course, if you regularly supplement baby after nursing, your milk supply will drop see below. Leaking has nothing to do with your milk supply. Your breasts suddenly seem softer. Some women never feel a let-down. This has nothing to do with milk supply. You get very little or no milk when you pump. The amount of milk that you can pump is not an accurate measure of your milk supply. A baby with a healthy suck milks your breast much more efficiently than any pump. Also, pumping is an acquired skill different than nursing, and can be very dependent on the type of pump. Some women who have abundant milk supplies are unable to get any milk when they pump. In addition, it is very common and normal for pumping output to decrease over time. See also *Is my baby getting enough milk?* Supplementing may be medically necessary for babies who are losing weight until your milk supply increases. If supplementing is medically necessary, the best thing to supplement your baby with is your own pumped milk. Potential causes of low milk supply These things can cause or contribute to a low milk supply: Milk is produced as your baby nurses, and the amount that she nurses lets your body know how much milk is required. Every bottle of formula, juice or water that your baby gets means that your body gets the signal to produce that much less milk. A bottle requires a different type of sucking than nursing, and it is easier for your baby to extract milk from a bottle. As a result, giving a bottle can either cause your baby to have problems sucking properly at the breast, or can result in baby preferring the constant faster flow of the bottle. They can also significantly reduce the amount of time your baby spends at the breast, which may cause your milk supply to drop. Nipple shields can be a useful tool in some cases, but they can also reduce the stimulation to your nipple or interfere with milk transfer, which can interfere with the supply-demand cycle. Nurse your baby whenever she is hungry. For the first few weeks, some babies are very sleepy and only ask to nurse infrequently and for short periods. Until baby wakes up and begins to breastfeed well, nurse baby at least every two hours during the day and at least every 4 hours at night to establish your milk supply. Cutting short the length of nursings. Stopping a feeding before your baby ends the feeding herself can interfere with the supply-demand cycle. Also, your milk increases in fat content later into a feeding, which helps baby gain weight and last longer between feedings. Offering only one breast per feeding. This is fine if your milk supply is well-established and your baby is gaining weight well. Health or anatomical problems with baby including, jaundice, tongue-tie, etc. PCOS, anatomical problems, medications she is taking hormonal birth control, sudafed, or smoking also have the potential to affect milk supply. To speed milk production and increase overall milk supply, the key is to remove more milk from the breast and to do this frequently, so that less milk accumulates in the breast between feedings. OK, now on to things that can help increase your milk supply: Make sure that baby is nursing efficiently. For a baby who is not nursing efficiently, trying to adequately empty milk from the breast is like trying to empty a swimming pool through a drinking straw it can take forever. Inefficient milk transfer can lead to baby not getting enough milk or needing to nurse almost constantly to get enough milk. Nurse frequently, and for as long as your baby is

actively nursing. Remember “ you want to remove more milk from the breasts and do this frequently. If baby is having weight gain problems, aim to nurse at least every 1. Take a nursing vacation. Take baby to bed with you for days, and do nothing but nurse frequently! Offer both sides at each feeding. Let baby finish the first side, then offer the second side. Use each side at least twice per feeding. Use breast compression to keep baby feeding longer. For good instructions on how to do this, see Dr. This can be particularly helpful for sleepy or distractible babies. Avoid pacifiers and bottles when possible. If a temporary supplement is medically required, it can be given with a nursing supplementer or by spoon, cup or dropper see Alternative Feeding Methods. Give baby only breastmilk. Avoid all solids, water, and formula if baby is younger than six months, and consider decreasing solids if baby is older. Take care of mom. Sleep when baby sleeps. Adding pumping sessions after or between nursing sessions can be very helpful “ pumping is very important when baby is not nursing efficiently or frequently enough, and can speed things up in all situations. When pumping to increase milk supply, to ensure that the pump removes an optimum amount of milk from the breast, keep pumping for minutes after the last drops of milk. However, adding even a short pumping session increasing frequency but perhaps not removing milk thoroughly is helpful. A substance herb, prescription medication, etc. See What is a galactagogue? Do I need one?

Chapter 3 : Supply Boosters

How to increase breast milk: 7 foods to eat There's no magic potion that will increase your breast milk supply, but some of these foods may help (and the last three certainly will not).

He might have been anything and it to this, that he is hunted like a wild beast. All about in the ravaged woods lay the big logs, scores of them. There was cheer in every face and a spring in every step. Ok, now on to things that can help increase your milk supply make sure that baby is nursing efficiently. Nurse frequently, and for as long as your baby is actively nursing. Take a nursing vacation. Offer both sides at each feeding. Avoid pacifiers and bottles when possible. Give baby only breastmilk. How does milk production work? Then he said softly, Ah and that was all. The cross puzzled him, but the double headed eagle, he said. Jump to taking care of your breasts an error occurred. To make sure your milk is ready to let down when your baby is ready to eat, take a hot shower right before breastfeeding. Is your milk supply really. Nursing tips to produce. Are overbalanced by disadvantages far more certain and decisive. Be you wiser, and, before it is too late. He is a frank, manly, straightforward man. At the Sydenham end of the road of that name. She knew from the look which sentence in her note had brought him. Take fenugreek and other lactation-promoting herbs. Pump more often or for longer periods of time. Try domperidone or reglan. Increasing milk production when all is fine and your baby is gaining weight well. Ways can help you increase the amount of breastmilk you produce in 24 hrs. The morning seems to belong to study, business, or serious conversations with men of learning and figure not that I exclude an occasional hour at a to. Walter wanted me to go to the railroad depot and how to increase breast milk in one day get some freight that came in for him, answered the old soldier. What can you do to increase your milk supply as a new mom? Now my desires with, and it would, indeed, have been folly to repent. We will go on Ah Bravo Well parried, my man How the deuce could such a swordsman as you a cutthroat of Marlanx. Here are some tips on how to increase your supply of breast milk with pumping and the situations increasing breast milk production when that would be very helpful. What can you do if your breast milk supply is low? He went to the door, knocked, and waited with tense muscles and an aching brow. There was no response, save the singing of the locust. Targeting treatment to the cause causes of low milk production physical methods to increase milk production galactagogues to increase milk production. Increasing the milk production is a very critical concern of many breastfeeding women. Even according to thy fear, so is thy wrath. Breast the wave, breast the current stem the tide, stem the torrent face, confront, grapple with show a bold front. The spineless United States would never have the strength nor will to wage war against a United Arab State. Reader approved how to increase breast milk production. Two methods increasing production pre-breastfeeding increasing production during q a many mothers fear they are not producing enough breast milk to satisfy their baby. If your milk supply is low, here are some suggestions on how to increase it monitor your baby s weight often, especially in the early days and weeks. In general, the longer your supply has been low, the longer it will take to build it back up. The station agent ate as if he had never been fed before, apologizing every time he took another piece of fried chicken. All other men and women that this earth. Belongs to, who all days alike possess. A suspended interest and a prevalent absence of mind, were perhaps observed by the spies who looked in at the wine-shop. Storage capacity another factor that affects milk production and breastfeeding management is mom s milk storage capacity. Storage capacity is the amount of milk that the breast can store between feedings. Never offered him any indecorum though, anti same sex marriage debate in the philippines for some cause or other. When the girl herself with native delicacy would, under the circumstances. Now she stood easily by the table with the lighted lamp, speaking easily, playing easily with the gloves upon the table. Breast milk increasing breast milk production is the milk produced by the breasts or mammary glands of a human female to feed a child. Milk is the primary source of nutrition for newborns before they are able to eat and digest other foods; older infants and toddlers may continue to be breastfed, with other foods from six months of age when solid foods should be. Open the lock find a clue, find clew a to, find the key to the riddle interpret. It was just after he had left that three shots in rapid succession rang out in the still night air. Ambition was hidden under the burden of taxation which was to

make them slaves. It is important to note that the feel of the breast, the behavior of your baby, the frequency of nursing, the sensation of let-down, or the amount you pump are not valid ways to determine if you have enough milk for your baby. This website and support to mothers who are experiencing low milk production. It is also an online resource for healthcare providers who help mothers breastfeed. Mother's milk, how to increase your supply. February 24, breastfeeding posted by Cheryl Taylor, CBE when in the course of a happy breastfeeding relationship you notice a supply change, it can cause momentary panic. Symons the thoughtful and practised yet enthusiastic student in literature in intellectual problems always quiet and sane. Asked Oliver Sloane, arriving at this moment with a bandbox he had brought from town for Marilla. Before you start pumping 10 times a day and chugging the lactation smoothies, you need to determine if your milk supply is actually low. It is not for new moms to be confused between low milk supply and having misguided nursing expectations. You could also have a pre-existing medical condition which is preventing you from producing the optimal amount of milk. Deep and silent, after a few fervent ejaculations of gratitude to Heaven had been offered. Project Gutenberg is dedicated to increasing the number of. Galactagogues boosting your milk supply and production. Herbs and medications that increase your milk supply are known as galactagoges ga-lac-ti-gogs. If your milk supply is low, you might want to try using a natural galactagogue to help increase your milk production.

Chapter 4 : Low milk supply: What causes it? - Mayo Clinic

This helped to stimulate my body to produce more and start increasing my milk supply. Whatever pump works best for you or that you find a good deal on is perfect; I use this Ameda one for myself.

Here are some ideas to help you work out if your supply really is low and some suggestions that will help you make more milk, if it is low! More information is available in our booklet *Breastfeeding: You work together to build your milk supply*. Feeding your baby whenever he needs it will help him get all the milk he needs to grow and develop. It is important to remember that every baby is different. How breastfeeding works During pregnancy your breasts change and develop to be ready to make milk for your baby. Milk is there even when your baby is born prematurely. The amount usually increases greatly a few days after birth the milk comes in. The first milk in the breasts after the birth and, often before, is called colostrum. This thick, yellowish milk is more concentrated than mature milk. It is rich in protein and antibodies that help to protect your baby from illness. Your baby only needs a small amount of food in the first few days after birth. The amount of colostrum in your breasts is enough to meet his needs. Mature breastmilk, which is thin and bluish-white in appearance, gradually replaces colostrum over this time. When he sucks at the breast, your baby stimulates tiny nerves in the nipple. This causes the release of hormones into your bloodstream. One of the hormones prolactin activates the milk-making tissues. The other hormone oxytocin causes the breast to push out or let down the milk let-down reflex. How do I know if my baby is getting enough breastmilk? If your baby shows the following signs then it is likely that you do have enough milk. At least 6 very wet cloth nappies or at least 5 very wet disposable nappies in 24 hours. Strong, dark urine or formed bowel motions suggest that the baby needs more breastmilk and you should seek medical advice. Good skin colour and muscle tone. Does she look like she fits her skin? Your baby is alert and reasonably contented and does not want to feed constantly. It is however normal for babies to have times when they feed more frequently. Some babies sleep through the night at an early age while others wake during the night for some time. Some weight gain and growth in length and head circumference. For more information, see the *Baby weight gains* article on this website. How to make more milk: Let your baby finish the first breast before switching to the second breast. You can also try massaging your breast. Stroke it towards the nipple on all sides as your baby feeds. You can try offering the breast to soothe your baby for a few days, instead of other comforting strategies eg a dummy. You may find that your baby has fussy periods when he wants to breastfeed more frequently. There is more about this in the *Fussy periods and wonder weeks* article on this website. Babies generally feed less often as they get older. Babies also generally feed more efficiently as they get older. Feeds do not need to be very long, just more often. Help your milk to let-down quickly. Relax and enjoy feed times. Breathe deeply, relaxing each part of your body separately as you may have learned to do at antenatal classes. Have a drink on hand, a book or a magazine, listen to the radio or watch TV. For more ideas, see the *let-down reflex* article on this website. Babies vary greatly in the amount of sucking they seem to need. There is no need to worry if your baby is contented with a fairly short feed. Some babies however love to continue sucking long after the flow of milk has dwindled to a trickle. This is fine too. Your baby will let you know how long his feeds need to be. A baby who is well attached and positioned is more able to drain the breast well. For more information, see the *Attachment to the breast* article on this website. Feed your baby more often than usual. Check that baby is well positioned at the breast. Allow the baby to decide the length of a feed. Remember that any amount of breastmilk you provide your baby is valuable. If you have tried these ideas and are still finding low supply to be a problem, speaking with an Australian Breastfeeding Association counsellor on the *Breastfeeding Helpline* , a lactation consultant or your medical adviser may help. Also, see the *Galactagogues substances claimed to increase supply* article on this website.

Chapter 5 : Boosting Milk Supply

If increasing milk production was that easy, every nursing mom would weigh a ton, and no one would need articles like this. The latest fad in galactagogues is "placenta encapsulation". Mothers ingest their placenta, usually by drying it, grinding it up, and putting it in capsules.

Before you start pumping 10 times a day and chugging the lactation smoothies, you need to determine if your milk supply is actually low. You could also have a pre-existing medical condition which is preventing you from producing the optimal amount of milk. In which case, you need to consult a specialist. These are the most important things you should think about when deciding if your supply is low or not. There are a few ways to do that: Generally, your baby should gain about an ounce a day in the first month source. Watch for Indications in Their Poop: Your breastfed baby should be pooping up to 10 times a day for the first couple of months source. Past this age, you should see at least one dirty diaper a week for your breastfed baby, although you might see far more than that. It might look like there are seeds in there, and it might seem really loose. Welcome to the club. Your baby should be having 6 to 9 wet diapers every day. Monitor Their Mood and Appearance: Does he seem to look healthy? Is he content most of the time or fussy more than usual? Sometimes women think they should be producing more breast milk than they do. And it would still be a normal amount to be producing, even though you feel like throwing your pump right out the window. Here are some issues that happen frequently to women that trick them into falsely believing their milk supply is low. Babies will usually be hungrier during their growth spurts and will often be fussy during feedings because they are frantically trying to fill their bellies. Your Baby is Nursing Faster: Older babies need to take in more milk to fuel their growth, so why is your older baby suddenly nursing for such a short amount of time compared to usual? No, it just means your baby is mastering the art of breastfeeding. The number of poopy and wet diapers a baby has is a far better indicator of whether they are taking in enough milk than fussiness is. The same can be true for babies. When they take a bottle after breastfeeding, they might just want something to suck on. Eating might not be their goal – sucking on something might be source. Your breasts used to leak like crazy. Now they appear perfectly normal, with not a spare drop in sight. Your baby, if she has a good latching technique, is better at draining the milk from your breasts than a pump is. So she might be getting plenty of milk out of your breasts. It could now be producing just enough for your baby source. If you think you have low milk supply, you might want to take a closer look at your medical history. There are signs that you might have insufficient glandular tissue, including flat breasts, breasts that are tubular in appearance, breasts that are spaced more than 1. Your breasts may not be sore or feel hard or full. Have You Had Breast Surgery? There may have been nerves or ducts that were cut during the surgery, which will lower how much milk you can produce source. Do You Struggle with Hormonal Imbalances? Conditions such as polycystic ovary syndrome might cause you to have less milk, although not every woman will be affected the same way source. Does Your Thyroid Function Normally? Thyroid problems, like hypothyroidism, happen to women quite frequently. To check yours, you can ask your doctor for a simple blood test. If you have a low thyroid level, there is medication that can be used to bring your levels up. That, in turn, will often help increase your milk supply source. When moms go back on the pill shortly after birth, they can be hurting their milk supply, especially if the pills contain estrogen. That will have less impact on your supply. If you had a difficult birth and lost a lot of blood, your milk supply may be temporarily affected. Once you fully recover, though, you should be good to go source. Make sure to take care of yourself first and not stress out too much about your supply. Your body has just been through quite an ordeal, what you need now is a little relaxation. When to Blame It on the Baby? Here are some common situations when your baby tricks you into thinking you have low milk supply. Is it too soon to ground her for stressing you out unnecessarily? It means your baby might have restricted tongue movement source. This kind of jaundice is different from the traditional kind most moms already know about. You may have to increase feedings, up to 12 times a day to help your baby get over his jaundice source. Increasing Milk Supply Naturally 1. Take it Easy Momma Being a mom is a big job. After all, it takes a village to raise a child. Try taking deep breaths to relax yourself or practice some gentle

yoga moves. Try to carve out 30 minutes most days to cram some exercise in your schedule. Although it can be hard with a baby on your hands, get some extra shuteye. When I had my first child, I struggled with this one. I hate to ask for help, and I felt like I should be able to do it all by myself. After all, I was taking 10 weeks off for maternity leave while my husband was heading back to work. And every time the baby cried in the night, I was the one losing sleep. So I asked my husband to start taking a couple of the night shifts every week so I could at least get a little more uninterrupted sleep.

Take In Plenty of Fluids In order to produce milk, it helps to have extra fluids for your body to work with. Try to drink about 13 cups of liquids a day.

Watch Out For Be careful about adding drinks with too many calories – you want to up your milk production, not gain extra weight. If you like your drinks caffeinated, you should be careful not to have more than two a day. The last thing you need right now is a baby who is too wired to sleep because she is affected by your caffeine levels.

Watch Your Food Selections Carefully Foods That Increase Milk Supply You might have thought that your pregnancy days of watching what you ate to ensure the best possible nutrition for your baby were long gone. Here are some of the best choices: Berries, tomatoes, garlic and broccoli. Flaxseeds, walnuts, chia seeds, almonds, and hemp seeds and flaxseeds. Oats, potatoes, quinoa, buckwheat and dark chocolate. They can jack up your milk supply in record time. If you get your period or go through ovulation, it will temporarily decrease your milk supply source. If you really need to go on birth control pills, stick to ones with progestin, not estrogens. If you have seasonal allergies, try limiting the time you spend outside on high pollen count days instead. Those include aspirin, codeine, and some drugs that are used for high blood pressure or heart problems source. Anytime I visited the doctor when I was breastfeeding, I always made sure to remind him that I was breastfeeding when he prescribed me medication. Then when I went to the pharmacy to pick it up, I would double check with the pharmacist that it would be okay to that medicine while breastfeeding.

Breastfeeding moms need at least 2,000 calories a day – about more than moms who use formula source. Those skinny jeans will just have to wait a little longer. I felt hungry around the clock. Because I was so tired, my biggest struggle was avoiding junk food and choosing healthy snacks instead. You can opt for a banana, a yogurt and half a peanut butter sandwich to make up those calories.

Warning The wrong supplements, especially in high amounts, could harm your baby source. If you decide you want to pursue supplements, you can start with a good multi-vitamin. In general, most teas are fine to drink, although you should stay away from certain herbal tea blends, like peppermint, oregano, parsley or sage source. There is no need to avoid them completely though – the amount you would use them in cooking is just fine. Most of the time, I stuck with decaffeinated tea. I tried never to drink too much of any kind just to cover my bases. To make nursing more manageable, here are some tips.

Avoid Formula Supplementation or Bottles Keeping bottles and formula away from your baby is preferable when breastfeeding. Breast milk is better for your baby than formula so try to stick with it source. But if your doctor tells you to give your baby formula supplementation, then you, of course, need to bite the bullet and do it. Some moms prefer the football hold, where they tuck their baby under their arms like a football, as seen below in this video tutorial.

Chapter 6 : Increasing Low Milk Supply â€¢ racedaydvl.com

Try to Rest. Lack of sleep is really rough on your milk production. If you can, take a "nursing vacation." Cut back on outside commitments, and spend a couple of days doing as little as.

The first course of action should be to assess a few basic things. Are you resting enough? Taking a nap if necessary? Are you drinking at least 64 ounces of water a day? Are you eating a good, healthy diet? These are some of the basics of a nursing relationship that have to be maintained to the very best of your ability. They tend to give us a clear signal. One of those ways is with a dip in supply. Listen to your body and take some action. Make sure you are: Drinking at least 64 ounces of water a day Eating a nutritious diet Choosing a night time sleeping arrangement that allows for the best sleep for all involved Nursing frequently Make sure you are not doing things that can inhibit supply: Smoking Sleeping on your stomach â€” compressing the breasts at night Wearing a bra that is too tight Wearing a sling with the rings pressing back against the breast instead up near the shoulder The first and simplest way to increase milk supply is to nurse your baby more often. The extra stimulation will signal your body to increase milk supply to meet the demand. If you are wanting to boost your supply try nursing your baby every minutes from beginning of nursing to beginning of next nursing. This provides not only more nursing, but extra rest for Mom, which also helps to increase milk supply. The next step is to see how often your baby is wetting. Observing how much your baby is wetting will tell you whether it is reality or merely a perception. After the first week of life an infant should have wettings per day. Another area to analyze has to do with pumping. There are times when you see a drop in what you are able to get at the pump. This may not be so much a drop in supply as it is a change in your reaction at the pump. Making some changes at the pump in the way of heat, massage prior to pumping, massaging in long sweeping motions down toward the nipple while pumping or altering positioning may be the trick that works for you. For some women, supplementing even one bottle a day will have a drastic effect on their milk supply due to the reduction of stimulation by suckling with a nursing that is replaced by a pumping. If all the above has been tried with little success, it may be time to consider using a galactagogue. Galactagogues are a wonderful tool, but should NOT be considered until the above measures have been taken first. It is always prudent to remember that, on the whole, your body knows what it is doing in responding to your baby and providing adequate milk. Galactagogues are a wonderful thing when they are truly necessary but they should be a last resort. There is often an assumption that since herbs are natural, they are safe. Some of the more common galactagogues and there are many used over the centuries are: Fenugreek Fenugreek is one of the most commonly used galactagogues. It works very quickly in most cases. It can be taken in capsule form with the recommended dose being up to three capsules three times a day. It can be used in conjunction with Blessed Thistle, again working up to three capsules three times a day. The dosage needed varies according to the mother, so experimentation with lesser doses and increasing them if needed is a good idea. It is important to be aware that fenugreek can affect blood sugar levels, so much so that it is effectively used to treat diabetes. Knowing this, a nursing mom with hypoglycemia or diabetes needs to watch blood sugar levels if fenugreek is her galactagogue of choice. The only side effect to make note of is mild gastrointestinal distress when fenugreek is taken in high doses. Typically that would be seen in the mother, but in rare cases it is seen in the infant with an exhibition of some gastrointestinal difficulty which can be as mild as gassiness in the bowels. Animal studies have found fenugreek essentially non-toxic. Fennel is best as a tincture, ml up to three times a day, but can be taken in capsule form. Caution should be used with fennel because it can act as an appetite suppressant. Keep a careful eye on your caloric intake. Also, fennel contains phytoestrogens which if taken in excess can have a negative effect on your supply. Rescue Remedy This is a homeopathic remedy that is useful for triggering the letdown reflex. You take four drops under the tongue up to five minutes before pumping or nursing. Rescue Remedy can have a slight sedative effect, so use with caution. Ignatia 6x This is a homeopathic remedy that can work well in combination with a mild galactagogue. Dosage would be two tablets three times a day. Some women find that drinking several cups a day is all that is needed of fenugreek to boost their supply. An easy way to drink it is to brew a few cups very strong and cool it. It can be drunk

either iced straight or mixed half and half with apple juice. Continued Use As with commercial medications, when taking herbs you should always start with the mildest and work your way up, always starting with the lowest dosage possible. Also, keep in mind that galactagogues should be used for boosting supply, not maintaining. Once your supply has established itself at an adequate level, you should try weaning back off the herbs and see if your supply will maintain where needed. They can always be resumed if necessary, but excessive use can lead to unwanted side effects. If you do not give your body a break it will become resistant to the herbs and they will become ineffective.

Milder Galactagogues If you are looking into trying a galactagogue, start with things like: These are much safer herbs. Most galactagogues are more effective when used in combination. Combining two or three is much more effective than just using one.

Pregnancy Sometimes a mom finds herself needing to maintain a supply in order to nurse through a pregnancy. In some cases mom finds that the supply and demand system works out nicely and they have no problems nursing right through pregnancy. In other cases mom finds she needs a little help. There are mild galactagogues that are safe to take in pregnancy. These herbs can also be used in combination of two or three. Nettle up to 2 capsules 3 times a day Dill up to 2 ml tincture 3 times a day Marshmallow up to 4 capsules 3 times a day **DO NOT** take fenugreek, fennel, or blessed thistle while pregnant. There are a couple of prescription medications that have been used with success in situations of serious supply problems. Reglan and Domperidone are two of these meds They should be used with prudence and never considered until other basic measures of rest, water, nutrition and nursing frequency have been examined and remedied if necessary. We owe it to ourselves and our children to take care of our overall health, which in most cases, allows our bodies to provide breastmilk to our children. These medications are available in those situations in which the mother has adequate rest, good nutrition, frequent nursing and still finds that supply is a problem.

Genotoxicity testing of a fenugreek extract. Fenugreek seeds have been used in traditional medicines as a remedy for diabetes. Rich in protein, fenugreek seeds contain the unique major free amino acid 4-hydroxyisoleucine 4-OH-Ile , which has been characterized as one of the active ingredients in fenugreek for blood glucose control. Current use of fenugreek in foodstuff has been limited to its role as a flavoring agent, and not as an ingredient to help mitigate the blood glucose response for people with diabetes. **THL** was determined not to be genotoxic under the conditions of the tested genetic toxicity battery. The negative assay results provide support that addition of **THL** from fenugreek to foodstuffs formulated for people with diabetes is expected to be safe. A wide safety margin is established, as anticipated doses are small compared to the doses administered in the assays.

Diosgenin, a steroid saponin of *Trigonella foenum graecum* Fenugreek , inhibits azoxymethane-induced aberrant crypt foci formation in F rats and induces apoptosis in HT human colon cancer cells. *Cancer Epidemiol Biomarkers Prev.* *Trigonella foenum graecum* fenugreek is traditionally used to treat disorders such as diabetes, high cholesterol, wounds, inflammation, and gastrointestinal ailments. Recent studies suggest that fenugreek and its active constituents may possess anticarcinogenic potential. We evaluated the preventive efficacy of dietary fenugreek seed and its major steroidal saponin constituent, diosgenin, on azoxymethane-induced rat colon carcinogenesis during initiation and promotion stages. On the basis of these findings, the fenugreek constituent diosgenin seems to have potential as a novel colon cancer preventive agent.

Protective effect of fenugreek *Trigonella foenum graecum* seeds in experimental ethanol toxicity. The study investigates the effect of aqueous extract of fenugreek seeds *Trigonella foenum graecum* on lipid peroxidation and antioxidant status in experimental ethanol toxicity in rats. The ability of the seed extract to prevent iron-induced lipid peroxidation in vitro was also investigated. Ethanol feeding for 60 days resulted in significant increases in the activities of serum aspartate transaminase, alanine transaminase and alkaline phosphatase. The levels of serum lipid hydroperoxides and thiobarbituric acid reactive substances in liver and brain were also significantly elevated. Significantly lower activities of superoxide dismutase, catalase, glutathione peroxidase, glutathione S-transferase and glutathione reductase were observed in liver and brain accompanied by depletion in glutathione, ascorbic acid and alpha-tocopherol concentrations. Simultaneous administration of aqueous extract of fenugreek seeds with ethanol prevented the enzymatic leakage and the rise in lipid peroxidation and enhanced the antioxidant potential. The seeds exhibited appreciable antioxidant property in vitro which was comparable with that of reduced glutathione and alpha-tocopherol. Further, histopathological examination of

liver and brain revealed that, aqueous extract of fenugreek seeds could offer a significant protection against ethanol toxicity. Supplementation of fenugreek leaves lower lipid profile in streptozotocin-induced diabetic rats. The present study was undertaken to evaluate the lipid-lowering effect of fenugreek leaves in diabetes mellitus. Albino Wistar rats were randomly divided into six groups: Fenugreek leaves were supplemented in the diet daily to diabetic rats for 45 days, and food intake was recorded daily. Blood glucose, total cholesterol, triglycerides, and free fatty acids were determined in serum, liver, heart, and kidney. Our results show that blood glucose and serum and tissue lipids were elevated in STZ-induced diabetic rats. Supplementation of fenugreek leaves lowered the lipid profile in STZ-induced diabetic rats.

Chapter 7 : No evidence for milk increasing mucus production from lungs

(HealthDay)â€”There is no evidence to support the myth that milk increases mucus production from the lungs, according to a review published online Sept. 6 in the Archives of Disease in Childhood.

It is critical for the response that cows have an uninterrupted dark period. Daily light has also been found to impact dry cows. In the growing heifer, long-day lighting has been found to increase gain, feed efficiency and growth of mammary parenchyma. Daylight varies with season. Researchers have shown that controlling and supplementing the amount of light a cow receives each day can increase milk production. Long-day lighting or long-day photoperiod means that cows have 16 hours of light and 8 hours of darkness each day. Milk composition is usually not affected, although some have reported small reductions in milkfat percentage. The initial response takes about weeks to be seen. Dim red bulbs 7. When it is dark, melatonin is produced. Cows have an internal clock that is set by melatonin production. This internal clock affects the production of other hormones that impact milk production. More IGF-I production in the cow boosts milk production. Researchers at the University of Maryland used 40 lactating cows for an day trial. IGF-I levels were increased from There was no change in milkfat concentration and no change in dry matter intake. They have an additive effect. University of Maryland researchers tested the effect of bST and long-day lighting on 40 lactating cows for days. Normal hours of daylight during the study ranged from 9. Treating cows with bST alone raised 3. Using long-day lighting increased FCM production by 4. Using both bST and long-day lighting increased milk production by The researchers also found that the cows on long-day lighting met their extra nutrient needs by increasing dry matter intake. Cows on bST increased intake more quickly following their initial injection if they were also treated with long-day lighting. In one study, cows that received only 8 hours of light per day during the dry period produced 6. At freshening, all cows just had ambient lighting 9. The reason for this response is not fully understood but some have suggested that the short-day lighting during the dry period may make cows more responsive to the positive influence of longer day lighting once they calve. The reason for this is unknown but it did result in more energy reserves available for these cows after calving. More research needs to be done on light regulation in dry cows. It is interesting that this extra growth is not just a function of extra dry matter intake. Long-day lighting also results in earlier onset of puberty. Providing the Light Your Cows Need: The intensity of the light which cows are exposed to is as important as the length of the lighting period. A minimum of foot-candles is recommended. Twenty to 30 foot-candles would be enough to read by. Good office lighting is generally about foot-candles. Sunny days may be greater than foot-candles. A Wisconsin study showed that average light intensity in the feeding area of freestall barns was In the freestall area, light intensity ranged from 0. Average feeding area lighting in tie-stall barns was So, for long-day lighting to work, both the resting and eating areas must be provided with adequate light. Light meters can be purchased from electric supply stores to check to see if your light is right. Remember that dust and age of light bulbs can reduce the actual amount of light received by cows. Barns with rafters are difficult to light and may need more fixtures to get good light distribution. One recommendation is to have the distance between fixtures at 1. Use a timer to insure proper timing and save on labor.

Chapter 8 : I'm not pumping enough milk. What can I do? â€¢ racedaydvl.com

To speed milk production and increase overall milk supply, the key is to remove more milk from the breast and to do this frequently, so that less milk accumulates in the breast between feedings. Increasing frequency.

This post is simply meant to help a mother with her milk supply if she wants extra or to store. These techniques may help a mother who has an undersupply but I am not a lactation consultant or anything of the sort so it may or may not be applicable to your situation. This is just what has worked best for me. I also have somewhat of an oversupply but the following tips are what have helped me to increase my supply on top of that. Everything that I do are just natural techniques that anyone can do. In my videos I showed how my fridge in the house was completely taken over by milk, so since then we had to buy a On top of that, I also have about bags at my moms house. The amount that I store per bag is anywhere between 6oz each. Milk production is affected by so many different factors including my emotional state of mind, how much sleep I had, how much water I drank, my level of stress and so on. These number were very different the first couple of months and it will continue changing, but presently at 6 months this is where I am at. Early on I did not have very much to store, maybe a bag a day, but I really wanted to have extra for my little boy. I wanted to make sure that even if he stops breastfeeding earlier than my goal 2 years that I still have milk to give him to drink from a bottle or cup for as long as possible. So regardless of oversupply or not, these are the things that have helped me to increase it on top of that to make some extra. Your body will make sure that you drink lots of water by triggering your thirst. This is thanks to the oxytocin that your body releases. Make sure that you listen to that and aim to drink what you normally should in a day, plus beyond that. If you do a google search there are calculators that you can use to help you figure out exactly how much water your body needs based on how much you weigh and etc, but for me what works is just to ALWAYS have water on me and to drink every single time that I feel even a little thirsty, even if all I need is just a sip. Pumping Even since I started pumping I started when baby was around 4 or 5 weeks my milk supply has increased a lot, and I could tell because my breasts would start to feel full faster. I began by pumping after every or most breastfeeding sessions. This helped to stimulate my body to produce more and start increasing my milk supply. Whatever pump works best for you or that you find a good deal on is perfect; I use this Ameda one for myself. Pumping 8x a day This one has been one of if not the most important factor in keeping up my supply. Since I now have a good stash and am not necessarily trying to increase my supply, I have dropped it down to about 5 pumps in a 24 hour period of time, but when I used to pump 8 times in a 24 hour period it increased my supply exponentially. It may be hard to get this many pumps in, trust me, but what I did was pump after most or all nursing sessions, sometimes including twice a night. Power pumping Basically what power pumping is is pumping then taking a break, and then pumping again. Pump for 20 minutes, take a 10 minute break, then pump for 20 minutes again. Do this for about 3 days in a week. The question I always get asked when I show anyone how much milk I have is if I donate, and the answer is yes I will donate some of it, while still making sure that I have an abundant amount for my own baby boy since not only can he drink it, but I will also start to implement it when cooking any type of baby cereal for him.

Chapter 9 : 6 Ways I Increase my Breastmilk Supply

If you are still having trouble producing milk, call your doctor or lactation consultant. Hopefully testing out these foods can help you see the results you need when it comes to your milk production.

What causes a low milk supply during breast-feeding? Various factors can cause a low milk supply during breast-feeding, such as waiting too long to start breast-feeding, not breast-feeding often enough, supplementing breastfeeding, an ineffective latch and use of certain medications. Sometimes previous breast surgery affects milk production. Factors such as premature birth, maternal obesity, pregnancy-induced high blood pressure and poorly controlled insulin-dependent diabetes can also affect milk production. Although many women worry about low milk supply, insufficient breast milk production is rare. In fact, most women make one-third more breast milk than their babies typically drink. To boost milk production: Breast-feed as soon as possible. Waiting too long to start breast-feeding can contribute to a low milk supply. Hold your baby skin to skin right after birth and your baby will likely breast-feed within the first hour after delivery. For the first few weeks, breast-feed eight to 12 times a day about every two to three hours. Breast-feeding less often can contribute to a low milk supply. Make sure your baby is latched on and positioned well. Look for signs that your baby is swallowing. Be alert to feeding problems. Offer both breasts at each feeding. You might need to pump the other breast to relieve pressure and protect your milk supply until your baby begins taking more at each feeding. Pump your breasts each time you miss a breast-feeding session to help protect your milk supply. Hold off on the pacifier. If you choose to give your baby a pacifier, consider waiting until three or four weeks after birth. This will give you time to settle into a regular nursing routine and establish your milk supply. Use medications with caution. Certain medications decrease milk supply, including medications containing pseudoephedrine Sudafed, Zyrtec D, others. Your health care provider might also caution against certain types of hormonal contraception, at least until breast-feeding is firmly established. Avoid alcohol and nicotine. Drinking moderate to heavy amounts of alcohol can decrease milk production. Smoking can have the same effect.