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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Breastfeeding Problems and natural solutions

By Charles Silverman

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Breastfeeding:

Breastfeeding is the act of naturally feeding an infant with milk produced in the mother's breast. This has unlimited amounts of benefits for the baby not only breast milk is healthier but the action of feeding the child is a moment of love in which the baby learns to bond, smell and caress with the mother as she gives nourishment and affection.

Without a doubt breast milk is the best food for a newborn, nothing comes even closer to provide all the nutrients that the baby will need later in life. Breast milk is much easier to digest than any formula in the market, at the same time it provides protection against infections, prevents future food allergies, helps the growth of healthy teeth, and most important it improves brain development. Studies had shown that breastfed babies are more intelligent than formula fed babies.

However, many mothers stop breastfeeding after the third or fourth month switching to formula and later to cow's milk, this certainly robs the baby of the special qualities that breast milk offers. Infants that stop nursing before the fourth month are at risk of developing asthma, food and respiratory allergies, intestinal bacteria, and oral weaknesses (poor teeth development).

Sometimes a mother can not breastfeed her baby due to a number of reasons, such as, low quality of milk, breast pain, infection, etc. That's when herbs come into play, many midwives have used them for years to improve quality and quantity of milk, to fight infection and much more, take a look at the following conditions and the natural ways to treat them.

Low quality or quantity of milk

Low quality of milk can be caused by medications or a poor diet, many antibiotics contaminate the milk and a diet high in caffeine may cause colics and sleeping problems for the baby it is very important the

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the mother keeps eating a well balance diet after giving birth, and preferably foods with no traces of pesticides these poisons become highly concentrated in the milk.

The use of a breast pump may inhibit the production of milk, lowering the amount available to the baby, this gives the false idea that the infant should be change to formula in order for him to be satisfied, when in fact the problem is the quantity of milk that the mother is producing.

Herbs can help with both of these common problems.

We recommend

² Eat alfalfa or take it in capsules, it stimulates lactation, improves quality and quantity of milk.

² Chaste tree Increases flow of milk, by affecting pituitary's prolactin secretion.

² Chinese use an herb called codonopsis to increase lactation and strengthen the blood.

² Goat's rue this herb is been used by midwives for hundreds of years to improve breast milk production by as much as 50 %.

² Vervain encourages milk secretion and flow, it also increases absorption of nutrients from food and helps with postpartum depression.

² Milk thistle promotes production of milk and decreases pesticide residues in breast and milk.

TIP: Did you know that tight bras may stop the milk production and cause plugged ducts?.

² Cumin helps increase milk production.

² Caraway, aniseed, dill, and fennel promote flow of best milk. It can be taken in form of teas or infusion.

² If you are prone to chills while breastfeeding and have poor quality of milk use calcarea.

Engorgement

Breast engorgement is a very common problem that start affecting the mother in the first two or three weeks after delivery and is more annoying to women with poor skin elasticity. Engorgement is due to milk excessively filling the breast together with blood and fluid retention in the same area.

Usually the breast feels full, hard, tight, tender, painful, the breast feels hot to the touch and a fever may develop, the baby may have a hard time to latch on and suck.

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We recommend

² Take a handful of Confrey leaves and steam them for a few minutes wrapped in a gauze and placed on the breast are very helpful relieving engorgement.

² Take the homeopathic remedy Belladonna 6X.

² Soak a towel in hot water and place it on the breast ten minutes before feeding.

² Poke root reduces swollen breast and pain. Use under doctor supervision.

² Elder is used to reduce swelling of engorged breast.

² Chamomile help control inflamed breast.

² Give your baby frequent feeds on both breast 10 to 15 minutes each.

² Use a pump to extract milk between feedings to control engorgement.

² Massage the breast while feeding to help milk flow easily.

² Mix 2 quarts of boiling water.

2 tsp. of vitex berries.

2 tsp. of blessed thistle leaves.

1 tsp. of nettle leaves.

1/2 tsp. fenugreek seed.

1/2 tsp. anise seed.

Let it steep for 30 minutes, strain and drink 2 cups a day.

² Bryonia reduces swollen and hard breasts.

² Pulsatilla and calcarea is very helpful reducing the size and hardness of engorged breasts.

² When the production of milk is excessive and produces engorgement a cold compress using peppermint oil should be used.

² A compress of marshmallow and slippery elm often reduces engorgement.

Plugged duct

This is a problem that occurs when the baby does not empty the breast completely on each feeding, the milk remaining in the duct hardens and blocks the duct eventually plugging it. Tight bras can cause

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plugged ducts as well. If the breast feels sore it might be a sign of plugged ducts. A plugged duct should be taking care of as soon as possible, if not so it can develop into Mastitis.

We recommend

² Castor oil helps with inflammation and pain.

² Elder is used to reduce swelling of plugged breast ducts.

² Queen's delight Clears congestion of lymphatic vessels, stimulates white blood cells to react to infection.

² Check your nipples everyday, if you see dry milk on them or dark dots remove them with a cotton and warm water and feed your child as soon as possible from that breast.

² Place the baby in different positions every time, this will ensure that all ducts are being used.

² Place hot towels on the breast or run hot water over them in the shower.

² Massage the breast in the direction of the nipple to try to get the milk to come out.

Mastitis

Mastitis is a condition that results when a plugged duct becomes infected, the breast swells due to a bacteria that enters through tiny cracks on the nipples. The breast infected with mastitis becomes red and painful with pus secretion other symptoms are fever, fatigue, vomiting or nausea.

We recommend

² Take poke root this helps mastitis. Use under doctor supervision.

² Queen's delight Clears congestion of lymphatic vessels, stimulates white blood cells to react to infection.

² Place hot towels on the breast or run hot water over them in the shower.

² Elder is used to reduce swelling of breast infected with mastitis.

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- ² Rest as much as you can.
- ² Drink lots of water or alfalfa juice.
- ² Coat your nipples with breast milk after feeding.
- ² There are antibiotics that are safe for nursing mothers and their babies, see your doctor if your case is very severe. However we recommend that you try to avoid antibiotic as much as you can.
- ² Wash your hands before and after feeding, to prevent bacteria contamination.
- ² Dandelion is very helpful and popular herb to treat mastitis.
- ² The chinese use gentian to cure mastitis.
- ² Madder root is useful in relieving mastitis.

Cracked nipples

Cracked nipples can develop when the baby is being position wrongly or by using damp breast pads. The nipple becomes irritated, red, and painful in some cases bleeding may develop.

- ² Calendula cream will soothe and encourage the healing of cracked nipples and is safe for the baby to swallow.
- ² The homeopathic remedy called chamomilla helps heal cracked nipples.
- ² The homeopathic remedy called pulsatilla helps heal cracked nipples.
- ² Sulfur is also helpful for cracked nipples.
- ² Apply vitamin E to sore and cracked nipples.

None

Breastfeeding Your Child

By Angel Estrella

Breastfeeding refers to the process by which a mother feeds her infant with milk directly from her breasts. Assuming the mother does not have certain illnesses, breast milk is widely believed to be the

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most beneficial for feeding young infants. It is even said that breastfeeding can strengthen the bond between mother and child. Still, some mothers choose not to participate in breastfeeding their infants and opt for store bought formula instead.

There are a number of benefits, which result from breastfeeding for infants. Among them, immediate milk that does not have to be heated as it is already at body temperature. In addition, some experts believe that breastfeeding decreases the risk of certain ailments, while increasing the healthy development of teeth and gums.

Along with the infant, there are positive results that stem from breastfeeding for the mother. Among them, a nurturing feeling toward her infant, a quicker return to the mom's pre-birth weight and may help to prevent certain illnesses later on in life.

Often, the infant may refuse breastfeeding at first for a variety of reasons. Normally, these can be determined and corrected with proper instruction from a physician. These may be occurrences that go away by themselves or it may be an indication of an infant that has certain medical conditions that prevent them from feeding properly.

Mothers who have certain medical conditions or are taking certain medications should not participate in breastfeeding her infant. The reason is because either the illness or the medication itself may be transmitted to the infant during this time, which can be very harmful to him/her. For this reason, the mother must inform her doctor about any medications or ailments that she currently has prior to beginning to breastfeed her child.

Many new mothers do not realize it, but breastfeeding may cause soreness and even bruising. This is not unnatural, but can be a sign of improper positioning. These instances will usually clear themselves up, but should be checked by a physician just to be safe.

This article is to be used for informational purposes only. The information contained herein is not intended to be used in place of, or in conjunction with, professional medical advice or recommendations for or against breastfeeding. Before deciding to breastfeed their child, the new mother must consult a licensed medical doctor in order to determine the best course of action for his/her individual situation and the safe feeding of her child.

Want to learn more about breastfeeding? Make sure you visit our site at:

for access to additional breastfeeding tips and information.



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