

# Herbs for Lactation

Matru-Prema Birth Services

## NATURALLY ENCOURAGE MILK PRODUCTION AND FLOW

### Nourishing Herbs for Breastfeeding

The herbs discussed here are safe and rarely carry any side effects. Because of this, they can be taken for extended periods of time and in any quantity with little to no risk. Some of their benefits include providing nutrients and strengthening the body's natural resources. In this application, the herbs are intended to bolster your body's natural lactation capability and potentially increase breast milk production. While these remedies are quite safe, it is advisable to consult your primary caregiver before beginning any herbal regimen, particularly if you are also taking prescription medications.

### HERBAL TEAS AND INFUSIONS

Comfrey, Raspberry Leaf, Red Clover, Alfalfa, and Nettles are all nourishing herbs which both support and encourage breast milk production. They are also rich in minerals, thus helping to protect your body from the mineral depletion that can accompany nursing.

You can purchase these herbs from health food and homeopathy stores and infuse them at home. Herbal tea companies, such as Traditional Medicinals, also offer breast milk herbal teas in convenient single-serve bags.

### BLESSED THISTLE (CNICUS BENEDICTUS)

Blessed Thistle has long been celebrated for its positive effects on breast milk supply. In addition to increasing production, it can also positively influence postpartum mood issues. It is most effective in tincture form, up to 20 drops twice to four times daily.

## Get in Touch

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### BORAGE LEAVES & HOPS FLOWERS (BORAGO OFFICINALIS & HUMULUS)

Borage leaves may be infused in a tea and taken 1/2 cup with each nursing session. It also acts as a mild laxative. Hops taken as a tea is a good addition to nighttime feeds as it acts as a natural sleep aid. Beer is a convenient and better-tasting option when taken in small amounts. Try to find additive-free options or order an alcohol-free, chemical-free brew of hops and malts.

### FENNEL & BARLEY WATER

Soak 1/2 cup of regular (pearled) barley in 3 cups of water overnight or boil the same amount for 25 minutes. Strain off the barley, then pour 1 cup barley water over 1 teaspoon fennel seed. Allow the mixture to steep for up to 30 minutes. This mixture can also alleviate after-pains and soothe indigestion in both mothers and babies.

### DIETARY CHOICES FOR LACTATION SUPPORT

There are a number of foods which can help facilitate an increased milk supply. These include apricots, asparagus, green beans, sweet potatoes, peas, and pecans. Leafy greens are also helpful for improving lactation, particularly beet greens, parsley, watercress, and dandelion leaves.