

# Boost Your Lactation

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**It's essential that your body receives the enough nutrients and stays hydrated to produce enough milk for your baby. In addition to poor nutrition, too much stress and lack of sleep can decrease your milk supply. It is important to nurse often on both breasts evenly. Acupuncture and yoga can help keep blood flow moving and decrease your stress.**

## **Consume:**

- Keep taking your prenatal (postnatal) vitamins. Yes, there are postnatal vitamins!
- Mothers lactation tea. You can find it at most grocery stores. Drink one cup per day. If you develop loose stool, discontinue.
- Stay hydrated. Coconut water or Nuun tablets are great options for quick hydration
- Oatmeal (non-instant)
- Fresh garlic
- Cashews, almonds and macadamia nuts
- Carrots (fresh carrot juice), yams, dark leafy greens
- Sesame seeds. (Tahini and halvah)

## **Avoid:**

- Caffeine
- Allergy medication
- Alcohol
- Barley
- Mint
- Sage
- Oregano
- Parsley

When you're ready to stop nursing barley, mint, sage, oregano and parsley can help dry you up!