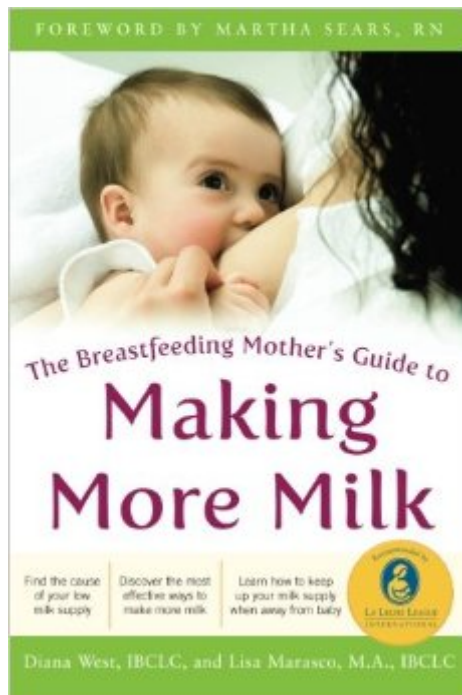


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# The Breastfeeding Mother's Guide To Making More Milk: Foreword By Martha Sears, RN



## Synopsis

Concerned about making enough milk for your baby? Wondering how to make more? Two lactation experts are here to help. Separate fact from fiction with help from this comprehensive book about improving low milk supply. Written by two leading experts who have been there themselves and officially recommended by La Leche League International, *The Breastfeeding Mother's Guide to Making More Milk* incorporates the latest research and discoveries about causes of low milk supply, the way your body makes milk, and how babies contribute to your milk production. Best of all, you'll find valuable suggestions for both time-honored and innovative ways to make more milk. Learn the facts about:

- Determining if baby is really getting enough milk
- Supplementing without decreasing your supply
- Maximizing the amount of milk you can make
- Identifying the causes of your low supply
- Increasing your supply with the most effective methods, including pumping, herbs, medications, foods, and alternative therapies
- Making more milk when you return to work, exclusively pump, have a premie or multiples, relactate, or induce lactation

## Book Information

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## Customer Reviews

My lactation consultant recommended this book to me because of the issues that I was having with producing milk. I found this book very helpful and easy to read. It provides a thorough explanation of the milk making process and the various things that can adversely affect supply. I think its a really good idea to read this book while you are pregnant rather than waiting to read it until you are already having problems, like I did. It gives a lot of advice on a wide variety of topics. The best chapter I thought was the chapter on all the different kinds of supplements you can take. This

actually is what motivated me to do more of my own research and after talking it over with my lactation consultant and M.D. I started taking mothers milk tea w/ blessed thistle -Organic Mother's Milk Tea + FREE Nature's Way Blessed Thistle (100 Capsules). Since then I've been pumping more milk than I can use and haven't had any issues since. I would totally recommend these herbs for helping with milk production. During my pregnancy, I really did not educate myself very well on the subject of breastfeeding. I regret this now and if I could go back in time I would have definitely added this book to my must read list. The more you know about yourself and the way your body produces milk, the more you can help yourself and your baby. And just as its never too early to start learning, it's never too later either so please, if you are pregnant or are already breast-feeding, do yourself and your baby a favor and pick up this book.

I had a horrible, HORRIBLE time feeding our first two kids. I never produced enough milk, in spite of doing everything the lactation consultants and every successful breastfeeding mom I knew told me to do. And it wasn't a small deficit, either...we're talking about being short by half their daily intake or more. When our third baby was born premature and I was faced with at least a month of exclusive pumping before I could even attempt to breastfeed him, I didn't have much hope that I'd be able to keep up. Even pumping 8x/day, I was only getting about 13 oz. I read this book, tried a couple of things, and shot up to 18 oz. immediately. After a few more weeks and trying some more recommendations (some of which worked, some of which didn't), I stabilized around 27-29 oz./day. I was amazed, considering my previous best with my other kids was about 14 oz./day (while taking fenugreek!). My little guy never did learn to breastfeed, but I managed to pump exclusively and exceed his demand for about 4.5 months, at which point I stopped pumping because I was struggling to balance my work and home life. I'm sure I have some underlying issue that prevents me from having the fantastic supply that many moms have, but either way, I was so excited that I did as well as I did for as long as I did. This book made a huge difference in that success. I felt encouraged and like there was some solution out there that would work for me, and I never, ever felt judged reading this book. I only wish I would have read this book when I was pregnant with our first child instead of waiting until I'd had two bad breastfeeding experiences and had a lot of emotional baggage around breastfeeding.

Loved this book! I couldn't put it down. I was determined to breast feed my baby but I wasn't producing enough milk. With the herbs and advice I now only have to supplement her 1-2 times a day with formula. I still supplement her with my milk because I think she got a little lazy being

introduced her to a bottle.

This is a great resource. Wish I had this early in my pregnancy. It's a good read to help head off having any supply problems as well as helping immensely if you do have supply problems. It provides a thorough explanation of the milk making process and the various things that can adversely affect supply. I could see being put off by this if you're still pregnant. I certainly wanted to be positive and assume that breast feeding would naturally go well before I gave birth. However, this is such a good all around resource that I would hope people would use it to increase their knowledge going in. Forewarned is forearmed. NOTE TO KINDLE USERS: If I could give a separate rating for the Kindle edition, it would be 2 stars. There are many places where text inserts are actually placed in the middle of a sentence breaking up that sentence and paragraph. I'm guessing that these inserts fall where they are in the print edition but they are probably surrounded by boxes so you understand the text sequencing. Not so in the Kindle edition. In addition, the tables in the book are barely legible, even when made larger on the latest Kindle. The text is smaller and lighter making it difficult to read the information. Some of the tables contain information about herbs and the quantities to be used and you want to be able to get that right. There has got to be a better way to format the tables so that they appear better on the Kindle. The way they are now is just annoying.

I bought this book against my better judgement, because with my first daughter, it seemed that all the books about breastfeeding I tried to read were either judgemental (you must be doing something wrong) or obnoxiously smug (you are better than those who don't breastfeed). I was offended and put off by every book I read when my first daughter was born. Flash forward more than seven years and I tried one more time to purchase a book on lactation and was blessed to read this book! I have the paper version, then when I finished, I purchased the Kindle version. I do not and never have had the true problem of low milk supply, in spite of PCOS. I am, however returning to work and figured this book might help me protect my supply and maybe increase it in the short term so I can store enough breastmilk for when business travel is unavoidable. This book has provided so much more than the title suggests. I understand so much more about my daily milk production cycle, my letdown, and even my emotional responses to nursing. I can't thank the author enough, except I will be buying copies of this book for my daughters' pediatrician and my lactation nurse! I can't recommend this book enough if you want to understand what influences milk capacity, supply, letdown. If you are a spouse or partner or close support person of a breastfeeding woman - please read and share a copy with her!

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