



MAMA LOUNGE
natural medicine for fertility, pregnancy & postpartum

To Increase Milk Production



Water: Fill 3 liter bottles and drink one by 10am; one by 2pm and one by 7pm

Cod Liver Oil: The primary constituents of milk are the lactose sugars, the fatty acids, and the protein. Your body takes the EFAs it needs in order to make milk.

Gluten-free oatmeal: Choose whole pods or steel cut oats. Oatmeal creates oxytocin, a key hormone for lactation and relaxation. The production of milk is regulated by oxytocin and prolactin. *Note: Oxytocin is our "happiness hormone". Stress interferes with oxytocin production, thus prolactin production.*

Nutritional or brewer's yeast provides essential nutrients chromium, vitamin B complex, and especially vitamin B12, found in some brands of fortified nutritional yeast. Brewer's and nutritional yeast also contain protein and good levels of phytoestrogen.

*Allergy: Persons who are allergic to yeast should avoid these products.

*Side effects: Occasionally, mothers or babies become gassy, more so with Brewer's yeast than nutritional yeast. To be on the safe side, start with a small dosage and slowly increase.

Garbanzo Beans/hummus: Garbanzo beans, mung beans and lentils and other legumes are an excellent source of healthy protein and are known to support the production of breast milk. Hummus contains

garbanzo beans and garlic, two lactogenic foods.

Sesame Seed/Tahini: Large, black sesame seeds are used to increase milk production.

Nuts: almonds, cashews, and macadamia nuts. As much as possible, eat raw nuts, not roasted or salted. The taste of raw nuts will grow on you.

Sweet Potatoes, Carrots, Beets, Yams: orange or red foods like carrots and beets are rich in beta-carotene which increases milk supply. Red and orange veggies also contain vitamin A, which helps to prevent eye infections.

Alfalfa and Fennel: contain “Galactagogues”, or estrogenic properties, which enhance breast health and milk production.

Dark Green Leafy Vegetables: potent source of minerals, vitamins and enzymes, as well as phytoestrogen that support lactation. Arugula, beet leaves, kale, swiss chard, spinach, chicory, collard greens and others.

Oils and fats: Healthy fats play a vital role in cellular and neural metabolism. The kinds of fats a mother eats will influence the composition of fats in her milk. Regular and substantial dosages of butter and coconut oil, cold-pressed virgin olive oil, cold-pressed sesame oil and flaxseed oil in salads.

Homemade Chicken Broth: simmered with the bones for several hours and rich with chicken fat.

Spices that are galactogenic include: sea-salt or gomasio, dill, caraway, basil, marjoram, and garlic. Moderately spice your foods so as not to cause digestive discomfort to baby.

Beverages: in addition to plain water to hydrate the body, you can add non-alcoholic beer, ginger ale, and natural herbal root-beers from your health food

Green Drinks: reputed to increase the fat content of breastmilk. barley-grass, alfalfa leaf

Barley-water Taken for a week or two, it often helps mothers with chronic low milk supply. Make a pot in the morning and drink it throughout the day, warming each cup and sweetening it with a natural sweetener as desired. Barley-water can be made with whole grain or pearl barley (not barley flakes)

Preparation:

- **Quick-and-easy:** 1/2 cup of pearled barley can be simmered in 1 quart of water for twenty minutes.
- **Long-and-intensive:** 1 cup of whole or pearled barley is simmered in 3 quarts of water for up to 2 hours. About half the liquid should cook off. Some recipes call for only 1/2 hour cooking time. However, the longer the barley simmers and the more pinkish (and slimier) the water becomes, the more of the ‘cream’ will enter the water and the stronger the medicinal effect will be.
 - If the barley water becomes too thick to drink comfortably, add in more water.
 - When finished, remove from the stove and sieve off the water. The grain is now tasteless and can be thrown out.
- Steep 2 – 3 teaspoons of fennel seeds for ten minutes in the barley-water before drinking or add powdered fenugreek seed