

Supplies

Galactagogues

Moringa 1000 mg 3x/day

Brewer's Yeast 500 mg 3x/day

Fenugreek up to 6g/day

Goat's Rue 1050 mg 3x/day

Other Supplies

Vasospasm

LanaCare Wool pads ("Uggs for the breast")

Nipple trauma: cover nipples 24/7

Organic nipple balm (i.e. no lanolin – many people can have allergy)

Lansinoh "Soothie" pads (can purchase hydrogel alone – doesn't need to be brand name)

Or

Nursicare pads (or can purchase polymem alone – doesn't need to be brand name)

- Use bamboo or other reusable pads rather than disposable as disposable tends to cause allergy

Pumps

Medela Symphony rental

Milk collection

- Haaka ladybug (less stimulation)
- Traditional Haaka (more stimulation)

Blebs/Subacute Mastitis/Plugging

- Powdered sunflower lecithin 10 grams with acute bleb/plug; 5 grams maintenance
- Quintessence (Richard Levinson) in Madison, Wisconsin 608-251-6915; order Staphylococinum 30X 5 pellets under tongue 2x/weekly

Books

- *Good Moms Have Scary Thoughts* (Karen Kleiman)
- *What about Us?* (Karen Kleiman)
- *The Postpartum Depression Workbook* (Abigail Burd)
- *The Pregnancy and Postpartum Anxiety Workbook* (Pamela Wiegartz)
- *Why Breastfeeding Grief and Trauma Matter* (Amy Brown)
- *Why Birth Trauma Matters* (Emma Svanberg)