

How to increase your breast milk supply?



Supply and Demand:

Nurse more frequently, pump more often and for longer periods of time, and power pumping are the best methods for increasing your supply.

Foods to increase your supply:

- Oatmeal
- Spinach
- Garlic
- Apricots
- Sweet Potato
- Beer (Preferably dark beer, not too much, alcohol can decrease your milk supply)
- Hydrate, Hydrate, Hydrate



Get more rest

Prioritize resting as often as possible. You want to think of rest as therapy and not a luxury.

A **hot shower** improves circulation and can **stimulate the let down of your milk.**

Relax: Stress can cause a decrease in your milk supply. Take time for yourself.



Natural Way To Better Breastfeeding

Clifford Lane



Natural Way To Better Breastfeeding:

Whispering the Techniques of Language: An Psychological Journey through **Natural Way To Better Breastfeeding**

In a digitally-driven world where screens reign great and immediate connection drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within phrases usually move unheard. Yet, located within the pages of **Natural Way To Better Breastfeeding** a charming literary value sporting with organic emotions, lies an exceptional quest waiting to be undertaken. Written by a talented wordsmith, that charming opus attracts viewers on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within ab muscles fabric of each and every word. Within the mental depths with this poignant evaluation, we shall embark upon a sincere exploration of the book is core themes, dissect their interesting writing type, and yield to the powerful resonance it evokes heavy within the recesses of readers hearts.

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Natural Way To Better Breastfeeding Introduction

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