

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

Thomas Griffiths



Natural Way To Better Breastfeeding:

Decoding **Natural Way To Better Breastfeeding**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Natural Way To Better Breastfeeding**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Natural Way To Better Breastfeeding Introduction

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