



Herbal Lactation Supplements

Here is another area that seems like it should be a no-brainer, but trust me it isn't. I mean what's the big deal, you have a baby and you automatically milk right?? Well not exactly. At least not for me anyways.

During pregnancy, I knew I wanted to try breast feeding, but was resolved that if it didn't work out I would go to formula.

As soon as my baby came that flexible thinking went right out the window. For my son, breast milk was easier for him to digest and process through his immature digestive system. Formula did not sit right with him, nor did he ever really latch properly, so I officially became chained to pumping. It is an awesome and tiring responsibility. And when you don't have an abundant milk supply, but you have a crying hungry baby, the panic soon sets in.

Fortunately, I found ways to increase my milk supply for the first three months with herbal supplements and hopefully I can stretch it out to six before incorporating a small but steady stream of formula as he transitions to more solid foods. Herbs don't work for everyone, but this combination proved very helpful for me:

- 5 [Wild Harvest](#) Organic Fenugreek, capsules 610 mg
- 1 [Motherlove](#) More Milk Plus, capsule
- 1 Motherlove Goats Rue, capsule

4 times daily (Morning, Mid-day, Afternoon, and Evening)