

March 2011

Upcoming Events

***Low Cost Follow-Up
Clinic 3/26/11
10AM-3PM**

***Breastfeeding Class
3/11/11 and 4/1/11**
See our [web site](#) for
details.

***Body Mind and Soul:
Breastfeeding
Workshop
3/12/11**
See our [web site](#) for
details.

***Breastfeeding Story
Contest**

[Email us](#) your breastfeed-
ing story, to use with
permission, and be
entered to win a raffle!
Luna Lactation realizes
how valuable mother-to-
mother support is and we
are creating a handout/
online collection of
stories for mothers to
draw support and
encouragement from.

Client Satisfaction Survey

We are honored to
support families and
feedback helps us better
serve the community!

If you have received
services from Luna
Lactation,

Click here for survey

petty please...it is short, just 10
questions.....we promise!)

Find us on Facebook!



The Liver-Lactation Connection

Ah, spring is almost here. I am reminded of all things green and clean during this time of renewal so naturally what comes to mind first? The liver of course! Our livers are often under appreciated and overworked but this vital organ is a spring cleaning machine that deserves some TLC.



When we step back and view the body as a whole we consciously know that everything is connected to and affected by every other body part however we sometimes forget this fundamental principle when dealing with lactation issues. This newsletter is too short for me to expound on all the virtues of the liver but I will name a couple. The liver acts as a clearing house for not only toxins but also excess hormones. When dealing with milk supply issues, supporting the liver is key so that hormonal levels can be optimized which is important for optimal lactation. When coping with inflammatory conditions, gut healing, infant tummy issues (colic, spit up, reflux-like symptoms, etc) the liver once again plays a critical role. The liver produces bile, has a major role in metabolism and is critical in digestion. Improved digestion makes for a happier mom and baby!

Luck o' the liver starts with not wearing green but eating greens. Greens and bitters are crucial for liver health and many of the best herbs for lactation are herbs that support the liver (milk thistle, dandelion, etc). If adding greens to your diet doesn't come naturally try to make a power smoothie. You can blend up greens (baby spinach is tasty, there are also super-green drink powders in most health stores), coconut milk, fruit (frozen mango is yummy), maca powder, chia seeds, coconut oil and whatever other goodness you can throw in for a quick meal, easy for nursing mamas and your liver will love you! The book "[Motherfood](#)" has many other useful food suggestions should you want more.

Colicky babies, low milk supply, overactive letdown, etc are just a few issues that can often be aided by working towards optimal gut and liver health. Improving liver and gut function is not always an easy path to embark upon but the long and short term benefit of addressing the root of the issue can't be underestimated. Feel free to contact [Melissa](#) at Luna Lactation for more one on one support if needed.

Last but not least, the color green also represents the heart chakra. The journey into motherhood is an emotional time. While we focus on green to cultivate liver health, let's not forget our emotional health. My colleague and friend at [Nurture](#), [Mychelle Moritz](#), will be [blogging](#) about emotional well-being this month so I do hope you'll catch her post. Mychelle is an excellent resource for families navigating the ups and downs of parenthood.

I hope this March is a time of renewal and cleansing of your body, mind and spirit...all which ultimately benefit breastfeeding!



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Contact: www.lunalactation.com Tel.360.830.MILK(6455) or [Email](#)

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