

## ***News and Upcoming Events***

**Breastfeeding  
Class for  
expectant parents**  
**11/29/11**

**Low Cost Follow  
Up Clinic Day**  
**11/19/11**

**Lactation Update  
for Birth  
Professionals**  
**1/15/11**

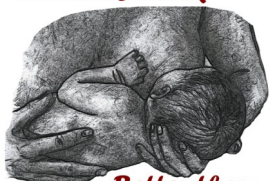
### **Client Satisfaction Survey**

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](#)**

### ***Mothers Milk***



***Better than  
any "udder" milk!***



## **October 2011 Newsletter** **Dietary Concerns while Breastfeeding**



*Does what you eat during breastfeeding matter?* Many mothers often want to know if there are dietary connections to breastfeeding concerns. This topic goes beyond, “can I eat spicy foods while nursing?” (yes, you can!) to focusing more on the complex connection on food with overall health. In my practice, I like to focus on how overall wellbeing is connected to breastfeeding and diet is a huge part of wellness. When mothers, and/or their babies, have a history of digestive concerns (I consider colic/reflux/sleep issues for babies to be included here), inflammatory issues, milk supply concerns or chronic infections, I like to review dietary considerations if the mother is ready to do so.

Often times identifying foods that trigger inflammation and digestive upset can make a huge difference in supporting mothers and babies to achieve optimal wellness. Quite usually the foods that bother individuals aren't things like broccoli, spicy foods, chocolate and such but more the common items like dairy, soy, wheat, sugar, nuts, etc. Making dietary changes, gut healing and obtaining well-rounded nutrients can be overwhelming for some families which is why a nurturing and understanding provider can make a difference.

I frequently care for mothers suffering from chronic breastfeeding issues and infants coping with weight gain issues, digestive concerns, sleep disturbances, colic/reflux, eczema, etc and time and time again I see improvements when we can fine-tune the care plan through dietary changes, gut health support (like probiotics, enzymes, etc) and complimentary therapies (like acupuncture and bodywork). For some families coping with breastfeeding and digestive concerns, the journey to optimal health and lactation often starts with a comprehensive approach that involves taking a good look at one's diet!

Sincerely, *Melissa Cole, IBCLC* Luna Lactation, owner and board-certified lactation consultant

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

Have you received support from Luna Lactation?**[Click here to take survey](#)** .

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