

# ***Melissa Cole, MS, IBCLC, PMH-C***

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## **Education and Certification**

***Master of Science in Therapeutic Herbalism***, Maryland University of Integrative Health, 2017

***Bachelor of Science***, Maternal and Child Health: Lactation Consulting, Union Institute and University, 2014

***Certified Perinatal Mental Health Professional (PMH-C)***, Postpartum Support International, PSI129633  
(certified since 2025)

***International Board-Certified Lactation Consultant***, International Board of Lactation Consultant Examiners,  
L-15109 valid through 12/31/2024 (certified since 2009)

***Licensed Neonatal Oral-Motor Assessment Professional***, NOMAS®, (licensed 2013- present). Beckman Oral  
Motor and PIOMI (Premature Infant Oral Motor Intervention) certified

***Foreign Cultural Studies***, Urasenke Gakkuen School, Kyoto, Japan 2002

***EFL/ESL Teaching Certification***, New World Teachers, San Francisco, CA 1996

## **Experience**

**Luna Lactation and Wellness**, Portland, OR, 2009-present

Owner, clinician, professional speaker, author, and teacher in private practice.

- Clinical care: Provides comprehensive, lactation, neonatal feeding, and clinical herbal care. Specializes in complex lactation/infant feeding cases, neonatal oral motor issues/ankyloglossia, and inclusive perinatal wellness care.
- Professional speaking and teaching: Provides lectures and trainings internationally. Extensive experience speaking, teaching in-person and virtually. Long Term Provider for IBLCE CERPSs. Creator of the Herbal Database for Lactation & Postpartum. Has extensive experience not only speaking professionally, but also organizing workshops, educational events including Program Chair for the Gold Learning education committee.
- Research, writing, publications: Conducts research on a variety of topics, including ankyloglossia and herbal medicine. Has authored a textbook chapter, several peer-reviewed research papers and a clinical herbal resource book (see below).

**Birthingway College of Midwifery**, Portland, OR, 2011-2017

Faculty member of the associate degree in lactation program. Adjunct professor for advanced clinical skills and professional standards classes. Birthingway was a MEAC accredited school that focuses on ensuring clinical competency for students.

**Clark County Public Health/WIC**, Clark County, WA 2006-2010

Breastfeeding Peer Counselor/Admin Asst. for WIC/Public Health Department of Clark County, WA.

Provided lactation support, education, and outreach to families of Clark County. Was administrative assistant to the program; developed, coordinated, and facilitated the admin needs of the program. Helped coordinate community advocacy campaigns focused on breastfeeding, maternal/child health.

**La Leche League International**, California and Washington, 2004-2016

Accredited La Leche League Leader, Area Council, Professional Liaison. Facilitated group meetings, assisted parents with lactation issues, helped others become accredited Leaders. Handled all aspects of group business and continuing education needs.

**TEFL/TESL/Japanese Language Instruction**, Berkeley, CA 1996-2004

Instructor and Owner. Developed and implemented curricula, taught private/group language classes, provided post- doctorate thesis editing and TOEFL exam prep, facilitated instructor training.

## **Professional Affiliations**

American Herbalist Guild, 2010-present

Baby Blues Connection, professional member, 2012-present

Birth Support Network, member, 2009-2017

International Association of Tongue-Tie Professionals, 2010-2017

International Lactation Consultant Association, 2008-present

La Leche League International, 2001-2016

National Institute of Medical Herbalism, member 2020-present

Nursing Mothers Counsel, professional affiliate member, 2009-2017

Oregon/Washington Lactation Association, 2007-present

United States Lactation Consultant Association, 2008-present

## **Conferences and Speaking Engagements**

See LactSpeak or email Melissa for a list of present and past speaking engagements and topics:

**<http://lactspeak.com/melissacole/speaker/profile/>**

## **Publications**

1. Cole, M. (2024). *Herbal Handbook for Perinatal and Pediatric Wellness* (1 ed.). Luna Lactation and Wellness.
2. Cole, M. (2014). Placenta Medicine as a Galactagogue: Tradition or Trend? *Clinical Lactation*, 5(4), 116-122. doi: 10.1891/2158-0782.5.4.116
3. Cole, M. (2012). Lactation after Perinatal, Neonatal, or Infant Loss. *Clinical Lactation*, 3(3), 94-100.
4. Cole, M. S., Anna. (2024). Low Intake in the Term Human Milk-Fed Infant; Parental and Infant Considerations. In K. S. Wambach, B. (Ed.), *Breastfeeding and Human Lactation* (7th ed.). Jones & Bartlett Learning.
5. Cole, M., & Ghaheri, B. (2012, 11/19/12). The basics of tongue and lip tie: related issues, assessment and treatment, from <http://theleakyboob.com/2012/11/the-basics-of-tongue-and-lip-tie-related-issues-assessment-and-treatment/#comment-48837>
6. Cole, M., & Ghaheri, B. (2012). General Information about Frenulum Procedures for the Infant.
7. Ghaheri, B. A., Cole, M., & Mace, J. C. (2018). Revision Lingual Frenotomy Improves Patient-Reported Breastfeeding Outcomes: A Prospective Cohort Study. *Journal of human lactation: official journal of International Lactation Consultant Association*, 1(890334418775624), 0890334418775624.
8. Ghaheri, B. A., Cole, M., Fausel, S. C., Chuop, M., & Mace, J. C. (2016). Breastfeeding improvement following tongue and lip-tie release: A prospective cohort study. *The Laryngoscope*, n/a-n/a. doi: 10.1002/lary.26306
9. Ghaheri, B. A., Cole, M., & Mace, J. C. (2018). Revision Lingual Frenotomy Improves Patient-Reported breastfeeding Outcomes: A Prospective Cohort Study. *Journal of human lactation: official journal of International Lactation Consultant Association*, 1(890334418775624), 0890334418775624.
10. Cole, M., Ligh, R. Q., & Liddicoat, M. (2023). Navigating Post-Frenectomy Wound Care. *Decisions in Dentistry*, 9(9), 28-31. <https://decisionsindentistry.com/article/navigating-post-frenectomy-wound-care/>