



HERBAL SAFETY AND INFORMATION RESOURCES

- **Luna Lactation & Wellness Herbal Database:** An extensive online database specifically for lactation and infant care, including herbal galactagogues, anti-galactagogues, breast/chest health issues, postpartum mood concerns, pediatrics, and more (requires subscription): <https://luna-lactation-wellness.mykajabi.com/herbal-database>
- **Luna Lactation & Wellness Herbal Handbook:** A handbook specifically for lactation and infant care, including herbal galactagogues, anti-galactagogues, breast/chest health issues, postpartum mood concerns, pediatrics, and more (available in ebook and paperback formats): <https://www.lunalactation.com/herbal-handbook/>
- **Natural Medicines Database:** A comprehensive, electronic herbal database (requires subscription for in-depth content like pregnancy and lactation safety): <https://naturalmedicines.therapeuticresearch.com>
- **American Botanical Council:** HerbMed has many herbal safety and informational resources all in one place (requires subscription): <https://www.herbalgram.org/resources/herbmedpro>
- **American Herbalists Guild:** A huge library of free webinars and resources to learn from: <https://www.americanherbalistsguild.com/professional-training-webinars>
- **Brigham and Women's Hospital:** Free drug interaction check and herb/supplement information: <https://healthlibrary.brighamandwomens.org/library/drugreference>
- **American Herbal Product Association Botanical Safety Handbook** (online and in print, requires subscription): <https://bsh.ahpa.org>
- **Mountain Rose Herbs:** Ethically-sourced herbs along with free educational resources and YouTube videos: <https://mountainroseherbs.com>

RECOMMENDED READING

- Gladstar, R. (2008). **Rosemary Gladstar's herbal recipes for vibrant health: 175 teas, tonics, oils, salves, tinctures, and other natural remedies for the entire family.** North Adams, MA: Storey Pub.
- Hoffmann, D. (2003). **Medical herbalism: the science and practice of herbal medicine.** Rochester, Vt.: Healing Arts Press.
- Jacobson, H. (2007). **Mother Food: A Breastfeeding Diet Guide with Lactogenic Foods and Herbs.** Rosalind Press.
- Mills, S., & Bone, K. (2005). **The Essential Guide to Herbal Safety.** St. Louis, Mo.: Elsevier Churchill Livingstone.
- Romm, A. J. (2017). **Botanical medicine for women's health (2nd ed.).** St. Louis, Missouri: Elsevier.
- Tilgner, S. (1999). **Herbal medicine: from the heart of the earth (1st ed.).** Creswell, OR: Wise Acres.
- Marasco, L., & West, D. (2020). **Making More Milk: The Breastfeeding Guide to Increasing Your Milk Production (2nd ed.):** McGraw Hill Professional.





Goat's Rue (*Galega officinalis*)

- Actions: Hypoglycemic, diuretic, may stimulate breast tissue growth, can use in late Pg. Rich in amines, saponins, phytoestrogens.
- Modern evidence: Zecca et al., showed maternal milk production was greater (avg 85 mL more) in milk thistle/goat's rue group than the placebo group (2018). Salatino et al., found 2/3 mothers in study reported improved milk output + perceived benefits (2017). Other studies by: Castoldi et al., 2014, Tabares et al., 2014
- Dosing: 3-12 mL/day
- Contraindications: May be contraindicated with blood thinners, potentiates action of hypoglycemic drugs.
- Energetics: cooling, fresh



Milk Thistle (*Silybum marianum*)

- Actions: Promotes gastric/bile secretions, supports liver/gallbladder, prevents depletion of glutathione, reduces fasting glucose levels, increases cell membrane strength, historical galactagogue. Rich in sterols, silymarin/flavolignans.
- Modern evidence: Silymarin has enhanced mammary cells proliferation in cow/rat studies. Human RCT = 85% increase in production over 60 days on 420 mg silymarin as compared to placebo (Di Pierro et al., 2008). Zecca et al., showed maternal milk production was greater (avg 85 mL more) in milk thistle/goat's rue group than the placebo group (2018). No adverse outcomes in mother/preemies (<32wk) (Peila et al., 2015). ABM protocols 2018.
- Dosing: 4-10 ml/day 1:1 tincture, 200-600 mg capsule/tablet per day (standardized to 70-80% silymarin)
- Contraindications: No major contraindications unless allergic to compositae species.
- Energetics: bitter, cooling, good for weakness/debilitation/prolapse, stasis leading to hemorrhage, inflammation or fatigue of liver/spleen/pancreas



Moringa/Malunggay (*Moringa oleifera*)

- Actions: Traditional galactagogue/food, nutrient powerhouse (iron, vitamins, minerals, protein, amino acids, calcium, etc), may increase prolactin and mammary tissue, ok in late Pg, rich in phytosterols.
- Modern evidence: Bazzano et al., 2016; Saini et al., 2016
- Dosing: 3-6 g/day+ powder/capsule, 3-6 ml/day tincture
- Contraindications: No real concerns based on human research. Possibly contraindicated pre-conception through mid pregnancy.
- Energetics: bitter, cooling



Oat (Milky Oat Top) (*Avena sativa*)

- Actions: Good for exhaustion, stress, diminished strength, treating addictions, improved cognitive function. Rich in saponins, B vitamins, lysine, calcium, iron, methionine, magnesium, zinc. Neurotrophic. Good for melancholy, nervousness.
- Modern evidence: Singh et al., 2013.
- Dosing: 1 tsp crushed milky tops per cup water for infusion, 1:1 tincture 2-8 ml/day
- Contraindications: No major contraindications, oats can antagonize the antinociceptive effects of morphine and the pressor response to nicotine.
- Energetics: sweet, nourishing, moistening



Shatavari (*Asparagus racemosus*)

- Actions: Known to increase mammary gland tissue/milk volume in rat studies, traditional Ayurvedic galactagogue, good for getting 'secretions' flowing, dopamine antagonist, has been shown to increase prolactin levels. Rich in phytoestrogens, saponins.
- Modern evidence: Gupta & Shaw, 2011; Goyal et al., 2003; Sharma et al., 1996
- Dosing: 1:2 tincture 4-9 ml/day, powder 3-6 g/day
- Contraindications: No major contraindications. Herbs rich in saponins may be inappropriate in individuals with celiac, fat malabsorption issues, A, D, E, K deficiencies, digestive irritation, cholestasis.
- Energetics: moistening, cooling