

Melissa Cole, MS, IBCLC, PMH-C



Founder & Clinical Director, Luna Lactation & Wellness
Portland, Oregon
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Clinician | Author | Researcher | International Speaker | Clinical Herbalist

International Board Certified Lactation Consultant (IBCLC), Certified Perinatal Mental Health Professional (PMH-C), clinical herbalist, educator, author, researcher, and international keynote speaker with more than 20 years of experience supporting families and healthcare professionals.

Founder of Luna Lactation & Wellness and recognized expert in complex lactation care, infant feeding challenges, infant oral function, ankyloglossia, and evidence-informed herbal medicine. Internationally recognized for interdisciplinary education, professional mentorship, curriculum development, and translating emerging research into practical clinical strategies.

Extensive experience presenting to physicians, nurses, midwives, dentists, therapists, lactation consultants, and allied health professionals through conferences, universities, hospitals, grand rounds, and professional organizations worldwide. Recognized for advancing interdisciplinary education in lactation, infant feeding, oral function, and perinatal herbal medicine while supporting healthcare professionals and families worldwide.

AREAS OF EXPERTISE

Complex Lactation Care • Infant Feeding Challenges • Infant Oral Function & Ankyloglossia • Perinatal & Pediatric Herbal Medicine • Perinatal Mental Health • Neurodevelopment & Feeding • Clinical Reasoning • Differential Diagnosis • Prenatal Lactation Assessment • Lactation After Loss • Professional Education • Curriculum Development • Interdisciplinary Collaboration

EDUCATION & CREDENTIALS

Master of Science, Therapeutic Herbalism, Notre Dame of Maryland University of Integrative Health (2017)

Bachelor of Science, Maternal and Child Health: Lactation Consulting, Union Institute & University (2014)

Foreign Cultural Studies, Urasenke Gakkuen School, Kyoto, Japan (2002)

EFL/ESL Teaching Certification (1996)

International Board Certified Lactation Consultant (IBCLC)

Certified Perinatal Mental Health Professional (PMH-C)
Licensed Neonatal Oral-Motor Assessment Professional (NOMAS®)
Beckman Oral Motor Certified
Premature Infant Oral Motor Intervention Certified (PIOMI)

PROFESSIONAL EXPERIENCE

Luna Lactation & Wellness | Founder, Clinical Director, Educator, Author (2009–Present)

- Provides specialized consultation for complex lactation, infant feeding, oral function, and perinatal wellness.
- International lecturer and continuing education provider.
- Creator of the Herbal Database for Lactation & Postpartum.
- Founder of LunaLab clinical mentoring initiatives.
- Develops educational programs, workshops, conferences, and mentorship opportunities.
- Conducts research and authors professional publications.

Birthingway College of Midwifery | Adjunct Professor (2011–2017)

- Developed curriculum for advanced, clinical lactation students
- Assessed students' clinical skills for MEAC accredited college program

Clark County Public Health WIC | (2006–2010)

- Provided lactation support, education, and outreach to families of Clark County, WA as a Peer Counselor.
- Developed and facilitated program curriculum and organization
- Helped coordinate community advocacy campaigns focused on breastfeeding, maternal/child health.

La Leche League International | Leader, Professional Liaison & Area Council (2004–2016)

- Facilitated peer-to-peer group meetings, assisted parents with lactation issues, helped others become accredited Leaders. Handled all aspects of group business, continuing education needs.

SELECTED INVITED PRESENTATIONS

American College of Obstetricians and Gynecologists (ACOG)
International Lactation Consultant Association (ILCA)
United States Lactation Consultant Association (USLCA)
Canadian Lactation Consultant Association
International Affiliation of Tongue-Tie Professionals (IATP)
GOLD Lactation and Tongue-Tie Symposium Keynote Presenter
American Herbalists Guild
Chinese University of Hong Kong
King's College Hospital Breastfeeding Symposium
Mount Sinai Breastfeeding Symposium
California Pediatric Dental Society

Quebec Lactation Consultants Association
Ligue La Leche of Montreal
Samaritan General Hospital Grand Rounds
National WIC Association
International Consortium of Ankylofrenula Professionals (ICAP)
Additional past events listed [here](#)

REPRESENTATIVE PRESENTATION TOPICS

Infant Oral Function and Ankyloglossia

A Mindful Approach to Infant Tongue-Tie Care
Five Lessons from Lactation: Shaping Collaborative Ankyloglossia Care Across Disciplines
Infant Oral Assessment: Exploring Anatomy and Function Beyond the Frenulum
Supporting Optimal Healing Outcomes for the Newborn Post-Frenectomy

Lactation and Infant Feeding

Making Sense of Mammaries
Beyond the Basics of Latch
Low Milk Production Detective Work
Lactation Care After Loss
Infant Digestive Health Concerns
Prenatal Lactation Assessment and Support
Critically Thinking Through Case Studies
Clinical Lactation Tools

Perinatal Herbal Medicine

Herbal Support for Lactation and Infants
Beyond Fenugreek
Nature's Nurturers
From Evaluation to Education
Evidence-Based Herbal Support for Inducing Lactation

PUBLICATIONS

BOOKS

Cole, M. (2024). Herbal Handbook for Perinatal and Pediatric Wellness (1st ed.).

BOOK CHAPTERS

Cole, M., & Smith, A. (2024). Low Intake in the Term Human Milk-Fed Infant; Parental and Infant Considerations. In Breastfeeding and Human Lactation (7th ed.).

PEER-REVIEWED PUBLICATIONS

Belmonte, M., Cole, M., Copple, S., Daniel, A., & Freeman, E. (2025). Supporting Patients Through Stillbirth Care: Toolkit for Health Care Professionals.

Cole, M. (2014). Placenta Medicine as a Galactagogue: Tradition or Trend? *Clinical Lactation*.

Cole, M. (2012). Lactation after Perinatal, Neonatal, or Infant Loss. *Clinical Lactation*.

Cole, M., Ligh, R. Q., & Liddicoat, M. (2023). Navigating Post-Frenectomy Wound Care.

Ghaheri, B. A., Cole, M., Fausel, S. C., Chuop, M., & Mace, J. C. (2016). Breastfeeding Improvement Following Tongue and Lip-Tie Release.

Ghaheri, B. A., Cole, M., & Mace, J. C. (2018). Revision Lingual Frenotomy Improves Patient-Reported Breastfeeding Outcomes.

PROFESSIONAL AFFILIATIONS

International Lactation Consultant Association
United States Lactation Consultant Association
Oregon Washington Lactation Association
American Herbalists Guild
National Institute of Medical Herbalism
Baby Blues Connection