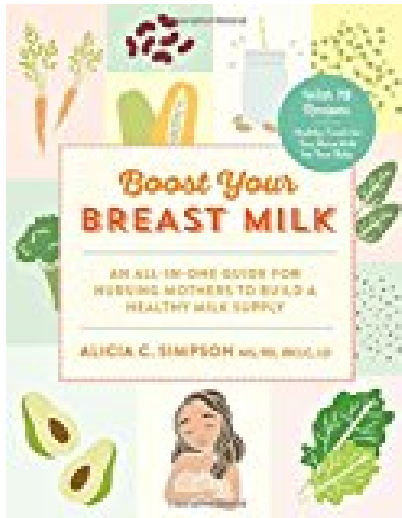


# Boost Your Breast Milk An All-in-One Guide for Nursing Mothers to Build a Healthy Milk Supply

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## BOOK DETAILS

- Author : Alicia C. Simpson MS RD IBCLC LD
- Pages : 256 Pages
- Publisher : The Experiment
- Language : English
- ISBN : 1615193464

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## **BOOK SYNOPSIS**

An essential addition to the breastfeeding bookshelf—packed with proven strategies and foods that will maximize Mom’s supply of breast milk Breastfeeding moms, and expectant mothers who are deciding whether to breastfeed, share a common concern: Will I make enough milk? In *Boost Your Breast Milk*, lactation expert Alicia C. Simpson offers practical and clear guidance on nursing, how to recognize low milk supply, and what to do if it happens, including: breastfeeding basics—preparing to nurse, latching techniques, and scheduling feedings the causes of low milk supply and milk slumps in-depth information on nursing mothers’ nutritional needs and 75 recipes that make the most of lactogenic, or milkboosting, ingredients. Oats, whole grains, beans and legumes, and papaya are just some of the foods that support milk production. (And they are all plant-based, so Simpson keeps the recipes vegan—her specialty!) These are dishes that the whole family can enjoy, with the added benefit of keeping Mom healthy and well supplied with milk for baby.

### **BOOST YOUR BREAST MILK AN ALL-IN-ONE GUIDE FOR NURSING**

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