



Excellence in Women's Healthcare

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Increase your milk supply with Mother's Milk Tea

This tea is a very mild galactagogue (a substance that increases milk supply is called a galactagogue) containing fenugreek. Some women find that drinking several cups a day is all that is needed of fenugreek to boost their supply. An easy way to drink it is to brew a few cups very strong and cool it. It can be drunk either ice straight or mixed half and half with apple juice.

As with commercial medications, when taking herbs you should always start with the mildest and work your way up, always starting with the lowest dosage possible. Also, keep in mind that galactagogues should be used for boosting supply, not maintaining. Once your supply has established itself at an adequate level, you should try weaning back off the herbs and see if your supply will maintain where needed. They can always be resumed if necessary, but excessive use can lead to unwanted side effects. If you find that you're in a situation where you need to take a galactagogue on an extended basis you should do a program of six weeks on and three weeks off. If you do not give your body a break it will become resistant to the herbs and they will become ineffective.

- ❖ If you are looking into trying a galactagogue, start with things like:
 - Alfalfa, work up to four capsules three times a day
 - Marshmallow, work up to four capsules three times a day
 - Nettle, work up to two capsules three times a day
 - Dill, use two teaspoons of raw dill seed on your lunch and dinner or use it to brew a tea.
 - Blessed thistle, work up to three capsules three times a day.

These are much safer herbs. Most galactagogues are more effective when used in combination. Combining two or three is much more effective than just using one.

