



Notes on Galactagogues

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One of the issues likely to come up in any group of breastfeeding mothers is low milk supply.

For many women, your milk supply is just fine. However, if you do need to increase your breast milk production, there are foods popular as galactogouges.

WHAT IS IT?

A galactagogue is any drug or food that helps to increase the production of breast milk. All that yummy breast milk will help you and your baby to live healthier lives.

WHAT IT ISN'T....!!!

Galactagogues won't replace lactation advice or regular nursing. The best diet for a breastfeeding mother is a balanced diet rich with fresh fruits and veggies.

If you are having difficulty producing milk, your doctor can recommend a lactation consultant. Your body will only produce as much as it needs. If you often skip feedings, you can count on having low supply.

Few heart felt tips : Before you try a galactagogue.....TRY THIS.....!!!!

If you're concerned about your milk supply, the first step is to contact a certified lactation consultant.

It may turn out that you're worrying unnecessarily, and that both your milk supply and your baby are just fine. If your supply is on the low side, a lactation consultant will be able to make recommendations for improving production.

These might include:

- ▶ **Skin-to-skin contact**, which will release prolactin and stimulate oxytocin, two hormones that can help in milk production.
- ▶ **Breast compression or massage**, a method of gently squeezing the breast as you nurse to encourage milk glands to let down more milk.
- ▶ **Comfortable positioning** during breastfeeding.
- ▶ **Frequent feedings** or regular pumping sessions.

Most women will find that these methods are enough to improve milk production.

It's also important to avoid habits and behaviors that can inhibit your milk supply, such as:

- ▶ Wearing bras, tops that bind your breasts too tightly.
- ▶ Using certain allergy medications.
- ▶ Smoking or drinking habits.
- ▶ Dehydration.

List of Galactagogues

- ✓ Garlic
- ✓ Fenugreek
- ✓ Ginger
- ✓ Yams and Sweet Potatoes
- ✓ Carrots and Beets
- ✓ Dark, Leafy Greens
- ✓ Fennel
- ✓ Green Papaya
- ✓ Whole Grains
- ✓ Nuts- Almonds,Walnuts
- ✓ Lentils
- ✓ Spices like turmeric and cumin
- ✓ Oatmeal
- ✓ Til seeds- white
- ✓ Bajra
- ✓ Dates
- ✓ Barley
- ✓ Gum or dink
- ✓ Poppy seeds
- ✓ Aliv or garden cress seeds
- ✓ Drumsticks
- ✓ Dill seeds
- ✓ Shatavari



- ✓ Eggs
- ✓ Chicken
- ✓ Water

Happy breastfeeding mommies!!!



Thank you

