

It Pays to Breastfeed



Breastfeed

I saw an interesting article a few weeks ago about a government plan in Britain to pay mothers to breastfeed! Britain has one of the worst breastfeeding rates in the world. It seems the practice is more commonly accepted by those in affluent areas of the country but is limited in poorer areas.

The trial begins with 130 women in two parts of the country with the poorest breastfeeding rates. These women will be paid the equivalent of \$190 if they breastfeed for the first six weeks of life, and this amount is raised to \$270 if they continue through six months. While it doesn't clearly state this, I don't think they need to exclusively breastfeed.

<http://www.bbc.com/news/health-24900650>

Indeed, it was only decades ago in the United States that breastfeeding took a sharp hit when formula was invented, and pediatricians frowned on the practice of mothers feeding their children breast milk. They called it crude and scientifically unfounded. (Thank you very much, American Academy of Pediatrics.)

Upon checking out the CDC's 2013 Breastfeeding Report Card for the U.S., I was pleased to see that women in the past 20 years have ignored the "experts," so that 76% of American women now breastfeed.

<http://www.cdc.gov/breastfeeding/pdf/2013BreastfeedingReportCard.pdf>

Additionally, the great news is that these trends have been moving upward since the year 2000. A big shout out to Idaho for having the highest numbers across the board with 60% still breastfeeding exclusively at 3 months. Go Idaho!

So as usual, I view breastfeeding from a homeopathic perspective, from which an important question to be posed is: how can we be certain that mother and baby are getting what they need?

A fine place to begin is with a cell salt. Cell salts are a nutrient-based category of homeopathy. One of our favorites is [*Calc fluor 6X*](#) because this cell salt supports bone growth, teeth and muscles of both mother and baby. It is advised that this remedy be employed throughout the entire pregnancy and all the way to weaning.

Another remedy of importance that I urge mothers to use for the length of their breastfeeding career is *China*. [*China 3X*](#) is a grand remedy for any condition involving loss of

fluids, so it is especially beneficial for the breastfeeding mother. It is reputed in India to offer the mom stamina during this most vital time in a mother and baby's life.

Both remedies are generally taken twice daily throughout the entire breastfeeding career.

During my first pregnancy (more than 27 years ago), I decided to research and chronicle what I used botanically, holistically and homeopathically to build upon for my subsequent pregnancies.

Each following pregnancy brought more developed and fleshed out information until I finally wrote and produced a CD to teach others what I did to protect myself from a medicated and meddled-with pregnancy and birth.

I got much of it right for the first pregnancy, but the last ones were even better because I birthed at home.

If you are interested in learning what I did and how you, too, can have a simple, drug-free birth, I share the homeopathic way to lessen pain during childbirth, halt nausea and indigestion, prevent hemorrhoids and stretch marks, and protect and grow your baby in my CD *BABY GRANDE*, sold as part of my popular [Combo Pack](#). Feel free to go to my products page to learn more about the resources included in this special [Combo Pack](#).

Should women be *paid* to breastfeed to help bring about cultural change in this arena? What are your thoughts?

I have been where you are now. I've dieted, taken supplements, bioidentical hormones, essential oils, herbs –

but nothing, nothing has ever come close to the reproducible, safe, and effective results I and my clients have achieved with homeopathy. To see the full syllabus for my Feminopathy course and read the testimonials of other women who have been helped by my Practical Homeopathy methods, [click here](#).

Image from:

<http://www.publicdomainpictures.net/view-image.php?image=17108&picture=breastfeeding&large=1>