

MASTITIS

It is never fun to feel sick while taking care of a baby. We see you. We have been here before and the recommendations below will help you navigate through mastitis as quick as possible.

- As with any sickness or infection the most important thing to do is rest and sleep as often as possible.
- Massaging the area while nursing to the tip of the nipple can help soften the clogged areas. Also using a vibrator or electrical toothbrush on the area will help loosen the clog. There are actually LaVie massagers on Amazon intended for clogged ducts.
- Nursing in different positions and making sure there is nothing putting any pressure on the clogged duct like a nursing bra.
- Reducing all inflammation will help your body fight infection. This means reducing all inflammatory foods such as, but not limited to: Dairy, Sugar, Gluten, Soy, Corn & Vegetable/Seed Oils
- Make sure you are staying hydrating with lots of nourishing water and homemade organic foods.
- Reduce your stress, and ask for support if needed.
- If possible get at least 30 minutes of sunlight daily.

SUPPLEMENTS

All of these supplements below can be found at your local health-food store like Whole Foods, Sprouts...

- 5,000 to 6,000mgs of non-gmo Sunflower Lecithin
- Phytolaca Homeopathic 30x or 30c. 4 pellets every 2 hours while you are awake and then every time you wake up to nurse baby.
- 3,000 to 4,000mgs of Acerola Cherry Vitamin C daily.
- 800 mgs of Advil every 6 hours if you are miserable. The fever is there for a reason to help you fight infection, but we know there is a time and a place for it.
- Peppermint essential oil on the spine will help natural reduce a fever.
- 1-2 cups of Epsom salt in a warm bath with 1 cup of Apple Cider Vinegar will also help reduce the fever naturally.
- Castor Oil Packs on the area very helpful. You basically warm up Castor Oil and dip a washcloth into it, placing it on the clogged area to seep into the area.(make sure the oil isn't too hot before placing it onto your skin, and wipe off any oil that has gotten to your nipple before nursing)
- A great supplement to have on hand if you have recurrent clogged ducts is a tincture from Wish Garden Herbs called Happy Ducts.

If the infection does not ease, Lindsey and Ashlee have access to a therapeutic Ultrasound machine that can help break up the clog.

Our last defense, is antibiotics which we can have called into your local pharmacy.

Please text us with any questions. Sending you healthy healing vibes.