

'Bring in-build up' Milk Supply

Lactation is expected by Nature, after baby emerges. The "4th trimester" begins. As milk is blood. It needs to be made continually. If she lost blood birthing, even more so. Strong Blood energy gives Mum sanity, sleeping and a happy life. Good gut function (calm Mum plus ingredients) is needed – plentiful hydration, abundant protein and fat, with warm nourishing broths on hand. Mum needs support in all things - *The Golden Month* PLUS sleep and debriefing and loving PLUS moxa on the first 3 sets of points. She can't have too much rest, water and love.

Cv17

MOXA
9 peaks of
heat each side

At the middle of the chest
at the level of the natural
nipple line



Si1

MOXA
9 peaks of
heat each side

Point found at
outer edge of
little finger



St36

MOXA
9 peaks of
heat each side
St36

Their thumb-width
from the edge bone
- their hand's-width
away from the bottom
of the knee

This is a major energy
and digestive tonic



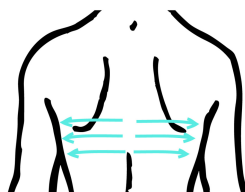
Gb21

MOXA
9 peaks of
heat each side

Stuck Liver Qi Release

Any light, gentle touch
will make a difference

Please see
Qi & Lymph moves
sheet



There is always more .

See <https://easybreasts.heatherbrucehealing.com/healthy-breasts/ingredients/>
and the *Foundational Moves* found on the Self Care course
<https://heatherbrucehealing.com/self-care-package/>

