

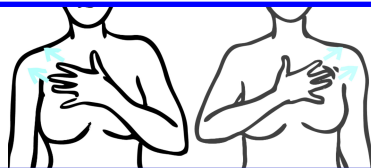
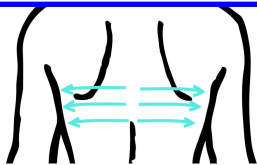
Easy Lactation

Easy Lactation is expected by Nature,

Your body makes as much as what has been taken off/out. Suckling and taking in many more ingredients (Vit B complex is a must, and especially rest), will improve this. Plus they will allow for more rapid healing. You may need to increase radically what you consider to be enough 'hydration' – at least 4 litres daily. Most as body temperature clean (not tap) water.

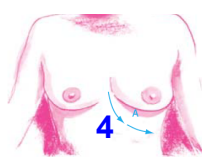
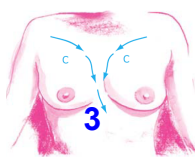
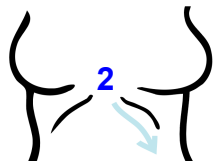
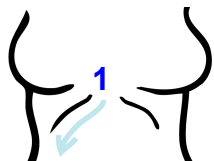
New mums need support in all things - *The Golden Month* PLUS sleep, debriefing and loving PLUS moxa on the 1st 3 sets of points.

She can't have too much rest, water and love.



Using warm loving hands, slowly and gently work on the L & R sides alternatively 3x each going deeper each time, always slowly for her comfort.

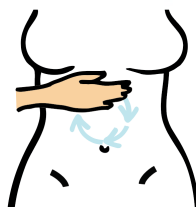
Position 1 & 2 - using the flats of your finger pads **LHS 3x** under the ribs repeat **RHS 3x**. **Position 3** - Using the flats of both hands gently and firmly use fluid movements in diagrams 3 & 4. **Repeat x3**. Repeat chest moves as above



Very slow & gentle



x9



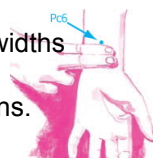
Gb21

Press firmly down when needing "letdown".



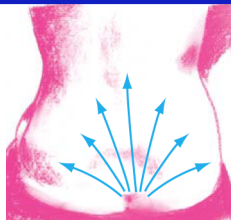
Pc6

2 of Mum's finger-widths up from wrist crest between the tendons. Pump gently



MOXA

x9



SACRUM

St36

MOXA

x9

Never touching the skin



Cv17

<https://easybreasts.heatherbrucehealing.com/>

