

HOW TO PRODUCE MORE BREAST MILK

1. Hydrate with plenty of water
2. Eat plenty of fruits, vegetables, different lentils, and beans 2x a day to keep you regular
3. **NO** juice, soda or any diet liquids
4. Sleep 8-10hrs.
TIP: sleep when baby sleeps
Dad can help clean
5. Breast milk supplement ex: breast milk tea, fenugreek tabs
6. Drink fruit/veggie smoothies

HOW TO MAKE TASTY BREAST MILK TEA

1. Boil 4 bags of breast milk tea with 10 cups of water
2. Add ground ginger, cardamom to taste, 2-3 fruits of your choice, add beets for color/flavor.
3. Add 1 tsp of honey and lime per cup of tea

*Natural Grocery Store
1612 Sherman Blvd. /Spring Rd.
P: (260) 424-8812

*Health Food Shoppe
3515 N Anthony Blvd
P: (260) 483-5211

The Vitamin Shoppe
4601 Illinois Rd
P: (260) 459-0361

*CVS or Walgreens

**Purchase these items at which ever location has them cheaper. CVS and Walgreens will offer buy one get one free deals at times.