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COMPLEMENTARY AND ALTERNATIVE MEDICINE IN BREASTFEEDING THERAPY (PAPERBACK)

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Praeclarus Press, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Sometimes there are challenges for lactation therapists that can't be completely resolved by current lactation practices--when the baby has reflux or torticollis, when mother and baby are injured or in pain, when the mother can't relax enough to sleep, when weeks of pumping erode the mother's energy to the point she wants to quit breastfeeding. In *Complementary and Alternative Medicine in Breastfeeding Therapy*, author Nikki Lee describes mother-baby situations that benefit from complementary and alternative therapy techniques in order to have a thriving baby and a happy mother, with an abundant milk supply and easy breastfeeding. In her experience complementary therapies, when used in conjunction with proven breastfeeding management, do no harm and usually help mother and baby. Therapies covered include: - Creating a healing environment -Skin-to-skin and massage -Acupuncture -Chiropractic -Craniosacral therapy -Remedial co-bathing - Homeopathy This book is not an instruction manual. It is an open door to the world of other ways of healing. Some or all of these therapies may be gentle and helpful additions to your lactation toolbox.

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