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ISSUE NO

1

Is your child a
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this season

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for
MOM

Your child's
SANCTUARY
~ NURSERY DECOR

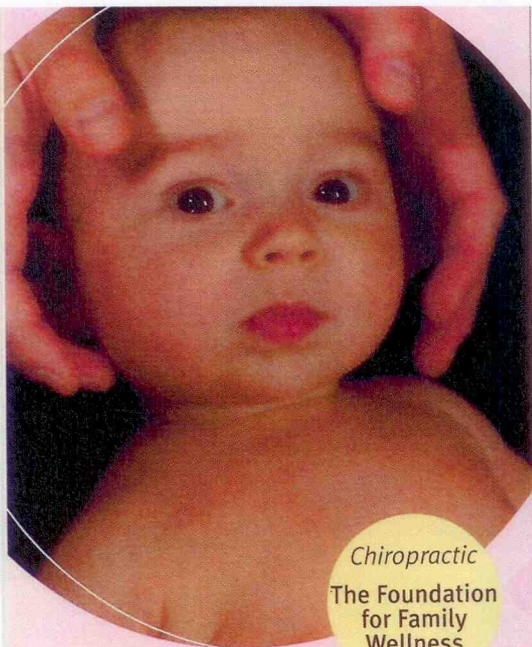
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Contributors



Cathy Carlson-Rink, ND, RM, practises at the Family Health Clinic in Langley, BC with a focus on pregnancy, infertility, and women's and children's health. Mother of two girls born at home, Dr. Carlson-Rink is recognized as the first licensed naturopathic physician in Canada to also work as a licensed midwife.



Melanie Osmack is the founder of Fit 4 Two™ Pre and Postnatal Fitness in Vancouver, BC. She is a certified fitness instructor, personal trainer, and pre/postnatal fitness specialist. As a mom of two, Melanie knows first-hand the importance of staying fit and strong.
fit4two.ca



Melina Roberts, ND, has a family practice at the Calgary Centre for Naturopathic Medicine. She is a licensed and board-certified naturopathic physician who specializes in treating health issues with European medicine modalities.
melinaroberts.com



Brenna Jacks, ND, graduated from the Canadian College of Naturopathic Medicine (CCNM) in Toronto, Ontario. She is a licensed naturopathic doctor in Langley, BC where her family practice focuses on treating women's health, stress, infertility, and food allergies.
drjacks.ca

TO *breastfeed* OR NOT TO BREASTFEED? IN THE BEGINNING, YOU MAY FIND *yourself* RETHINKING YOUR *decision* TO BREASTFEED. BUT HANG IN THERE—WITH PATIENCE AND PRACTICE, IT *does* GET EASIER.

Breastfeeding & beyond

Melina Roberts, ND

While you are breastfeeding it is important to maintain a healthy diet to support the demands of your growing baby. Women who are breastfeeding should continue to take the supplements taken during pregnancy, including B-complex, multivitamin, calcium-magnesium, essential fatty acids (EFAs), and probiotics. EFAs are extremely important in the early development of the baby, and levels in the breast milk are correlated with the mother's intake.

In addition to daily supplements and to aid in the recovery process, mothers who are breastfeeding may consider alfalfa, a great healing herb that is a rich source of vitamins A, C, E, and K as well as calcium, potassium, phosphorus, iron, and trace minerals.

Some problems associated with breastfeeding can be addressed effectively with natural supplements. Here is a list of common challenges associated with breastfeeding and some strategies to help you overcome them.

Milk production. Red raspberry leaf, alfalfa, fenugreek seeds and blessed thistle have been used traditionally—either individually or steeped together as a tea—to increase milk production. Red raspberry leaf also helps to restore the reproductive system after childbirth.

Mastitis. Inflammation of the breast, or mastitis, can be treated by applying cool, green cabbage leaves to the affected breasts or by boiling dandelion root in water, cooling, and making a compress.

If an infection is the cause of inflammation, it may be beneficial to take garlic, a potent natural antibiotic, as well as echinacea to boost the immune system and fight the infection.

Sore nipples. Dry, cracked nipples are a common problem when breastfeeding. They can be treated by applying camomile creme as an antiseptic ointment that is safe for mom and baby. Squaw vine, applied topically as a salve, can also be used to treat nipple soreness.

Breast tenderness. Some breast tenderness is caused by water retention. As parsley is a diuretic, it can be taken to help flush excess water from the body. Caution must be taken when consuming parsley while breastfeeding, as consuming large amounts may reduce milk production.

Weaning. When it comes time to reduce milk production in preparation for weaning, applying the crushed fresh flowers of jasmine (*Jasminum Sambac*) to the breasts has been shown to inhibit lactation. Mint and sage have also been shown to help reduce milk production. **b**

MELINA ROBERTS, ND, practises in Calgary, Alberta. Her clinical focus includes detoxification, chronic disease, digestive disorders, pediatric and women's health, and cancer. melinaroberts.com

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