


Who am I?



- ▶ A mom (mum) and a granny
- ▶ An edible gardener
- ▶ A frenzied cook
- ▶ A homeopathic healer
- ▶ A software developer
- ▶ A lover of chickens
- ▶ A writer and teacher
- ▶ A maker(and seller!) of gentle healing products



I wrote the book I wish I'd had ...

- ▶ And how ...
- ▶ I breastfed for 3 years but I had a terrible time in the early months with sore, cracked nipples, blocked ducts and goodness knows what else.
- ▶ I made every mistake – Daniel was nipple feeding not breastfeeding, I strained my back with the positions I was nursing in and more. Much more.
- ▶ I needed a lot of help and eventually got it from the La Leche League.



My 2012 Webinar:

A little Magic, A Lot of Love
<http://www.homeopathycenter.org/webinar/little-magic-lot-love-using-homeopathy-and-homeopathic-thinking-enhance-health-and-well>

A pdf of the slides:
http://mirandacastro.com/documents/Castro_PregnancyWebinarSlides_2012.pdf



My 2014 Webinar:

Prenatal Homeopathy Care for Moms
<https://www.youtube.com/watch?v=wsGDwi7eLok&feature=youtu.be>

A pdf of the slides:
http://mirandacastro.com/documents/CastroNCH_Pregnancy_2b_2014.pdf

What you will learn ...

- ▶ How to address some common breastfeeding complaints with homeopathy.
- ▶ Some adjunctive, helpful measures.

What is Homeopathy?

- ▶ Energy medicine.
- ▶ Tested on healthy humans.
- ▶ Scientific in its own way.
- ▶ Based on the principle of similars.
 - anything that can make a healthy human sick is capable of healing a sick person who presents with similar symptoms.

What isn't Homeopathy?

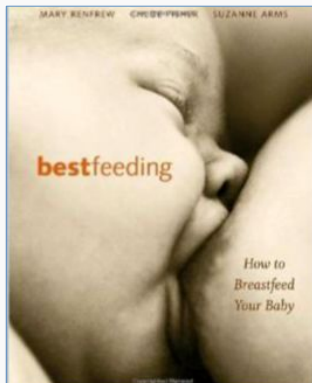
- ▶ Herbal medicine.
- ▶ Aromatherapy.
- ▶ Vaccination.
- ▶ Faith healing.
- ▶ Placebo.

Breastfeeding

- ▶ It's the best nutrition for your baby: 2-3 months of breast milk will give your baby's immune system a terrific boost – do it if you can.
- ▶ It's a learnt skill – there are lots of right ways to do it so that you don't feel pain.
- ▶ It's super convenient, sterile, the right temperature.
- ▶ It's also a choice (Castro pp. 71-77 *): you deserve health care practitioners who support your decision not to breastfeed or to stop breastfeeding – no matter when or why.

* My Book [Mother & Baby/Pregnancy & Birth](#)

My Favorite Breastfeeding Book



- ▶ Bestfeeding
– by Suzanne Arms
- ▶ Helpful line drawings show the way at each and every step. The drawings show all the right and wrong ways, the consequences of doing it the wrong way and how to correct the errors. Brilliantly brilliant.
- ▶ <http://www.amazon.com/Bestfeeding-How-Breastfeed-Your-Baby/dp/1587611953>

Nursing Lying down



<http://www.mother-2-mother.com/tut-layingdown.htm>

Common Complaints (pp. 117 *)

- ▶ Engorgement
- ▶ Sore and/or cracked nipples
- ▶ Too much milk
- ▶ Too little milk or milk slow to come in
- ▶ Mastitis
- ▶ Blocked duct/s
- ▶ Thrush/Yeast infection

• My Book Mother & Baby/Pregnancy & Birth
http://www.mirandacastro.com/shop/index.php?main_page=product_info&cPath=1_3&products_id=8

Engorged Breasts

- ▶ This is usually short-lived but it occurs in the first few days after the birth when there's a lot going on.
- ▶ Encourage your breasts to soften by
 - Nurse more often – especially at night.
 - Express a little milk with a pump before a feed.
 - Apply hot flannels/wash cloths to your breast before a feed and ice-cold ones after a feed.
- ▶ Reassure yourself that this will soon pass.

Sore or Cracked Nipples

- ▶ Make sure your baby is breast and not nipple feeding.
- ▶ Don't wait till your baby is starving to feed her – she will latch on more strongly.
- ▶ Offer the least sore breast first.
- ▶ Switch sides frequently to encourage more milk if your baby is sucking hard to get more milk.
- ▶ Try a nipple shield.
- ▶ Spray ice cold water on your nipple to numb them.
- ▶ Keep your nipples dry and expose them to sunlight.

Too Much Milk

- ▶ Your milk supply usually settles into a manageable pattern by the time your baby is 8 weeks old.
- ▶ Have your baby nurse on one breast at a feed.
- ▶ Give your baby a finger or a pacifier to suck on – continued sucking after she has fed will stimulate your milk supply.
- ▶ Use a nipple shield to restrict the flow of milk.
- ▶ Use cold compresses after a feed to slow production down.



Too Little Milk

- ▶ Have a snack and a drink with every feed – you need loads more calories to breastfeed.
- ▶ Nurse often – every 2 hours isn't too often.
- ▶ Get into bed with your baby and stay there for a few days esp. if she's having a growth spurt.
- ▶ Use a pump to increase your supply.
- ▶ Nurse in a quiet space if you have a busy household.
- ▶ Check for thrush.
- ▶ Ignore unsupportive friends, relatives and even HCPs.

Mastitis & Blocked Duct/s

- ▶ Rest and drink more.
- ▶ Alternate hot and cold compresses.
- ▶ Check for clothing compressing ducts esp. bras.
- ▶ Massage breasts (highest to lowest) or 'comb' them.
- ▶ Nurse more often and in different positions – try nursing with your baby's chin pointing across from a blocked duct.
- ▶ Pump if your baby isn't nursing enough.
- ▶ Go to bed and stay there if you develop a fever.

The Chin!

- ▶ Use whatever positioning is most comfortable and/or allows the affected area to be massaged.
- ▶ Note: Advice to point baby's chin (or nose) toward the affected area is not necessarily going to be helpful as it is based on the idea that the milk ducts take a nice, direct route to the nipple – recent research tells us that this is not true. A particular duct might begin in one area of the breast but can "wander" in many different directions before terminating in any area of the nipple
 - <http://kellymom.com/bf/concerns/mother/mastitis/>

Changing Position Helps

- ▶ It's helpful to try different positions at each feed to make sure all the ducts are emptied and then to notice if one in particular helps with a duct that repeatedly gets blocked (because it doesn't drain easily with standard positions).
 - <http://www.breastfeeding-babies.com/breastfeeding-positions.html>

Thrush/Yeast Infection

- ▶ Use a solution of water and cider vinegar or bicarbonate of soda:
 - ¼ pint boiled and cooled water to one teaspoon of vinegar or bicarb.
 - Wipe your baby's mouth with this (using a soft cotton ball).
 - Wipe your nipple with a separate cotton ball both before and after a feed.

Common Remedies for Breastfeeding Complaints

- ▶ Belladonna: engorged/painful
- ▶ Borax: painful from thrush (yeast) ***
- ▶ Bryonia: engorged/painful
- ▶ Calcarea carbonicum: regulates milk supply
- ▶ Castor equi: cracked nipples
- ▶ Lac defloratum: milk supply low ***
- ▶ Phytolacca: mastitis ***
- ▶ Pulsatilla: milk supply – to decrease
- ▶ Silica: blocked duct ***, cracked nipples
- ▶ Urtica urens: milk supply low

Belladonna (Bell.)

- ▶ Breasts engorged; hard; hot; inflamed; painful (throbbing); with red streaks.
- ▶ Right side may be worse.
- ▶ Milk supply over-abundant.
- ▶ Mastitis or blocked duct with fever. Sudden onset.

When the milk 'comes in', the breasts become red, hard, painful, and throb. Red streaks may radiate out from the nipple.

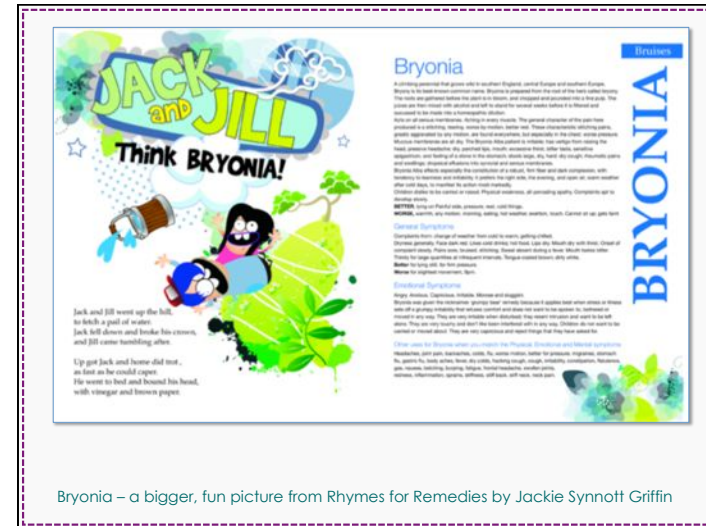
If there's a fever it'll be high and hot with no sweat or thirst.



Belladonna – a bigger, fun picture from Rhymes for Remedies by Jackie Synnott Griffin

- ▶ Breasts painful during feeding; aching after feeding.
- ▶ Pain in breast opposite to one baby is feeding on.

Mother (and baby) may both have thrush (yeast) – and then both are miserable when nursing. If the baby's is bad (oral) he/she may even refuse to nurse.



- ▶ Breasts engorged; hard; hot; inflamed; pale; painful.
- ▶ Milk supply overabundant.
- ▶ Stitching pains worse for slightest movement.
- ▶ Mastitis or blocked duct with fever. Slow onset.

If there's a fever there's often a headache with a bursting feeling in the head.

- ▶ Mastitis/breast abscess in women who are low in vitality and feel generally debilitated – especially by breastfeeding. Breasts are inflamed, heavy, and hot.
- ▶ With sweating (esp. head/neck, esp. at night).
- ▶ Regulates milk supply:

Castor equi (Cast.)

- ▶ Sore/cracked nipples.

This small remedy has few uses other than for sore, cracked nipples. It is especially effective for women who are otherwise well with no other symptoms.

Breasts may be engorged and the skin itchy; nipples are sore, cracked and very tender, quickly becoming raw if untreated.

Lac defloratum (Lac-d.)

- ▶ Milk supply – low.

Difficulty building up milk supply without any other symptoms (i.e. no pain, soreness or inflammation). Breasts (shrink) decrease in size

Mother may be weepy, depressed, chilly and constipated. She may herself be allergic to cow's milk. She may also be exhausted from loss of sleep.

Phytolacca (Phyt.)

- ▶ Mastitis or blocked ducts: breasts are engorged, inflamed and lumpy (hard lumps).
- ▶ Mastitis with flu-like symptoms: feels exhausted, achy, stiff, and feverish (low grade fever) with chills.
- ▶ Pains in pain when nursing are severe and radiate from the nipple to the axillae (armpits) or more typically all over the body.
- ▶ Nipples can become cracked, raw, and painful.
- ▶ Can help regulate milk supply (whether too much or too little).

Pulsatilla (Puls.)

- ▶ Mastitis when milk comes in or after weaning.
- ▶ Breasts are sore, hard, and swollen (skin feels uncomfortably stretched).
- ▶ Pains when baby nurses change places: they radiate to the chest, the neck and back, to the shoulders, arms, etc, (at different times)
- ▶ Nipples may be sore and cracked.
- ▶ Milk supply – over-abundant esp. after weaning.
- ▶ Generally warm-blooded, craves fresh air and is better for it. Also thirstless and weepy.

Silica (Sil.)

- ▶ Blocked duct/s or breast abscess/es – with hard lump/s in breast.
- ▶ Sudden, sharp pains in breast or uterus when the baby nurses. Back aches when nursing.
- ▶ Lochia increases when nursing also.
- ▶ Cracked nipples are extremely painful and cracks bleed when the baby nurses. Especially in women with inverted nipples.
- ▶ Left breast tends to be worse.
- ▶ Exhaustion in breastfeeding women who have lost their stamina, are chilly/sweaty and anxious.

Urtica urens (Urt-u.)

- ▶ Helps regulate the milk supply whether low or overabundant (and no desire to express/store it).
- ▶ With no other symptoms.

Quick Index of Symptoms

Breasts:
abscess/mastitis: Phyt. Sil.
engorged, hard/hot: Bell. Bry.
inflamed: Bell. Bry. Hep-s. Phyt. Sil.
lumpy: Phyt. Sil.
pale: Bry.
red-streaked: Bell.

Breasts painful: Bell. Bor. Bry. Sil.

Pains:

aching after nursing: Bor.
while nursing: Phyt. Puls. Sil.
to whole body: Phyt.
cutting/stitching: Sil.
in opposite breast: Bor.
slightest movement: Bry.
throbbing: Bell.

Milk supply:
low: Calc-c. Lac-d. Urt-u.
over-abundant: Bell. Bry. Calc-c.
Puls. Urt-u.

Nipples:
cracked/sore: Cast. Phyt. Sil.
and bleeding: Sil.
inverted (retracted): Sil.

Weaning:
to dry up milk: Lac-c. Puls.

Guidelines for Home Prescribers

- ▶ If you are new to homeopathy the low potencies are safest:
 - 6C 12X 12C 30X or 30C potency. The most common potencies available over the counter are the 6C and 30C.
- ▶ Repeat the remedy according to the severity of the symptoms:
 - Severe: every ½ - 1 hour (high fever bad pain).
 - Moderate: every 2 – 4 hours.
 - Mild: every 4-8 hours.

Catalysts for Healing

- ▶ Back off or stop on improvement
 - take it less often if there's moderate improvement.
 - stop taking it as soon on significant improvement.
- ▶ Repeat as needed
 - repeat the same remedy if helps and the symptoms return—starting and stopping as needed until better.
- ▶ Remember—homeopathic remedies stimulate the body to heal itself so make a relationship with a remedy that is working and let your symptoms guide you as to whether it needs repeating – or not!

Reassess If It Doesn't Work

- ▶ Change the remedy if 6-10 doses have been taken with no result. It is probably the wrong one—select another one or get help.
- ▶ Remember there are many remedies for each complaint – ask yourself the following:
 - ▶ Are you taking the whole picture into account?
 - ▶ Or rather, is there a bigger picture that needs to be taken into account?
 - ▶ Is there something that needs fixing or attending to?

CAUTIONS

- ▶ Do not self prescribe for chronic complaints.
- ▶ It is always advisable to seek professional advice for long-standing complaints.
- ▶ Check with your homeopath before self-prescribing. Remedies have relationships with one another and it is a shame to take a remedy that inadvertently counteracts the effects of a remedy that has worked well.

Breastfeeding Resources

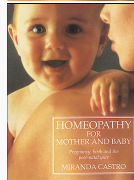
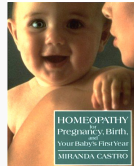
- ▶ La Leche League: <http://www.llli.org/webus.html>
- ▶ Breastfeeding USA: <https://breastfeedingusa.org/>
- ▶ Certified Lactation Counselor: <http://www.talpp.org/>
- ▶ Doula/Lactation Counselor: <http://www.findadoula.com/search.php?cat=223>
- ▶ National Alliance of Breastfeeding Advocacy: <http://www.naba-breastfeeding.org/>
- ▶ International Lactation Consultant: <http://www.ilca.org/i4a/pages/index.cfm?pageid=3337>

Castro's Pregnancy & Baby Kit

http://www.mirandacastro.com/shop/index.php?main_page=product_info&cPath=1_5&products_id=77



\$149 (value \$292)
Special offer includes a signed copy of my mother and baby book!
This is a great kit with full-size (160 tablet) bottles.



Remedies: Aconite Arnica, Arsenicum, **Belladonna**, Bellis perennis, **Borax**, **Bryonia**, **Calcarea carb**, Caulophyllum, Chamomilla, China, Coffea, Colocynthis, Dioscorea, Gelsemium, Kali carb, Kali mur, Kali phos, Mag phos, Nitric acid, Phosphoric acid, **Phytolacca**, **Pulsatilla**, Sepia, **Silica**, Staphysagria, Stramonium.

Remedies in **bold** = breastfeeding problems

Breastfeeding after Breast Surgery

- ▶ "Women who have had any breast surgeries will have a greater chance of being successful at breastfeeding if their surgeries are at least 5 years before trying to breastfeed. This is a result of your body repairing its mammary system through a process called recanalization."

<http://www.breastfeeding-problems.com/breast-feeding-after-surgery.html>

- ▶ "...it's important to focus on what a mother is able to do rather than what she can't do because every drop of human milk a mother gives her child is a precious, enduring treasure..."

Diane West (2012):

<http://nurturedchild.ca/wp-content/uploads/2012/11/Breastfeeding-after-reduction-and-augmentation-surgeries.pdf>

- ▶ "The truth is that there are so many variables that few experiences are the same."

Diane West (2002): <http://www.lli.org/llleaderweb/iv/ivaugsep02p75.html>

Some of My Stuff

- ▶ My Webinars: <http://mirandacastro.com/main/webinars.html>
- ▶ My Pregnancy & Birth Kit: http://www.mirandacastro.com/shop/index.php?main_page=product_info&cPath=1_5&products_id=77
- ▶ My Shop: <http://mirandacastro.com/shop>
- ▶ My Paper on Mastitis: http://mirandacastro.com/main/documents/CastroM_HomeopathyMastitis.pdf



Thanks to ...

- ▶ The National Center for Homeopathy for this year's Homeopathic Academy for Moms series: <http://www.homeopathycenter.org/>
- ▶ Hyland's for sponsoring the series and for making great remedies: <http://www.hylands.com/>
- ▶ Jackie Synnott Griffin for Rhymes for Remedies: <http://www.narayana-verlag.com/Rhymes-for-Remedies/Jackie-Synnott-Griffin/b15479?page=1>