

an alternative approach to lactation management

Patricia Hatherly
BA DipEd BHSc(Homeopathy)
IBCLC
www.patriciahatherly.com

1

Engorgement

- Assess breast tissue elasticity during pregnancy
- Encourage regular lymph drainage massage for those with poor elasticity
- Encourage early breastfeeding and encourage correct attachment
- Encourage regular feeds in the early post-partum period (both breasts)

2

Engorgement cont'd.....

- Cold compresses
- Pump to soften areola
- Gentle sweeping massage during feeds
- Epsom salts soak
- Phytolacca 200C tds

3

Painful Nipples

- Check attachment
- Assess for tongue-tie
- Encourage different feeding positions

4

Madonna position



5

Primate position



6

Painful Nipples

- Thrush? (mother or baby)
- Diet: remove yeasts and sugars
increase essential fatty acids &
zinc-rich foods (nuts & seeds;
seafoods)

7

Painful Nipples cont'd...

- White Spot: two types....plugged cellular debris
- Massage out
- Change feeding position: en face (Primate)
- Increase essential fatty acids especially PUFAs
- Two tablespoons of lecithin daily

8

White Spot

- Second type: milk blister (HPV)
- Break blister with sterile needle or change feeding position
- Undergo constitutional homœopathic treatment; a drawn-out process but effects a cure; see cases in Published Articles and Conference papers on my website:
www.patriciahatherly.com

9

Lumpy mastitic breasts

- Check clothing; bras; sleeping position
- Hydration: check caffeine intake methyl xanthines in coffee & chocolate may predispose breasts to cystic lumps
- Low immunity...rest; good diet; increase iron and zinc rich foods
- Food sensitivities →vasculitic mastitis; check salicylates and amines

10

Mastitis

- Keep breast drained; begin feeds on affected side; pump or massage while feeding from other breast
- Bed rest; fluids; vitamin C
- Change feeding position; try en-face
- Alternate hot/cold: warm washer; Epsom Salts soak vs cold packs; cabbage leaves

11

Homoeopathic medicines for mastitis

- Mastitis infection:
acon; *anan*; *ant-t*; *apis*; *arn*; *ars*; **BELL**;
BRY; *bufo*; *cact*; *calc*; *carb-an*; *carb-s*;
carb-v; *card-m*; *cham*; *cist*; *clem*; *con*; *crot-t*; *cur*; *ferr-p*; *galeg*; *graph*; *HEP*; **LAC-C**;
LAC-H; *lach*; *lyc*; *merc*; *pheI*; *phos*; **PHYT**;
plan; *plb*; *puls*; *rhus-t*; *sabad*; **SIL**; **SULPH**;
ust; *verat-v*

12

Bacteria associated with breasts include:

- Staphylococcus epidermis
- Staphylococcus aureus
- α -haemolytic Streptococcus
- β Streptococcus (keynote: alternates breasts)
- Non-haemolytic Streptococcus
- Enterococcus
- Escherichia coli
- Candida albicans

13

Breast abscess

- S/S Generally as for mastitis; however the affected area is pearlescent
- Treat as for mastitis; however refer off for surgery

14

Immediately after surgery



15

Homœopathic medicines

- Immediately after surgery while the drain is in I use either *Silica* 6C tds where the pus contains blood
- OR
- I use *Hepar Sulph* 6C tds if the discharge is offensive and cheesy

16

After removal of the drain



17

Homœopathic medicines

- While the wound needs dressing I prescribe *Calendula* 12C tds to facilitate tissue granulation

18

Breast abscess treated homœopathically



19

Initial prescription

- Alternate doses of *Lac humanum* 200C and *Streptococcinum* 200C tds for 3 days

20

Two days later



21

On day 3 the abscess burst and pus and blood oozed out



22

Second prescription

- Because the discharge contained blood along with the pus I changed the medicine to *Silica*
- *Silica* 30C was given tds as it was the lowest potency that her mother had
- The next day the pus had cleared and the vent was leaking milk; *Silica* was stopped

23

No more pus



24

Wound healing; no more medicine



25

Wound healed



26

Low Supply

- Check baby's vital signs
- Monitor regular weight checks & growth spurts
- Wet & dirty nappy count

27

Low supply cont'd...

- Are bottles of water or dummy used?
- Is mother using a nipple shield?
- Did mother suffer an excessive blood loss? Suggest Floradix
- Are there retained products or is mother on OCP or perhaps, pregnant?

28

Low Supply cont'd...

- Check alcohol and tobacco consumption
- Is mother well-hydrated?
- Check any prescribed medication or herbs
- Check general stress levels as they may impact on oxytocin levels; can she feel her let-down; does breast "fill" between feeds?
- Check family Hx of thyroid disease
- Check family Hx of diabetes...does mother have polyuria/polydypsia?

29

Low Supply cont'd...

- Check maternal diet for fat and protein intake
- Fat assists baby to gain weight
- Protein will assist the mother with milk production; generally mothers need 1 protein gram per kg of ideal body weight
- eg: 60kg mother needs 60 protein grams/day; add 20 in first 6 months

30

Dietary co-factors for milk production

- **Calcium:** dairy; egg yolk; molasses; nuts & seeds; bones of oily fish; green leafy vegetables
- **Manganese:** almonds; avocado; beans; buckwheat; coconut; corn; egg yolk; fruit (pineapple; grapes; blueberries; boysenberries); kelp & other greens; liver; olives; pecans; sunflower seeds; tea; walnuts; wholegrains

31

Low Supply cont'd...

- Check for PND
- Check her daily routine...is she working?
- Encourage the use of both breasts
- Massage breasts; use jojoba and add citrus oils and aniseed oil [cajeput] or use castor oil alone

32

Traditional Herbal Galactagogues

- Borage (adrenal restorative)
- Caraway (enhances appetite)
- Dill (carminative)
- Fennel (stimulates digestion)
- Fenugreek (has a reputation for stimulating breasts but is a bitter herb that stimulates appetite)
- Goat's rue (has a reputation for stimulating breasts but is an insulin regulator)
- Milk Thistle (cholagogue; bitter herb)

33

Traditional TCM foods for Lactation

- Chicken & ginger soup
- Ginger tea
- Licorice (Sarsaparilla)
- Bird's nest soup
- Cooked or warm food; esp vegetables
- No alcohol or spices

34

Homœopathic "galactagogues"

- **Breastmilk absent:**
acon; agn; alf; apis; asaf; bell; bor; BRY; CALC; carb-an; card-m; caust; cham; chel; coff; DULC; form; frag; ign; LAC-C; lac-d; LAC-H; LACT; lec; merc; mill; nux-v; ph-ac; phos; phyt; piloc; PULS; rheum; rhus-t; ric; samb; sec; sil; stict; sulph; thyr; URT-U; ust; x-ray; ZINC

35

Oversupply

- One-sided feeding
- Schedule feeding
- Cold compresses (cabbage leaves)
- Sage tea
- Soak in Epsom salts to relieve fullness without stimulating the nipple and increasing prolactin

36

Oversupply

- **Breastmilk increased, too profuse:**
acon; anan; arund; asaf; **BELL**; *bor*; **BRY**; **CALC**;
cham; chim; chin; *con*; erig; iod; **lac-c**; lact;
medus; nux-v; parth; **phos**; **phyt**; pip-m; **PULS**;
rheum; **rhus-t**; **ric**; sabal; *sabin*; *salv*; **sec**; *sol-o*;
spira; stram; **ust**; yohim
Medicines highlighted in green are also to be found in the "breastmilk absent" rubric; nothing is standard in homœopathic prescribing

37

Colic

- Usually due to a simple build-up of intestinal gases due to over-feeding or faulty digestion
- Over feeding: put on a schedule and feed from one breast only at a feed to maximise availability of fat (emphasise, and give advice on, fats in the diet)
- Fat slows down gut motility

38

Colic

- Soak breast before feed in warm water and Epsom Salts
- Feed en-face
- Check for food intolerance...did baby have hiccoughs in utero?
- Dairy intolerance is most predominant in babies where there are personal or familial mid-line abnormalities and/or body hair at birth

39

Colic may be a zinc deficiency issue

- The enzyme involved in the breakdown of lactose into glucose and galactose is lactose-phlorizin hydrolase (LPH)...["lactase"]
- LPH is found mostly in the villi of the jejunum and ileum and its presence (abundance) is dependent on a number of factors that enhance gene transcription of LPHmRNA
- One regulator of the gene transcription of this enzyme is hepatocyte nuclear factor (HNF-1 α) another is GATA-4. **The latter is governed by a pair of zinc fingers of the 4-cysteine type**

40

Zinc

- Usual zinc/copper ratios in the blood and mature breastmilk are 5:1
- Copper levels rise in pregnancy to assist with the process so colostrum ratios of zinc/copper are about 10:1 in order to assist the neonatal gut after birth
- Zinc is the one mineral that begins to drop in breastmilk after 6 months unless maternal diet compensates for this

41

Role of Zinc

- Zinc activates over 200 enzyme systems in the body
- Deficiency signs include:
 - acne & poor wound healing
 - alopecia
 - brittle nails & white spots on nails
 - loss of taste & smell

42

Deficiency signs of zinc

- poor appetite
- itchy skin & stretch marks
- low stomach acid levels → intestinal gas (loud)
- poor memory
- depression
- low immunity

43

Dietary sources of zinc

- | | |
|-------------|-----------------|
| beef | lamb |
| baked beans | oysters |
| cashews | sunflower seeds |
| egg yolk | pumpkin seeds |
| ginger | wholegrains |
| herrings | yeast |
| liver | milk |

44

GOR

- S/S: rapid & continual swallowing movements on lying down (silent reflux) OR
- Excessive vomiting of sour &/or curdled milk
- Condition stems from GIT problems:
 - either constipation → stomach overload OR
 - excessive lactose → build up of intestinal gases

45

Treatment for GOR

- Scheduled feeds
- One-sided feeds
- Feed upright
- Sleep upright 30° or on left side
- Increase fats and protein in maternal diet → decrease in lactose & gut motility
- Use slippery elm bark if salicylates aren't a problem

46

Lactose Intolerance

- S/S: copious, frothy stool passed with excessive flatus & accompanied by excessive crying
- Stool is often slimy or full of mucous as the innermost lining of the large intestine is shed

47

Lactose Intolerance

Most likely to occur:

- if baby is premature as lactase levels are only $\frac{3}{4}$ of full complement at birth
- if mother or baby was given antibiotics at the time of birth
- if mother has a copious supply &/or a vigorous let down

48

Lactose Intolerance

Managed best by:

- Modifying maternal diet to result in the lowering of the lactose levels in her milk
- Increase of protein and fat and complex carbohydrates at the expense of simple carbohydrate lowers lactose levels in milk
- Called "The Compensation Effect"

Bailey KV; (J Tropical Paediatrics 11:35, 1965) in WHO: The Quantity and Quality of Breastmilk 1985

49

Lactose Intolerance

- Ensure adequate intake of zinc-rich foods as zinc is the main co-factor in the production of lactase
- Schedule feeds
- One-sided feeding
- Slippery Elm bark; add bifidus after 3 days

50

Milk Protein Intolerance

- Hiccoughs in utero if maternal dairy intake is high
- Midline abnormalities in baby or family
- Hairy baby
- Poor or incoordinate suck/swallow/breathe pattern; mammals who drink the milk of another species suffer from apnoea

51

Milk Protein Intolerance

- Remove all dairy from maternal diet for 6 months then re-introduce gradually while she's still breastfeeding
- Prescribe a calcium supplement or increase intake of:
 - green leafy vegetables
 - nuts and seeds
 - bones of oily fish

52



53

JC 8 months

- Eczema from 4 weeks
- Extremely itchy such that it drives him mad
- He rips at his skin until it bleeds and may become infected (has been on antibiotics 3 times) so his mother puts mittens on him and swaddles him
- He rubs his head into the ground and the front third of his hairline has been abraded

54

JC 8 months

- Mother wants to wean (he's waking hourly at night and she's exhausted and she's tired of having a restricted diet)but he's reacting to all formula
- Reaction symptoms include:
 - vomiting
 - hives
 - very loose stool
 - spotty anal rash

55

JC 8 months

- Baby had hiccoughs in utero
- Mother craved coffee in the pregnancy and had several milky coffees daily and drinks coffee daily still
- Jaundice after birth persisted for 3 weeks
- Allergy tests indicate allergy to:
 - wheat; dairy; egg; rice and peanuts

56

JC 8 months

- I observe:
 - he keeps bending his head back
 - he won't keep still
 - craves water constantly; has hiccoughs still
 - the itch is driving him mad; he wriggles out of his swaddling and pulls off his mittens so that he can scratch
 - he will only stop scratching temporarily with distraction from a new toy or activity

57

JC 8 months

- Mother reports:
 - sweats profusely at night around the head
 - sleeps in a starfish position when he wriggles out of his wrap
 - often one cheek is more red than the other
 - stool, when teething, is like chopped spinach

58

Treatment plan

- Do not wean but give up coffee and stay on the low allergy diet for now
- *Chamomilla* in descending potencies with the baby remaining on the 30C potency daily for a week

59



60