

MAKING MORE MILK

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FOODS:

Almonds
Coconut
Sesame Seeds
Whole Rice pudding w/milk and sugar
Pumpkin seeds
Sunflower seeds
Chicken soup
Seaweed soups
Cooked papaya
Millet
Rice
Anise
Fennel
Dill
Cumin
Caraway
Ginger
Lettuce
Prickly lettuce
Champignon mushrooms
Barley
Oats (oatmeal)
Chickpeas
Dandelion
Pounded rice cakes

HERBS:

Fenugreek
Alfalfa w/blessed thistle, marshmallow and fenugreek
Blessed Thistle w/fenugreek
Borage
Caraway seed
Chasteberry: only low doses
Dandelion
Dill Seed
Fennel
Fenugreek seed
Goat's Rue
Marshmallow Root
Milk Thistle
Nettle
Oat Straw
Red Clover
Red Raspberry
Saw Palmetto
Shatavari
Vervian

Mothers Milk Tea:

Brew 6 bags Traditional Medicinals Mother's Milk Teas plus 4 bags of Celestial Seasonings Wild Berry Zinger tea to make 3 quarts. Drink throughout the day as iced tea!

Webpage:

www.lowmilksupply.org