

# 'Bring in-build up' Milk Supply

To be used in conjunction with other labour sheets in this series

**Lactation is expected by Nature**, after baby emerges. The "4th trimester" begins. As milk is blood. It needs to be made continually. If she lost blood birthing, even more so. Strong Blood energy gives Mum sanity, sleeping and a happy life. Good gut function (calm Mum plus ingredients) is needed – plentiful hydration, abundant protein and fat, with warm nourishing broths on hand. Mum needs support in all things - *The Golden Month* PLUS sleep and debriefing and loving PLUS moxa on the first 3 sets of points. She can't have too much rest, water and love.

**Cv17**

**MOXA**

9 peaks of heat each side

At the middle of the chest  
at the level of the natural  
nipple line



**Si1**

**MOXA**

9 peaks of heat each side

Point found at  
outer edge of  
little finger



**MOXA**

9 peaks of heat each side



**St36**

Their thumb-width  
from the edge bone  
- their hand's-width  
away from the bottom  
of the knee

This is a major energy  
and digestive tonic



**Gb21**

**MOXA**

9 peaks of heat each side

## Stuck Liver Qi Release

Any light, gentle touch  
will make a difference  
Please see  
Qi & Lymph moves  
sheet

