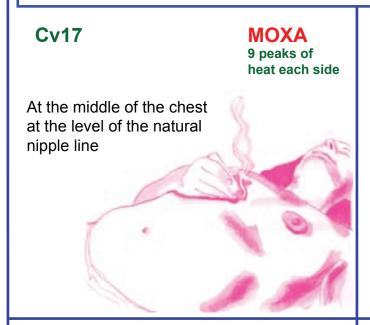
'Bring in-build up' Milk Supply

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.

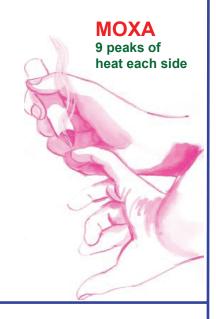
Good gut function (calm Mum plus ingredients) is needed – plentiful hydration, abundant protein and fat, with warm nourishing broths on hand. Mum needs supportin all things - The Golden Month PLUS sleep and debriefing and loving

PLUS moxa on the first 3 sets of points. She can't have too much rest, water and love.



Si₁

Point found at outer edge of little finger



MOXA 9 peaks of heat each side





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



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