

BREASTFEEDING MADE SIMPLE 2ND EDITION

Seven Natural Laws for Nursing Mothers

NANCY MOHRBACHER, IBCLC & KATHLEEN KENDALL-TACKETT, PH.D., IBCLC

Featuring

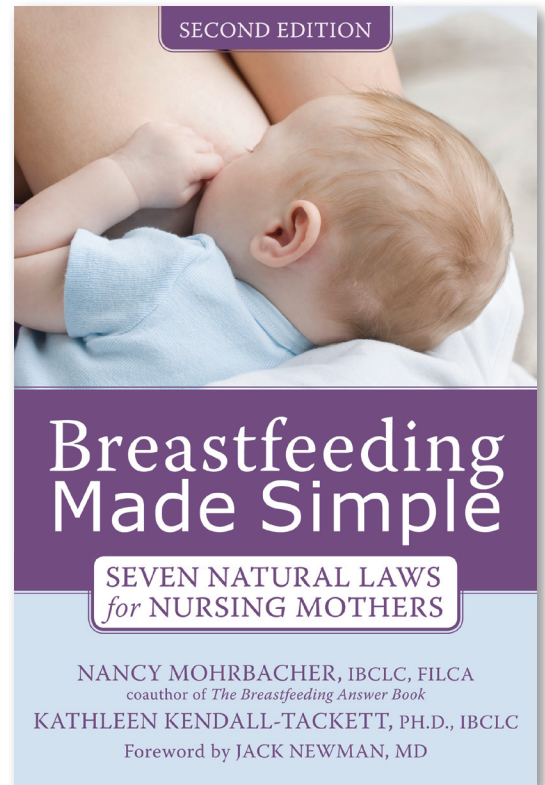
- Why breastfeeding is the biological norm for mothers and babies
- A baby's transition after birth
- How your baby sets milk production and how milk production works
- Common misconceptions about milk production
- An overview of weaning and the role of solid foods
- The role of history and culture in interfering with the "natural laws" of breastfeeding
- Daily life with your breastfeeding baby
- Common breastfeeding challenges and solutions

How did breastfeeding become so unnecessarily complicated?

In their second edition of ***Breastfeeding Made Simple***, certified lactation consultants Nancy Mohrbacher and Kathleen Kendall-Tackett offer the gift of simplicity to breastfeeding mothers through exploration of the natural laws of nursing.

Breastfeeding Made Simple presents the seven natural laws of nursing:

1. Babies and mothers are hardwired to breastfeed
2. Mother's body is baby's natural habitat
3. Better feel and flow happen in the comfort zone
4. More breastfeeding at first means more milk later
5. Every breastfeeding couple has its own rhythm
6. More milk out equals more milk made
7. Children wean naturally



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BREASTFEEDING MADE SIMPLE (2ND EDITION)
SEVEN NATURAL LAWS FOR NURSING MOTHERS

Nancy Mohrbacher, IBCLC & Kathleen Kendall-Tackett, Ph.D., IBCLC
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Did you know?

Breastfed babies enjoy normal immune function, healthy digestion, and brain development, while babies fed non-human milks can have higher incidences of respiratory disease, diarrhea and other digestive illnesses, ear infections, urinary tract infections, meningitis and even sudden infant death syndrome. A shocking study showed that infant formula increases U.S. infant deaths during the first year of life by twenty-seven percent, and during a baby's first three months the same study showed a sixty-one percent increase in infant mortality. Mothers who don't breastfeed have higher incidences of postpartum hemorrhaging, osteoporosis, cardiovascular disease, metabolic syndrome, cancers of the breast, uterus and ovaries, and rapidly shifting in hormonal levels.

About the Authors

Nancy Mohrbacher, IBCLC, FILCA is the author of *Breastfeeding Answers Made Simple: A Guide for Helping Mothers*, a counseling guide used by health professionals internationally. In 2008 she was recognized by the International Lactation Consultant Association for her lifetime achievements in the field of breastfeeding and designated a Fellow of the International Lactation Consultant Association.

Kathleen Kendall-Tackett, Ph.D., IBCLC is a health psychologist, board-certified lactation consultant, and La Leche League leader. She has authored or edited twenty books, authored more than 250 articles, book chapters and other works. She is a clinical associate professor of pediatrics at Texas Tech University School of Medicine in Amarillo, Texas, and a Fellow of the American Psychological Association in both health and trauma psychology.

"Breastfeeding Made Simple gives mothers the researched-based "why" behind every "how." Head reasons for heart feelings! I recommend this groundbreaking book to all my clients and to the people who care about them."

— Diane Wiessinger, MS, IBCLC

"Breastfeeding Made Simple is fabulous! The research you cite and the ideas you present are so meaningful, yet the whole thing seems very accessible for new moms. I wish I had this book before I had a baby...This book should be a prerequisite for parenting!"

— Loren, mother of two-year-old Claire, now expecting her second child

"This book is the most straightforward and informative book about breastfeeding that I've read. I would like to hand out copies to every pregnant woman I see."

— Kerrie, first-time mother of five-month-old Andrew

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