

Natural Remedies for Breast Issues

For some of us breastfeeding mothers, we may not want to use over-the-counter or prescription drugs to help alleviate some of the pains that may come up along the way. Or maybe you can't tolerate the drugs that are given to you and you need a more natural approach. Below are some natural remedies for breast issues you may run into.

Mastitis

You can make compresses of Mullein Leaf, Calendula, and Comfrey, which act as a pain reliever and Chamomile, Cleavers, Yarrow, and herbs such as Nettles, Red Raspberry, and Dandelion which act as anti-inflammatory and pain relievers. These can be used to help alleviate the pains of mastitis along with draining the breasts, whether with a pump or hand expression.

Sore Nipples

You can make a salve made of infused Marshmallow Rt, Plantain, and Candula oils with lanolin, shea butter, beeswax, or coconut oil or compresses of calendula and plantain in order to alleviate the pain from sore nipples.

You can find many organic herbs and oils at mountainroseherb.com where they also have a blog with tutorial on how to make different natural remedies and such. If you are new to using essential oils or herb I suggest you find someone who knows a lot about it and getting a book about the subject. Just as with medicine, herbs and oils can also cause injury and illness if it is not used correctly.



Compresses

DIRECTIONS:

1. Fill a small bowl with hot water and add between 6-12 drops of oils (if you're using oils).
2. Swish it around to mix it up and dip your cotton cloth into the mixture and apply to the breast for 10-15 minutes.

For herbal compresses you will make a tea using your herbs

1. 1oz of loose herbs per 1qt of water.
 2. Let it cool. (optional)
 3. Strain it and pour into a bowl.
3. Dip your cloth into the mixture and apply to breast for 10-15 minutes.
Repeat as needed.

Salve

When making a salve start by making your infused oil or buy preinfused oil.

INGREDIENTS:

8OZ OF HERBAL INFUSED OIL
10-20 DROPS OF ESSENTIAL OIL
VITAMIN E OIL (OPTIONAL)
1OZ OF BEESWAX, SHEA BUTTER, LANOLIN, OR COCONUT OIL

DIRECTIONS:

1. Warm your base and herbal infused oil in a double boiler on low heat until it becomes melted and warm.
2. Remove from heat and add essential oils and Vitamin E oil.
3. Quickly pour into your jars or tins and let cool completely.

