



The Nursing Mother's Herbal (Human Body Library)

Sheila Humphrey

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Many women take St.John's wort for post-partum depression, but is it safe for their nursing infants? Which herbs can a new mother take to increase or inhibit milk production? Are there natural remedies for mastitis or chronic yeast infections? This integrative guide answers these and other questions about the effects of herbs, dietary supplements, and other natural products on nursing women and their babies.

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