

Milk Pack Professional The Original

This original professional strength formula was developed for maximum milk production at a LOWER COST to you. They come in 2 different levels & strengths. At your first visit you will get bottles & if you bring those back if/when you need more you get a greater discount. The herbs in these packs are designed to build milk making breast tissue (that's the first bottle; the second bottle is full strength fenugreek (which is a proven galactagogue but works best with the other herbs); the last bottle is a proprietary blend of 10 different herbs that when put together & with the other 2 bottles, are a major powerhouse! These can be shipped in the mail so if you're not nearby & still need some just call & I can get these out to you. Prices range from \$6 - \$17. You can add a 2 week supply of Lecithin to any of the products for \$2.50.

The Tower Of Power



Only From
Oh Baby
Mine



Oh Baby Mine Lactation & Doula Services

Lisa Kehoe IBCLC, RLC, CLD, CPD

I have been an IBCLC since 2010. I did my residency at OSF & started Oh Baby Mine in early 2011.

As your labor doula I will be at your labor (not just at the hospital) to attend to your physical & emotional needs. I am the perfect compliment to your birth partner. As a professional I will go above & beyond to make sure that the things you desire in a birth are what you get. Then, after you go home for the hospital or back to your daily life (if you deliver at home) I can be there to help YOU cope with your new baby, show you how to care for you & the baby, help with household needs & of course, help with breast-feeding.

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Oh Baby Mine Milk Pack Pro

Series Capsules & Ointments



The Strongest Herbal
Galactagogues Available.
Made by a
Board Certified Lactation
Consultant & Doula



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Oh Baby
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Milk Pack Pro #2

Take along with the original or alone

The Milk Pack Pro #2 was designed to work along with the original to alternate with but they will also work on their own (it really depends on your body chemistry). You will get optimal results when used together with Milk Pack Pro (original)! At your first visit you will get a bottle & if you bring it back if/when you need more you get a greater discount. The herbs in this pack are designed to work along with the hormones you have to make more milk by raising your prolactin levels in a short period of time. These can be shipped priority mail so if you're not nearby & still need some just call & I can get these out to you. Price for these is \$6 (shipping is additional). You can add a 2 week supply of Lecithin for only \$2.50.



Other Lactation, Birth & Baby Items

We have an extensive selection of replacement parts for your Medela or Hygeia breastpump (different size breast shields, tubing, all external parts).

- *Sea Bands for nausea (morning sickness or labor)
- *Complete line of Motherlove products.
- *Our very popular galactagogues Milk Pack Professional + #2
- *Our NEW BBF (Boobs Better Faster) is a lower cost alternative to the compound prescription APNO (All purpose nipple ointment) available by prescription but not covered by insurance. The BBF Ointment is a much better choice at a much lower cost and does the same things.

Prevents & treats bacterial (mastitis) & fungal (yeast) infections. Helps relieve pain, inflammation and itching.



Placenta Encapsulation



Benefits of Placenta Encapsulation & Tincture

- * Replenish iron, minerals & vitamins
- * Balance energy depleted by labor & birth
- * Balance hormones
- * Lessen postnatal bleeding
- * Increase milk production
- * Help you have a happier postpartum period
- * Complement your body's effort in returning the uterus to its pre-pregnancy state
- * Be helpful during menopause

Nutritional benefits

The placenta transports nutrients to the fetus during gestation, as well as producing and regulating hormones and opioids. Proponents of modern placentophagy argue that the placenta retains some of these substances after delivery, and that consumption of the placenta by the mother will help her recover more quickly following childbirth by replenishing nutrients and hormones lost during parturition. The other health benefits including replenishing lost nutrients, increasing milk production, curbing postpartum depression and slowing postpartum hemorrhage.

In addition to protein and various vitamins, placenta contains high levels of CRH (corticotropin-releasing hormone), known to reduce stress. Though CRH is normally secreted by the hypothalamus, during pregnancy production of CRH by the placenta dramatically increases levels of CRH in the blood stream, which peak at delivery. Even postpartum, the placenta still contains very high levels of CRH, and some believe eating it can bring the mother's CRH levels back to a healthy range.

Consumption of the placenta is also believed to cause the release of the chemical oxytocin in the brain. Oxytocin stimulates uterine contractions leading to the onset of labor, and after childbirth can also cause the uterus to contract and sooner reach its pre-pregnancy size.