

“The Natural Way to Better Breastfeeding” by Francesca Naish & Janette Roberts



"Breast is best" is much more than just a catchy phrase. It is a statement which, in its simplicity, accurately sums up the act of breastfeeding. Breastfeeding is best for your baby, for you, and even for society in general. *The Natural Way to Better Breastfeeding* takes over from Francesca Naish and Janette Roberts' previous books on natural conception, pregnancy, birth and bonding, and provides all the answers to successful breastfeeding using their tried-and-true methods including:

- Where it all begins - trusting your maternal instinct
- Why "breast is best" for baby and for you
- Better breastfeeding practices, including successful attachment and positioning
- How to improve your milk supply
- Lifestyle, exercise and nutrition tips for better breastfeeding
- Natural remedies for common problems: cracked nipples, mastitis, colic, reflux, food allergies, biting
- To wean or not to wean
- Contraception during breastfeeding
- An invaluable resources list, and much, much, much more ...

Francesca Naish is a naturopath, medical herbalist and hypnotherapist with over 25 years' experience in practice. She is director of The Jocelyn Centre, Australia's first clinic devoted to helping women and couples manage their fertility effectively and conceive healthy, happy babies, and of Natural Fertility Management, through which she trains health professionals in Australia and overseas in her methods. She appears frequently in the media, and is a popular speaker and lecturer.

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