



Herbs and Breastfeeding

Herbs are rich in various nutrients and have medicinal properties. Some herbs will increase and enrich milk, while others will decrease the milk supply or contain elements that are not especially good for the baby.

Always be careful about which herbs you use. Consult a trained herbalist or lactation consultant if you consider using herbs not mentioned below.

Herbs to support breastfeeding:

Alfalfa	Dandelion root
Barley water	Dill seed
Basil	Fennel
Blessed thistle	Fenugreek seed
Borage	Hops
Calendula blossoms	Marshmallow root
Catnip	Nettles
Chamomile	Oat straw
Chaste berry	Red clover
Comfrey leaf	Red raspberry leaf
Coriander	St. John's wort
Cumin	Valerian root

Herbs to avoid when breastfeeding:

Sage
Parsley
Black Walnut
Yarrow