

## About Gina Edwards, CLE, Breastfeeding Specialist



Gina Edwards received her certification through UCLA School of Nursing in 2002. Since then she has had the opportunity to help countless numbers of families solve their breastfeeding

problems. Gina also teaches breastfeeding classes to expectant mothers. Having nursed three children herself, she is understanding and sensitive to the complexity of the breastfeeding relationship. She believes that each mother and baby deserve to be given the utmost in compassion and respect while overcoming any breastfeeding challenge. Early intervention is the key to comfort and success! To discuss any questions regarding breastfeeding and to set up an appointment, call Gina at the office at (323) 549-0070. Gina also provides a full line of Medela pumps and nursing products.

# berlin

wellness group

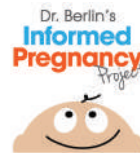
### Breastfeeding Specialist Package Discount!

Prepay \$299 for a pre delivery meeting in the office followed by a private, post delivery hospital visit, home visit and two weeks of phone support. This is the only package deal around and a great gift idea for a friend or loved one!

\*\*Coupon is valid for one time use only.  
6221 Wilshire Blvd, Suite 518 Los Angeles, CA 90048  
Phone: (323) 549-0070 | [www.DoctorBerlin.com](http://www.DoctorBerlin.com)

berlin  
wellness group

Brought to you by



**“It is important to tell mothers that women are not born knowing how to breastfeed. Any anxiety or concerns they may have are normal.”**

**- DR. Ruth Lawrence MD - founder and former president of the Academy of Breastfeeding Medicine**

[www.DoctorBerlin.com](http://www.DoctorBerlin.com)

Copyright Berlin Chiropractic Corp. 2010

# Breastfeeding



berlin  
wellness group

6221 Wilshire Blvd, Suite 518 | Los Angeles, CA 90048 | Phone: (323) 549-0070

## If Breastfeeding is so natural, then why might I need help?

It's true that breastfeeding is one of the most natural things a mother can do for her baby. It's also true that breast is best! But just because it's natural doesn't mean it's always easy. Like all new and unique relationships, guidance and a little bit of time may be needed to get things off to a great start. Once mother and baby have gotten to know each other a bit better, breastfeeding may end up being one of your favorite parts of motherhood.

To ensure success it is recommended that you not only take a third-trimester breastfeeding class, but also sit down with a breastfeeding consultant before delivery to discuss your more in-depth and personal questions. Having a professional on-call for a post-delivery hospital visit will help reduce stress and make the transition to breastfeeding easier and more comfortable for both you and your baby. This means no panicking at the last minute to find a specialist once problems have already begun. You and your support system can rest assured knowing that both mother and baby will get the time and attention they both deserve!

While most hospitals include a lactation visit in their standard post-partum process, most new mothers feel that this very short visit is not enough to establish proper breastfeeding. As a result, many women find that they return home unable to focus on their recovery and newest addition. Instead they are left to deal with the painful side effects of an incorrect latch or difficulty reading the hunger signals of a newborn. Having your consultant evaluate you and your baby in the hospital will ensure that you feel prepared to return home with your baby! For those who feel they still need guidance, or for those who experience discomfort upon returning home, a home visit is highly encouraged.

## Benefits of Breastfeeding

- Breastmilk contains all the essential vitamins and nutrients your baby needs during the first six months of life.
- Breastmilk provides your baby with a heavy dose of illness fighting antibodies.
- Breastfeeding helps to reduce the chance of many health problems including ear infections, allergies, type-1 diabetes, respiratory problems, and SIDS.
- For mom it can help you lose weight, lower stress levels, reduce postpartum bleeding, and reduce the risk of certain forms of cancer and osteoporosis.
- Breastfeeding provides you and your baby special time together each day no matter how busy life gets.
- Breastmilk is cheaper than formula, it's free!
- Even a working mom can pump her milk during the day to ensure her baby reaps the benefits of her milk, while snuggling up at night with baby to nurse.
- Breastmilk is easily digested by babies, and less likely to cause fussiness and discomfort.
- Breastmilk provides new and exciting flavors for your little gourmet each time they eat.
- Breastfeeding ensures that your baby is getting exactly the amount that he or she needs.

## Special Concerns & When To Get Help

- How to attach/latch baby properly
- Flat or inverted nipples
- Baby very fussy at breast and or after feeding
- Concerns about milk supply
- Feeling overwhelmed by breastfeeding
- Engorged/swollen breasts
- Breast or nipple pain with or without nursing
- Concerns about baby's weight gain
- Nursing a baby with special needs

Brought to you by



Once mother and baby have gotten to know each other a bit better, breastfeeding may end up being one of your favorite parts of motherhood.