

Nuture the Nervous System, Nourish the Baby: How Chiropractic Supports Breastfeeding

Chiropractic for Life – Sarah Clark
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Talking Points

- Breastfeeding is extremely beneficial for the newborn. The joy and emotional well-being of the mother is also often affected by their breastfeeding relationship. It can be stressful and difficult for some women to do what seems like the most natural thing in the world. While there is support for breastfeeding out there from lactation specialists, hospital staff and support groups, sometimes something else is needed. Chiropractic can help breastfeeding mothers and babies.
- “Inability to latch, refusal to nurse on one side, pain, and fussiness on the part of the baby are often the beginning of the end when it comes to breastfeeding.” (49) These things can be helped with chiropractic. Many mothers have found success with chiropractic in helping their breastfeeding issues (read testimonials in *Pathways* starting on p. 49.)
- How does chiropractic help? Even in a “good” birth, subluxations, or misalignments, in the infant’s spine can and do occur. This can be caused by an immature nervous system in the case of a premie, “management” by the birth-professional during the birth, position of the baby while in utero, long labor or other reasons. Mothers often find that after their baby has been adjusted by a chiropractor their breastfeeding issues begin to be resolved. The chiropractic adjustment helps the body to function properly.
- Are there benefits to be had for the mother to be adjusted while breastfeeding? When the nervous system has no interference her body is more capable to breastfeed effectively. “Removing interference in the communication flow from breasts to brain, quality function is achieved. This may include supply, reversing clogged ducts, or even promote healing from mastitis.” (51) Comfort for the mother can be improved as well. Just think, how can breastfeeding effect the mother’s posture?

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

La Leche League – the mission of LLL is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

The ICPA, International Chiropractic Pediatric Association, is a non-profit organization whose mission is to engage and serve family chiropractors worldwide through education, training, and research, establishing evidenced based practice, excellence in professional skills and unity in a global community which cooperatively and passionately participates in advancing chiropractic for both the profession and the public. www.icpa4kids.org

A classic *Pathways* article by Executive Editor Jeanne Ohm, D.C., “Breastfeeding Difficulties and Chiropractic”: <http://pathwaystofamilywellness.org/Breastfeeding/breastfeeding-difficulties-and-chiropractic.html>