

## **Case: Insufficient Lactation, 26 y.o. female**

### **The Person & Complaint:**

- The milk supply of a new mother, age 26, is not coming in well and she wants to keep up with her preemie baby's needs.
- Baby was born 2 ½ weeks ago at gestational age 29 weeks. Baby girl is now 31 weeks is off of ventilator and off of C-PAP machine. Is eating through a feeding tube and Dr projects it could be a couple more weeks until they will try actual breastfeeding. She is stable and just needs to gain weight now. Baby is in NICU.
- Mom is pumping 8+ times a day and producing between 15 to 20 ml at each pumping.
- Other measures to increase production: purchased Fenugreek but not currently taking; focusing on the "Power Pumping" approach and once a day pumping for an hour for 20 min, rest for 10, pump for 10, rest for 10, pump for 10. Slight increase with this practice to date.
- Other issues: she is recovering from birth and C-section and is healing well. She had been on pain medication of Percocet and Tylenol and is now on no meds in last couple days. Her hormones are not balanced. Not great sleep, waking every 4 hours to pump in the night.

### **The Story & Emotions:**

- Mom is pumping to supply baby's feeding needs but is worried because production is low.
- Lots of worry in the weeks leading up to today with going into premature labor and delivering her baby via C-section at 29 weeks and all of the health complications and restrictions of mother to infant care.
- She wants to supply milk for her baby but hates the pump and is frustrated.
- She feels a bit of grief about not being pregnant because her baby "is not supposed to be here yet."
- She is type A and a planner and has had to try and surrender to "Finley's plan," (her infant) she says but she is feeling it a challenge of having restrictions in caring for her newborn and having "other people care for her more than me."

### **The Energetic System:**

- Pericardium and Stomach channels run to breasts and are involved.
- Pericardium at shen tao compromised due to going through trauma and ongoing emotional overload, effect is on flow in body and circulation of sex hormones.
- Heart center (grief) and throat center (frustration).
- Spleen and Stomach (nourishment) effected by overthinking/worry. Spleen controls separation of fluids in the body – breast milk being one. Navel center also for worry.

### **Treatment – 1<sup>st</sup> session:**

- On shen tao (achy) to right ST17 (tight, ache) and P1 (little achy). Stayed there until all was electric feeling. Had her talk about her experience thus far with being a new momma. Expressed she's trying to figure out what "normal" is. Taught her the inner smile meditation and while doing the meditation the ST17 got more painful and then turned electric.
- Talked to her about the Stomach meridian and how worrying can play a part in the tension restricting lactation. Also, about the pericardium relaxing and how that can help to open up the flow for milk production. Recommended to her to do the inner smile 2x a day for 15 min to help relax pericardium for ongoing improvement.
- Moved to left breast and did St17 (tight, pain, and ache) and P1 (little bit of ache) to on Spleen (tight and ache). She kept talking a bit about how she only gets 2 hours a day to hold her and that the nurses are in charge of her care and that it was really hard to leave her last night. Got a little emotional talking about it but then didn't say too much else. She said in general she has been good about allowing herself to feel her emotions and to cry. Stayed with those areas doing resonance until they all turned electric too.
- Then went on right and left breast to see what they felt like, left was tighter so did on left to off throat and had her talk about frustration more. When talking about it throat was prickly and there was pain in the left breast. When it felt electric I moved to on the right breast to off the throat center and ended up getting a nice circling rotation through the breast and the throat got buzzy.
- Balanced off throat to off heart. Asked about her feeling connected to Finley with not being able to be the primary caregiver yet she very strongly said yes she did feel connected, but I could feel there was tension there when she answered the question. I had her repeat, "I love you Finley." Encouraging the love connection in her heart to feel the underlying core of going through this difficult time with having to pump with no baby, and having restrictions of her contact with Finley. Tension built and she changed it into her own words, "Momma loves you Finley." Started to get more electric and then talking back and forth and finally a nice pulse in sync between the throat and heart centers.
- Last did off breast to ST17 on left. ST17 was tight and painful and relaxed to electric flow. And repeated resonance off on the right breast to ST17, not as tight as the left but a little ache. Turned to electric flow at both breast and point.

### **Result:**

- Client let me know that immediately following session she was able to pump an increased amount that equaled a full feeding for her baby plus part of an additional feeding.
- Four days following her session, she reported that milk production has been mostly up but was down a little bit yesterday. Her left breast has been producing more than the right as well. The evening hours of pumping at the end of the day seem to be the least output and during the day is going good. Baby is currently consuming 30ml every 3 hours.

- 2 weeks after her session I checked in again and offered to give her another session. She reported that, "We've been able to keep up with her recently!!!" And said she would definitely let me know if she is in need of help with lactation again. So, things are going great, Mom is happy about her milk production and baby is getting what she needs from Momma.