

Natural Mastitis Treatment Options

EPSOM SALT SOAK/MOIST HEAT

2-3 cups very warm water, ½ cup Epsom salt. Soak a washcloth in the Epsom salt solution, drip/cool until the temperature will not scald, and place over affected breast. Cover with a dry towel. Nurse baby with the affected breast. If both sides are affected, soak both breasts and alternate nursing side as you normally would.

CASTOR OIL PACK

Soak a piece of cotton fabric or a washcloth in castor oil, place over affected breast. Heat for 60 minutes (heating pad, hot water bottle).

GARLIC

Eat cloves of garlic or take a garlic supplement. Garlic has been found to be antibacterial. (Super Garlic 6000) <https://jflynn.metagenics.com/supergarlic-6000>
(Garlic Complex) <http://alliancechiropractic.myshaklee.com/>

LECITHIN

A lecithin supplement can help to dissolve the blockage as well as prevent future blockages from forming by acting as an emulsifier. Continue lecithin supplement for approximately one week following the resolution of a clogged duct or mastitis.
(Lecithin-organic, non-GMO soy) <http://alliancechiropractic.myshaklee.com/>
(NOW Sunflower Lecithin) Available at many health food stores.

PROBIOTIC

Probiotics help to combat abnormal bacterial growth in the body and support the immune system, including the breast tissue.
(UltraFlora Spectrum) <http://jflynn.metagenics.com/ultraflora-spectrum>
(OptiFlora DI) <http://alliancechiropractic.myshaklee.com/>

ALFALFA

An alfalfa supplement can help to increase milk supply, support the immune system, and encourage milk flow. Alfalfa also provides many nutrients.
(Alfalfa Complex) <http://alliancechiropractic.myshaklee.com/>

THERAPY

Self massage (manual, electric toothbrush, etc): slow, fluid movements from the base of the breast toward the nipple. This may also be done in a hot shower.

Therapeutic Ultrasound

Acupuncture (don't worry, no acupuncture needles are inserted in the breast tissue)

Kinesiology Taping

NURSING

As much as it may be painful, allowing your breastmilk to continue to flow will be best for your mastitis condition. Continue nursing baby as often as possible. Dangle feeding may also be helpful.

***If you develop a fever, body aches or chills, please contact your birth provider. Sometimes antibiotics are necessary for the treatment of mastitis.