



HEALTH & WELLNESS



Dreaming of becoming an IBCLC?

We can help you make that dream come true.

Born to be Breastfed
New shows weekly
October 15th 2018: Therapeutic Breast Massage

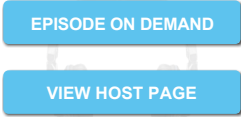
Your Quick Guide to Therapeutic Breast Massage in Lactation. Have you ever been in that situation where seemingly nothing relieves the pain and swelling of engorgement? You've tried hand expression, warm packs, cold packs, pumping and more, and still, the milk seems completely stuck! What more is there to try? How about Therapeutic Breast Massage in Lactation (TBML). Is this some new technique? No. Is it the same as massage? No. Okay, then how is it different? Is it the same as hand expression? No. Does it work? Yes! So how can we learn to perform TBML or teach other women to do it so that

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New shows weekly on
VoiceAmerica Health and
Wellness Channel



Featured Guests



Ann Witt
Dr. Witt founded Breastfeeding Medicine of Northeast Ohio in 2008 to provide specialized breastfeeding medicine support to mothers and infants. She is a board-certified family physician and Fellow of the Academy of Breastfeeding Medicine.

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Maya Bolman
Maya Bolman RN, BA, BSN, IBCLC Maya Bolman was certified as IBCLC in 2001. She currently works as lactation consultant at Cleveland Clinic Hillcrest Hospital and Breastfeeding Medicine of Northeast Ohio.

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