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HEALTH & WELLNESS



BORN TO BE BREASTFED

WITH
MARIE BIANCUZZO RN MS IBCLC



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Born to be Breastfed

New shows weekly

June 10th 2019: Encore: Hypno-Breastfeeding?

You've heard of hypnosis. You may even be familiar with hypnobirthing (the topic of Marie's June 15, 2015 episode: <http://www.voiceamerica.com/episode/85954/hypnobirthing>). Did you know hypnosis can be a positive tool for breastfeeding, too? Join Marie as she talks with special guest Robin Frees, IBCLC about how mothers can use hypnosis to overcome barriers that commonly arise during breastfeeding, such as low milk supply, and inhibited milk ejection reflex. Find out about strategies such as hypnotic relaxation, imagery, and breathing, and learn how these can help whether you're breastfeeding

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Featured Guest

Guest Image

Robin B. Frees

Robin B. Frees, is a private practice IBCLC who offers consultations for breastfeeding and fertility, and educational programs in Hypnobirthing

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