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Born to be Breastfed

New shows weekly

October 09th 2017: **When You're Let Down by Your Milk Ejection Reflex**

You tell yourself this time will be different. You tell yourself breastfeeding is supposed to be a joyful experience. You want to deny that you've had moments of the opposite, that latching your baby on and experiencing the let-down of your milk makes you feel agitated or like you are in a dark place. Are you crazy? Is this postpartum depression? You're sure others would think you are just making it up, or that you just aren't thinking about breastfeeding right. The medical journals have almost nothing to validate what you're feeling--but you've been there, you've felt it, you know it's real.

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Featured Guest



Alia Macrina Heise

Alia's passion is to alert and enlighten women and the breastfeeding community about Dysphoric Milk Ejection Reflex (D-MER) and to encourage further research into this phenomenon. Though she is an International Board Certified Lactation Consultant (IBCLC), she is also someone who has experienced D-MER firsthand. Her research of D-MER started in 2007, and was the result of her own experience nursing her third child. She has been dubbed the person "who spoke until somebody listened", because she wasn't satisfied with the answers that she was receiving from professionals. As an author, speaker and investigator on the subject of D-MER, she supports mothers and health care professionals in

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