



*Dreaming of becoming an IBCLC?*

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**Born to be Breastfed**

**New shows weekly**

**March 14th 2016: Coping with Unmet Breastfeeding Expectations**

Sometimes, breastfeeding doesn't go as you planned. This disappointing outcome can leave mothers struggling with feelings of loss, sadness, anger, grief, and even shame. Although you may feel isolated in this experience, such feelings are common—and a common risk factor for postpartum depression. How can you cope with your breastfeeding experience? How can you heal so that you can fully embrace your role as a mother, even if not feeding your baby as you had hoped? Join Marie as she speaks with Swiss lactation consultant, hypnotherapist, and author Hilary Jacobson on steps to resolve breastfeed

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**Featured Guest**

**Hilary Jacobson**

Hilary Jacobson was born in Southern California, but moved to Europe as a young adult. A 30-year resident of Switzerland, she is a certified Swiss holistic lactation consultant (CH. HU. SI) and ACHE certified clinical hypnotherapist. Hilary has completed special studies in herbs and nutrition, is the author of "Mother Food: A Breastfeeding Diet Guide with Lactogenic Foods and Herbs" and "Healing Breastfeeding Grief." She is the co-founder of the online resource [mobimotherhood.org](http://mobimotherhood.org), and can be found online at [mother-food.org](http://mother-food.org) and [HealingBreastfeedingGrief.com](http://HealingBreastfeedingGrief.com)

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