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Celebrating the *Mother* in all Females



www.chaoticat.com

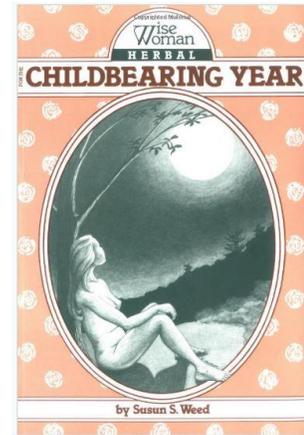


Females have amazing creative energy and wisdom that arises from and is stored in the womb space. This space is at the root chakra level. Women use this wisdom and energy to create and birth humans, art work, books, earth changing ideas, and so much more.

This creative, cyclical female energy resides in both females and males; a female having more as it is our nature. The Maid – Mother energy surges each month during our moon cycle and is part of both our menstrual bleeding years (say from 12 to 52-ish) and our entire life span. Let your Maid-Mother creativity flow!

Balance is created and maintained by males and females embracing both their female and male energy and living in harmony within these energies. True loving cooperation on this planet will be regained when this balance is restored.

Susun Weed's book, *Childbearing Year*, is an amazing compilation of fun, wisdom, and love that covers fertility, pregnancy, birthing, breast-feeding, and post-partum holistic care.



Breast Milk is Best!



I want to take a moment to address the energy of breastfeeding. I encourage all Mom's to embrace nursing their babies as one of the most natural and life giving gifts we can give to our children. When we go into nursing with these thoughts around the natural process, well, milk just flows. Lactation is a very natural process for all mammals. Our female breasts, no matter how large or small, are well equipped for the job! When problems arise around producing enough milk and the nursing process, I ask females to take a step back and access their comfort level with their body and breasts. Often time what is hindering the gentle flow of milk is the female's emotional and soul felt energy around her body. Embrace your beautiful body and all it can do; truly your body is a miraculous being!

Below is an email conversation from a friend who was seeking advice for another friend struggling with lactation. This friend who contacted me said the struggling Momma had adequate sized breast and should not be having struggles and could I offer suggestions. My response:

It is not about size, it is in the attitude a Mom holds around her body and breasts. Very rarely is there a true physiological reason for low milk production outside of poor nutrition or dehydration of Mom. My little "blossoms" made quarts of breast milk at a time and it flowed like milk and honey! I provided milk for my own two sons and also for a 3rd son I call my breast milk – lactation son! He used my milk for 6 or so months as my breasts were overflowing after the birth of my 2nd son (He was pre-mature and I set my mind to feeding his tiny little body well!). I gladly donated to my 3rd son's cause as his mom was struggling with the pumping thing but did very well with actual nursing.

Your friend needs to go to Wegman's in the health food section (or a health food store) and buy mother's milk tea and drink it very strongly brewed, by the quart, every single day!

How to make teas: <http://www.paulayoumellrn.com/making-herbal-infusions-teas/>

To save money, once she gets going on this she can buy herbs in bulk and make her own blend:

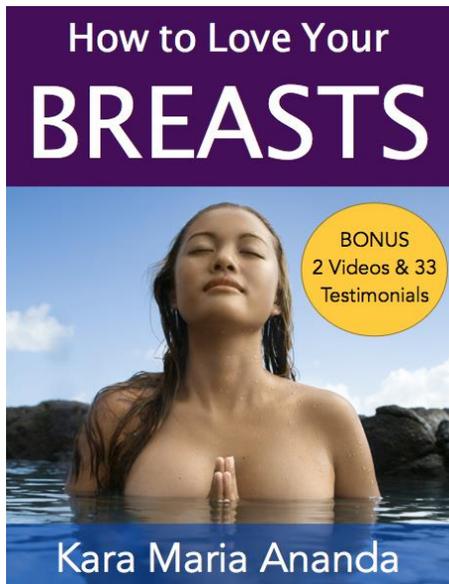
- nettles*
- red raspberry leaf*
- fenugreek*
- fennel seed*
- comfrey leaf*
- mullein leaf*

Read labels on packaged milk flow enhancing teas to get ideas on other herbs to add to your home blends.

- 1. She has to eat 100% real food and keep hydrated (avoid caffeine, soda). Drink plenty of water.*
- 2. Stop feeding the baby formula, if you do not ask the boobs to do their job they simply won't. Milk Supply IS about supply and demand and breast stimulation. The baby has to be nuzzling the breast and sucking to tell the breasts they need to be making milk.*
- 3. Buy high quality craft brewed beer, a very hoppy variety, and drink 1/2 a beer each time nursing OR hop flower tea (again, you must steep in an infusion as per the link above. Tea is just flavored water when steeped for 3-4 minutes like most people do).*

Often the problem with poor milk supply is a Mom not really sure she wants to be committed to breast feeding. Your body hears every thought you have and responds. If you want to make milk, lovingly talk to your body like you mean it.

Sending Loving Mommy Energy!"



This is a fabulous little eBook that swept the globe, literally, when Kara Marie Ananda released it over a year ago.

<http://karamariaananda.com/breast-book>

For Free:

<https://karamariaananda.simplero.com/page/4802-how-to-love-your-breasts>

Cervix Softener Recipe

to use daily starting 1 month before your EDC, estimated date of confinement, your due date!

- 8-10 parts local, raw honey (32)
- 2 parts lobelia extract (8)
- 2 parts lady slipper* extract (8) OR 1 part skullcap and 1 part hops extract (4 each)
- 1 part cayenne tincture (4)
- 2 parts blue cohosh tincture (8)

Take ½ tsp. in AM and at noon then take 1 tsp. at bedtime

To have enough for 1 week, you need 14 teaspoons of the finished recipe. For 1 month you need 56 teaspoons.

To make enough for 1 month: see tsp amounts in parenthesis above

*Lady Slipper can be difficult to find

There are many tea formulas to use in the last 1-2 months of pregnancy that are to help ripen the cervix and prepare the uterus (and Mom!) for labor and delivery. If interested read up and work with a knowledgeable herbalist.

Self - Care

I encourage you all to take Whole Food, Whole Health Care of yourselves so you can be your very best creative Maid-Mothers for you, your family, your community, and the Whole Earth's Community. Strive to be Whole!

Holistic Care of Family...
begins with Mom Care ☺



**Feed the
Body, Mind & Soul
Healthy Foods**

Creating Whole Health



Herbs to the Healing Rescue



This slide represents whole health care for promoting health in all aspects of the Maid-Mother energy and all female life cycles. It is the basis for whole health care of family and the whole earth. We are a microcosm of the macrocosm.

"In Every Deliberation We Must Consider The Impact of Our Decisions On The Next Seven Generations."

Great Law of the Six Nations of the Iroquois



Remember the moon's pull on your body and the moon's ability to reset your menstrual cycle and fertility. Find time to hang out under the full moon!