Below you will learn of 11 herbs to naturally improve lactation in nursing mothers. Many of the herbs below have been used for thousands of years, and their side effects (if any) are well researched while the longest study Monsanto has conducted on its GMO products is a mere several months.

11 Herbs to Naturally Improve Lactation in Nursing Mothers
Get this from a library! The nursing mother's herbal. [Sheila Humphrey] -- Many women take St. John's wort for post-partum depression, but is it safe for their nursing infants? Which herbs can a new mother take to increase or inhibit milk production? Are there natural ...

The Nursing Mother's Herbal is a balanced guide to the use of herbs during lactation as well as pregnancy and postpartum. While written for consumers, it provides valuable resources for clinical practice. This book would be an asset for midwives who are interested in offering holistic care for breastfeeding women.
Herbal safety for nursing moms It is possible for anyone (mother or baby) to have an allergic reaction to just about anything. Watch your baby closely for any adverse reactions if you take any herb or medication.

Herbal safety for nursing moms • KellyMom.com
Herbs for Nursing Mothers. Nutritive Herbs: These herbs are high in vitamins and minerals. When taken by nursing mothers, they help to fortify the breast milk with extra nutrients and also replenish the mother’s stores of essential vitamins and minerals that she gives up to her baby during nursing.