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Wife, Mother, Blogger & Author

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Milkies Nursing Postnatal: Helping Moms and Babies Stay Healthy

BY MICHELE ON AUGUST 18, 2015



I recently had the opportunity to start reviewing products for the amazing [Fairhaven Health](#). Being a registered nurse having worked in Labor and Delivery for 12 years and a breastfeeding mom, I love this company. Their mission is to “develop products designed to safely and naturally promote fertility, pregnancy wellness, and breastfeeding success.” They offer a wide variety of fertility, pregnancy and nursing products for women. The products are based on the research of medical experts and they combine Western (allopathic) medicine with clinically-supported research in herbal/homeopathic fields.

This past month I started taking the Milkies Nursing Postnatal Breastfeeding Multivitamin. This unique multivitamin is optimal for the breastfeeding mom because it contains the specific nutrients needed by lactating women to help keep both themselves and their babies healthy. One of the reasons I specifically like this blend is because it contains 700% or 2800 IUs of Vitamin D3. There has been a lot of buzz about D3 and its significance treating and preventing a “wide array of conditions, including high blood pressure, osteoporosis, depression, obesity, seasonal affective disorder, prostate cancer, lung cancer, breast cancer, diabetes, rickets, irritable bowel syndrome, multiple sclerosis, and rheumatoid arthritis.” ([Source](#)) It’s also a well known fact that many infants who are exclusively breastfed are at high risk for Vitamin D deficiency. I always felt it was strange that vitamin D was prescribed for my children. Certainly, nature’s perfect food couldn’t be missing something, could it? Could it be instead that many mothers are vitamin D deficient and therefore the baby is not getting enough of this vitamin? I am often discouraged at how we treat the symptoms of a problem, but not the underlying cause in today’s medical practice.

In testing this product, I was delighted to find out that [research has been done](#) to prove mother’s taking supplemental vitamin can pass it on to their infants in high enough doses so their babies will

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not be vitamin D deficient! The vitamin D supplement coupled with the other vitamins and minerals of **Milkies Nursing Postnatal Breastfeeding Multivitamins** has made it my vitamin of choice. As a busy mom, I know it can be hard to always eat the healthiest diet, especially when you are sleep deprived from late night nursings! **Milkies Postnatal Breastfeeding Multivitamins** can help ensure both yours and your babies' health during this joyous time of motherhood.

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About



I'm a wife, mother 4, blogger and author. I grew up in the Chicagoland area, attended Franciscan University of Steubenville and currently live in Columbus, Ohio. I was raised in a family of 8 children and am a registered nurse. I especially enjoy volunteer work and serve as the co-chair if the Columbus Catholic Women's Conference. I love learning more about our faith and sharing it with others. My first book, co-authored with my friend Emily Jaminet, Divine

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