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## Have a Better Breastfeeding Experience with Fairhaven Health

24 SEP | 2014

posted by JANESSA | 46 COMMENTS



Breastfeeding – for me it’s been a love/hate relationship. I am SO thankful that I’m able to nourish my babies in this way, but I had no idea it would be so hard. I’ve always struggled for the first few months with extreme engorgement followed by a large oversupply. Other moms I know have the opposite problem and struggle to produce enough milk. One thing I’ve learned through my breastfeeding years is that a good support system is crucial. You need both friends/family who will encourage you AND products designed with breastfeeding in mind. I can’t help you with the friends and family part (well, I can – if you need encouragement, I’m always just an email away!) but I can help you with some great products to support you in your breastfeeding journey. Let me introduce you today to Fairhaven Health!

Fairhaven Health is a one-stop shop designed to support you through infertility, pregnancy, and breastfeeding, providing supplements and other specialty supplies. I was recently sent a number of their breastfeeding products to review (at no cost, to facilitate this review) including their Nursing Blend Breastfeeding Supplement, Nursing Postnatal Breastfeeding Multivitamin, Nipple Nurture Balm, Milkies Nursing Time Tea, Milkies Milk Saver, & Milkies Freeze.

### Milkies Nursing Time Tea

Maybe you have a need to increase your milk supply but you aren’t interested in the multivitamin – Milkies Nursing Time Tea is for you! This loose leaf tea is an all-natural herbal tonic designed to help nursing mothers increase their milk flow and soothe digestive issues of both mother and colicky or “gassy” newborns. Nursing Time Tea brings together a select array of safe and proven ingredients to aid nursing in three key ways: enhancing the quantity and quality of available milk; alleviating digestive complaints, including gas, indigestion and colic; and providing a rich spectrum of nutritive vitamins and minerals central to robust and healthy nursing. Ingredients in this tea are:

- Fennel seed – helps increase milk production for nursing mothers and helps alleviate digestive complaints for both mom and baby.
- Goat’s rue – acts to stimulate the production and flow of breast milk.
- Blessed thistle – helps increase milk production and contains an effective bitter to aid digestion and liver function.
- Alfalfa – contains key vitamins and minerals, including Vitamin K, to help enrich breast milk.
- Anise seed – helps increase milk production while alleviating gas, colic and indigestion.
- Lemon verbena – adds its lemony essence to create a delicious flavor.



I didn’t want to increase my milk supply, so I didn’t drink a lot, but I did brew a cup and, as a huge tea fan, I think it is delicious. In case you are wondering, after it brews, I just use a fine mesh strainer to remove the loose herbs. I’m looking forward to drinking more when the time comes that I need some! This tea is priced at \$16.95 for one bag, which will give you one month’s supply if you drink 2-3 cups per day.

Fairhaven Health is a great source for your breastfeeding needs! Check them out today!

Connect: Find out more about Fairhaven Health and all of the great products they sell by visiting their website. Then “like” them on Facebook and follow them on Google+, Pinterest, Twitter, and Instagram.

Buy It: All of the products I mentioned above are available directly from the Fairhaven Health website.

Win It: One lucky reader will win a prize package featuring the items mentioned above!

**Enter to win a Breastfeeding Support Prize Package, from Fairhaven Health valued at \$120!**

September 24th - October 8th 2014  
ThriftyNiftyMommy.com

This giveaway is open to residents of the US who are 18 years of age or older. This giveaway will end at 11:59pm EDT on October 8th 2014. Enter using the Giveaway Tools entry form below. Good luck!

support a {blogger} if you liked this post...

Fairhaven Health  
Entries: 8767  
This giveaway has ended.  
A winner will be announced soon.

sept. 24 - oct. 8  
it's a free for Fall  
host: Blogging Mamas Network  
giveaway hop

We are excited to be participating in the It's a Free for Fall Giveaway Hop, hosted by the Blogging Mamas Network.

The days are getting a bit colder and Fall is just around the corner! We’re celebrating the upcoming season with a fun giveaway hop. Each blogger in the hop has a prize for you worth at least \$25, so don’t forget to hop around to them all in the linky at the bottom of this post. Now that you’ve entered this giveaway, hope around to the others!

1. Blogging Mamas [HOST] - \$45 - US
2. Viva Veltoro [Co-Host] - \$60 - US
3. So Easy Being Green [Co-Host] - \$140 - US
4. Mama's Baby Cupcakes - \$34 - US
5. Spit Up is the New Black - \$31 - US
6. Thrifty Nifty Mommy - \$120 - US
7. An Ordinary Housewife - \$29 - US
8. The Bee Hive Buzz - \$25 - US
9. Director Jewels - \$30 - US
10. This West Coast Mommy - \$45 - US/CAN
11. The Review Wire - \$25 - US
12. Saving Said Simply - \$30 - US
13. ABCD Diaries - \$50 - US
14. My Mama Adventure - \$25 - US
15. A Modern Day Fairy Tale - \$30 - US
16. Simply Stacie - \$149 - WW
17. The Tween & Me - \$25 - US
18. Gimme The Scoop Reviews - \$30 - US
19. Gator Mommy Reviews - \$25 - US
20. Our Piece of Earth - \$35 - US
21. Atta Mama - \$75 - US
22. Savings in Seconds - \$37 - US
23. Karen's Got Mail - \$63 - US
24. The Practically Green Mom - \$50 - US
25. Nanny to Mommy - \$30 - US/CAN
26. Practical Frugality - \$25 - US/CAN
27. The Kids Did It - \$25 - US
28. Moments That Take My Breath Away - \$25 - WW
29. Live Laugh Love Post - \$25 - US
30. I Heart Simple Things - \$25 - US
31. The Anti June Cleaver - \$55 - US
32. princess among superheroes - \$50 - US
33. SaraLee's Deals Steals & Giveaways - \$50 - US
34. Housewife on a Mission - \$30 - US
35. Mom To Grandma - \$95 - US
36. Kelly's Thoughts On Thing - \$25 - WW
37. Literary Winner - \$38 - US/CAN
38. The Bee Hive Buzz - \$25 - US
39. CouponWAHM - \$25 - US
40. Capturing The Moment - \$40 - US
41. Scandalicious Candle Melts - US
42. Coupons and Lesson Plans - \$100 - US
43. Crunchy Livin' Mama Style - \$25 - US
44. Deal Sharing Aunt - \$40 - US
45. 3 Partners in Shopping - \$40 - US
46. Strange Daze Indeed - \$50 - US/CAN
47. The Consumer Adviser - \$68 - US
48. –Serenity Doesn't Come Easy-- - \$75 - US/CAN
49. Mom Of One Having Fun - \$100 - US
50. The Mommy Island - \$160 - US
51. Brittleby's Corner - \$30 - US
52. Diary of a Working Mom - \$84 - US
53. Sugar Cookie Mommy - \$40 - US
54. Erickson and Co. - \$25 - US
55. On The Scene with Mrs. Kathy King - \$50 - US
56. Dirt Road Daydreams - \$25 - US
57. icefairys Treasure Chest - \$25 - US

This linky list is now closed.

Linky Tools | Linky Blog 2013

Disclosure: I was sent the items mentioned above at no cost to facilitate this review. I have been compensated for hosting this giveaway. So Easy Being Green, Viva Veltoro, the Blogging Mamas Network, and the Free for Fall participating bloggers are not responsible for sponsors who do not fulfill prize obligations.



### Meet Janessa

has written 4488 post in this blog.  
Hi! Welcome to my blog. My husband and I were high school sweethearts who married over 9 years ago. We now have 3 children: Maggie (age 4), Jacob (age 2) and Zellene, our baby born in June. I love sharing about the great products I find that help to make our lives easier, while also talking about some of my passions like home birth & natural childbirth, travel, Disney, and living a semi-green life.

View all posts by Janessa → | Blog | Twitter

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## CURRENT GIVEAWAYS

<b>Brolly Sheets - Two Winners!</b> 15 Days Left	<b>Baby Cargo Fiona Bag</b> 14 Days Left
<b>Celestial Seasonings Prize Package</b> 13 Days Left	<b>FinFun Mermaid Tails</b> 12 Days Left
<b>Evenflo Feeding Prize Package</b> 11 Days Left	<b>Pampers &amp; Babies "R" Us Prize Package</b> 5 Days Left
<b>Summer Infant Bentwood Booster Seat</b> 9 Days Left	<b>Graco Playard with Nuzzle Nest Sway Seat</b> 8 Days Left
<b>Baby Brezza One Step Baby Food Maker</b> 7 Days Left	<b>Petunia Pickle Bottom ERGObaby Carrier</b> 6 Days Left
<b>\$150 Amazon Gift Card</b> 3 Days Left	<b>Britax Affinity Stroller</b> 3 Days Left
<b>Sabre Women's Safety Products Prize Package (ARV \$95)</b> 2 Days Left	<b>Daddy &amp; Co Diaper Bag</b> Last Day!
<b>Best of 2014 Prize Package (ARV \$440)</b> 10 Days Left	

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- CmOrganizer.com (Simple, Inexpensive Organization)
- Baby Cargo Fiona Bag Giveaway!
- The HUSH Hat by HUSH Baby
- Warm Up with Celestial Seasonings Teas @ Walmart
- FinFun Mermaid Tails Giveaway
- Evenflo Feeding Prize Package Giveaway
- Pampers & Babies "R" Us Halloween Giveaway
- Kohi's \$250 Gift Card Winner #the2You
- Enter to win a Summer Infant Bentwood Booster Seat! #Giveaway
- Graco Playard with Nuzzle Nest Sway Seat Review
- Graco Playard with Nuzzle Nest Sway Seat Giveaway
- Enter to win a Baby Brezza One Step Baby Food Maker! #Giveaway
- Help Turn the Tables on Child Hunger in America and Share a Meal #BrightFuture #ShareAMeal
- Top Ten Movies You Should Watch on a Cold, Rainy, Fall Afternoon

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