

## **More Milk for Breastfeeding**

As Wendy knows, my milk production went down a little while ago and I found it hard to give Phillipa what she needed, and felt I had to supplement with formula or start solids early. She was a little more than 4 months old. Wendy suggested that I use the EFT (Emotional Freedom Technique) since Colin had experienced very good results with a client experiencing the same problems.

When I started tapping the emotional aspect popped up right away and shortly after I could feel my milk coming in. Since then there has been no need for formula, I enjoy the breastfeeding a lot more and Phillipa is turning 5 months on Friday, and I am proud to say she is still a 100% breastfed baby.

**Pernille H.** (Hermit Park)