



Acupressure for New Moms: Low Milk Supply Or Letdown

Acupressure points for the treatment of breastfeeding challenges restore normal breast milk production to lactating moms. It is great to use strong pressure on these two acupoints as often as possible if you are struggling with not enough milk or a slow letdown. Press the Small Intestine 1 point while breastfeeding every single time.

It is safe, easy to use, and free with the help of a friend!

Accupressure Points

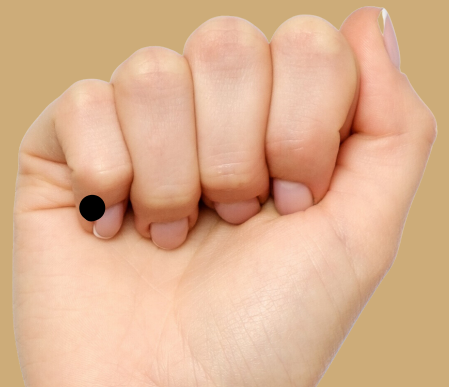


GALLBLADDER 21

On the shoulder, directly above the nipple, where the bra strap lays on the top of the shoulder

SMALL INTESTINE 1

On the outer side of the pinkie finger, 1 mm distance from the corner of the nail



**PUSH San Diego is here to support your wellness journey.
Let's stay connected!**

@PUSH_SAN_DIEGO | WWW.PUSHSANDIEGO.COM