

Natural Remedy for Engorgement

Day 5 after the birth of my son in Nairobi, Kenya and I was turning to my favorite natural remedy for engorgement - the cabbage leaf!

Engorgement can cause pain for the mother and difficulty in latching for a baby. The best treatment for engorgement is frequent breastfeeding. Mom needs some relief between those breastfeeding sessions and surprisingly, cabbage can help. Has anyone ever heard of cabbage leaves for engorgement?

Here are some quick points and pictures to help you out. Share with friends to help them through this difficult time.

#1 Buy a green cabbage and stick it in the freezer or refrigerator.



#2 Remove the cabbage from the fridge/freezer and get a bra ready (preferably not underwire)! Everything will smell like cooked cabbage so choose a bra that is not your favorite.



#3 Peel off the outer layer of leaves.



#4 Peel off a leaf for each engorged breast.



#5 Score the inside of the leaf with a fork and then apply the leaf directly to the breast (scored side of the leaf against the skin). Leave on the breast until it is warm (and you smell like cooked cabbage)! Enjoy the relief.



Additional Notes:

“For engorgement or oversupply: ***Limit use as cabbage can decrease milk supply.*** Leave on for 20 minutes, no more than 3 times per day; discontinue use as soon as engorgement/oversupply begins to subside.”

Source: <http://kellymom.com/bf/concerns/mother/engorgement/#cabbage>

“Cabbage should not be used if the skin is broken, such as in the case of cracked, bleeding or blistered nipples. You can place the cabbage around the breast without covering irritated skin.”

Source: <http://www.mother-2-mother.com/motherconcerns.htm#engorgement>

“Research data is sparse, but published studies, and anecdotal reports support the value of cabbage compresses in reducing breast engorgement.”

Source: <http://www.lactationconsultant.info/cabbagecure.html>