

LACTATION OVERDRIVE

The CDC estimates that as of 2006, almost three-fourths of mothers were breastfeeding their newborn babies. By the time these babes reached 6 months of age, only about 43% of moms were still breastfeeding, despite overwhelming evidence that breast milk is the best possible food for babies. Sometimes logistics take over and make breastfeeding close to impossible, but in many cases, the switch to other forms of nutrition comes because a woman feels like she's just not producing sufficient quantities of milk.

Enter milkmakers. What could be easier than eating a cookie that boosts milk supplies within a day or two? Milkmakers are large oatmeal chocolate chip cookies that contain oats, brewer's yeast and flaxseed. The first two ingredients are nutritional powerhouses that boost breast-milk supplies and contain lots of vitamins, minerals and other nutrients necessary for ample milk production. The flaxseed introduces healthful omega-3s into a woman's milk.

You might think that anything that good for you would, by necessity, taste lousy. In fact, the milkmaker cookies are quite tempting.

Milkmaker cookies ship in resealable bags of 10 cookies. The company suggests that to maintain freshness, the cookies should be stored in the freezer. Pop one from the freezer into the microwave and within seconds, the cookie is soft and tasty. Customers can place orders for 20 cookies or up to a nine-month supply with the recommended "dosage" of one cookie a day. The cookies also make an unusual baby shower present for the mom-to-be.

A pack of 20 cookies costs \$34; a one-month supply is \$44. Multiple-month orders include free shipping. For more information or to place an order, go to milkmakers.com.



Your Child's Health in Our Caring Hands

Fit 'N Fun Weight Management Program

Obesity is a growing epidemic in the United States and is more recently affecting more and more of our children. The Fit 'N Fun Weight Management Program is an outpatient service at Southern Maryland Hospital Center, and is dedicated to promoting a healthy lifestyle by offering direction and support to children ages 6-16 and their families.

Included in the program:

- A thorough health assessment and nutritional evaluation
- A custom food and exercise plan for your child
- Fun learning activities geared toward your child's age
- Weekly weight monitoring
- Education on healthy lifestyle eating and activities
- Fun group exercise sessions three times per week.

***We want to help your family achieve a better way of living!
Call today for more information on this exciting program.***



Cardiac Risk Reduction Center
7503 Surratts Road
Clinton, Maryland 20735
301-877-4661 ♥ TTY 301-877-4473
www.smhchealth.org



Southern Maryland
HOSPITAL CENTER

