

# THE HOMEOPATHIC NIPPLE CREAM



## Cracked or bleeding nipples

### How can I relieve my cracked and bleeding nipples?

Homoeopath, Dierdre Mackesy, has formulated a unique cream for cracked or bleeding nipples. It is non-toxic, safe for mum and baby, and gives immediate relief!

### What will **The Homoeopathic Nipple Cream** do for me?

The cream itself is a hypoallergenic base cream with Vitamin E oil. It is combined with three homeopathic remedies. The remedies work to bring down inflammation, treat the chaffing of the delicate tissue on and around the nipples, heal and prevent sepsis of tissue coupled with pain relieving properties. It has been clinically tested on many women over the last 11 years and has only received rave reviews!

**The Homoeopathic Nipple Cream** has been nicknamed “**Your Breast’s Best Friend.**” A must have for all breastfeeding mums!

## What are cracked or bleeding nipples?

Breastfeeding may make your nipples sore. But cracked and bleeding nipples are not a normal side effect of breastfeeding. Nursing isn't meant to be painful — in fact, pain is a warning sign that you have a problem that needs correcting

## Where do I order?

**The Homoeopathic Nipple Cream** is now available at Robin Hill Clinic and Cork Natural Fertility Clinic.



**Special Offer**  
**€15.99**

50 gram tub r.r.p. €19.99

Plus postage &  
packaging

Robin Hill Clinic  
Cork Natural Fertility Clinic  
Lake Road Cobh Co.Cork

Tel: 021-4812222  
Email: [info@robinhillclinic.com](mailto:info@robinhillclinic.com)  
[www.robinhillclinic.com](http://www.robinhillclinic.com)  
<http://www.corknaturalfertility.com>

## **See what our satisfied mum's have to say.....**

*I was a first time mum suffering from cracked bleeding nipples. I was going to give up on breastfeeding altogether until I finally discovered The Homoeopathic nipple cream. Within 24 hrs I was once again enjoying the wonder of what breastfeeding actually is. I highly recommend this product.*

-Catherine, Cork.

*I had excruciating pain when my baby latched on, so bad I used to cry with the pain! My GP prescribed creams on two different occasions, which didn't help at all. I was seriously thinking that my only option was to give up breast feeding.. until I discovered The Homoeopathic nipple cream. All I can say was there was instant relief and I went on to feed my baby for a further 17 months. It worked like magic!*

-Mags, Carlow

## **What causes the condition?**

The main cause of cracked or bleeding nipples is improper positioning of the baby at the breast. This also causes severe nipple pain. If your baby has thrush, you may get cracked nipples and shooting pains in the breast during or after a feeding. Thrush is a yeast infection of the mouth that results when yeast naturally present in the body grows and spreads out of control.

Your nipples could also crack or bleed because of severe dry skin, or if you have eczema. You can get an eczema-like condition on the nipples or breasts.

## **Will the condition affect my baby?**

Babies are generally unfazed by cracked or otherwise injured nipples. Blood in the milk doesn't hurt them, and breastfeeding can continue. The main concern here is to correct the problem and allow the nipple to heal, so that nursing is once again a pleasurable experience for both you and the baby.

## Can I still nurse?

Yes. Nothing in the world is more wonderful than breastfeeding your baby — but convincing a mother with cracked, bleeding nipples of this is near impossible.

## What else should I do?

If your nipples bleed or crack, try the following:

- **Check your baby's positioning**

A poor latch-on technique is the most common reason for this condition. Your baby should face your nipple, tummy to tummy with you. Your baby needs to open wide to take in a good mouthful of both the nipple *and* the areola. The best latch-on position is off-centered, with more of the areola below the nipple in your baby's mouth. Line up baby's nose with your nipple so that his bottom gum is far away from the base of your nipple when he opens. Your nipple should be far back in your baby's mouth.

- **Change positions at every feeding**

This focuses the pressure of the baby's gums on a different area of the breast each time.

- **Nurse more frequently, but for shorter periods**

Remember, the longer you go between feedings, the hungrier your baby will be — and the harder he will nurse.

- **Don't use soap, alcohol, lotions, or perfumes on the nipples**

Bathing with clear water keeps your breasts and nipples clean.