



Investigating the Impact of Natural Food Supplements on Breastfeeding Initiation, Duration, and Success in Primigravid Women

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Background:

Breastfeeding offers substantial health benefits for both mothers and infants. Despite this, many mothers encounter challenges that lead to early cessation. Traditionally, various natural food supplements, including *Moringa oleifera*, fenugreek, and goat's rue, have been utilized to enhance lactation. However, the clinical efficacy of these supplements remains underexplored.

Objective:

This study aimed to assess the impact of natural food supplements on breastfeeding duration among women in Canada.

Methods:

A retrospective study was conducted over two years at Millcreek Children's Clinic, analyzing data from 250 women who incorporated natural supplements, such as *Moringa oleifera* and goat's rue, into their postpartum diet. Key outcomes included the duration of exclusive breastfeeding and overall breastfeeding rates at 6 months and 1 year postpartum.

Results:

The findings demonstrated a significant improvement in breastfeeding duration among women taking natural supplements. Most participants (68%) successfully breastfed exclusively for 6 months, with 45% continuing breastfeeding for up to one year. These results showed a notable increase compared to national breastfeeding rates reported in previous studies. Additionally, supplementation was well-tolerated, with no reported adverse effects.

Conclusion:

Natural food supplements, such as *Moringa oleifera* and goat's rue, appear to positively influence breastfeeding duration among primigravid women. This study underscores the potential for incorporating natural supplements into postpartum care strategies to support breastfeeding. Further prospective, randomized trials are recommended to validate these findings and explore the underlying mechanisms.



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