



## What are Cracked Nipples?

Very often when women start nursing, they may encounter [breastfeeding problems](#) such as [cracked nipples](#). Cracked nipples are extremely painful and often also accompanied by bleeding. This problem **commonly occurs as a result of poor positioning and latch-on** during [breastfeeding](#). However, certain measures can be taken to make breastfeeding more comfortable while your nipples are healing. Remember, breastfeeding is not supposed to be painful or uncomfortable!

## What Causes Cracked Nipples?

[Cracked nipples](#) are usually caused because your baby is not in the correct feeding position or latched on properly. Irritation and soreness may develop as the skin (or areola) around the nipple is very sensitive.

This condition may also be caused by dry skin or eczema as a result of soap, lotions, perfume, or the residue of clothes detergent residue applied to the breast. You may also develop [cracked nipples](#) if your baby has thrush – this usually occurs during or after a feed. In addition, cracked nipples can occur if you use a breast pump incorrectly or you have inverted nipples.

## Help for Cracked Nipples

[Cracked nipples](#) may be relieved by applying topical medications such as lanolin on your pain nipples. Paracetamol can also be taken as a pain reliever and is generally considered safe to use. If pain and discomfort persists, it may be helpful to **consult a lactation consultant or midwife**. Correct positioning or latching the baby to your breast is extremely important – once you perfect this, you and your baby should enjoy the breastfeeding experience.

## Natural remedies

More and more nursing mothers are choosing to use natural and holistic remedies to **relieve the pain and discomfort of [breastfeeding problems](#)** naturally. Herbal remedies are safe to use without the unwanted side effects of conventional medication – mothers are thus assured that their babies are not ingesting any harmful medications. Herbs such as Calc Flour., Vitamin E Oil and Silica naturally condition the skin, **promote the healing of chapped, [cracked nipples](#)** and reduce discomfort and itchiness. Other useful herbs such as Calendula officinalis (Marigold) and Chamomile prevent damage and infection and encourage healing of any cracks in the nipple and speed up the healing process.

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

# Tips to relieve cracked nipples

There are a number of things that you can do to [relieve cracked nipples](#) and these include:

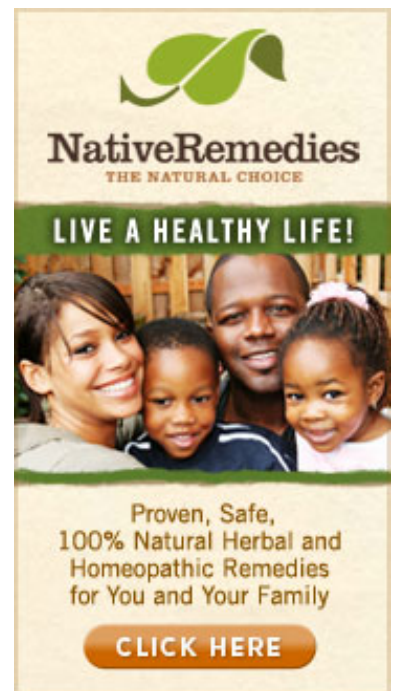
- Make sure that your baby is positioned correctly and latched on properly
- Consult a lactation consultant or midwife for help
- Feed your baby from the breast that is less sore to give the breast that is more sore a break
- Slide your finger gently between your baby's mouth and breast to release the suction if he or she is not latched on properly
- Change your position whenever you feed so that the pressure of the baby's gums focuses on a different part of the breast
- Breastfeed more often but for shorter intervals
- Apply hot or cold compresses to ease the pain of [cracked nipples](#)
- Avoid using soap, lotions and perfumes on the nipple area – only use clear water to cleanse the breasts and nipples
- Air dry your nipples and go without a bra if it feels more comfortable
- Express some milk and then rub it on nipples – breast milk actually heals cracked, sore nipples

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used

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for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

**Nipple Conditioning Cream:** Condition the skin, prevent damage and infection and encourage healing of nipples during breastfeeding

Nipple Conditioning Cream is a **wonderfully soothing and conditioning cream** especially formulated for maintaining skin tone and health before the birth of your baby as well as once you start nursing. It may be **used during the last few weeks of pregnancy to prepare the nipples** for breastfeeding and also **once your baby has been born to continue to support and ensure nipple health.**

Nipple Conditioning Cream uses a combination of biochemic cell salts, herbal ingredients and vitamin E oil to safely soothe the skin and support nipple health and integrity – making breastfeeding a positive experience for both mother and baby.

[Learn more about Nipple Conditioning Cream](#)

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