

Cold Cabbage Leaves – To suppress (dry up) lactation (milk supply)

**Tena koutou katoa, Kia orana, Talofa lava, Malo e lelei, Fakaalofa lahi atu,
Taloha Ni, Ni Sa Bula Vinaka,
Greetings and Welcome to National Women's**

The use of cabbage leaves in the treatment of swollen tissue dates back to early colonial days when it is thought that Chinese settlers used them as compresses for strains and swellings.

Cabbage leaves are widely used in the treatment of breast engorgement – that is the uncomfortable swelling of your breast when milk is produced.

- Select a firm, fresh cabbage
- Trim the base so that the leaves can be taken off whole
- Discard the outer leaves until the firm heart is reached
- Separate the leaves and wash them well under running water, then pat them dry
- The washed leaves may be stored in a plastic bag in the fridge ready for use.

To use:

- Cut the thick end from the central vein of the leaf
- Wrap the leaf around the whole breast inside your bra, or a binder may be used
- If the leaves are too big tear pieces off the leaf and place them around the breasts covering the whole breast.

Please note that it is important to stop using the leaf when the breasts are comfortable.

To suppress (dry up) the milk supply:

Leave the leaves on day and night, changing them every 2 hours. The milk will be almost gone in 48-72 hours.

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