

Your complimentary invitation to

LUNCH & LEARN

45 minutes plus 15 minute live Q&A

Wednesday 19th November | 12.00pm (AEDT)
Presented by: Dr Leah Hechtman (PhD)

Nurturing Mothers, Nurturing Milk: Holistic Approaches to Breastfeeding Support

Breastfeeding is often described as natural, yet more women than ever are struggling with low supply. Why? What has shifted in the modern environment, and how can practitioners respond?

In this session, Dr Leah Hechtman (PhD) explores the latest research and clinical insights into lactation, examining the drivers of low supply and the erosion of women's innate body wisdom. With a focus on herbal medicines integrated alongside nutritional, lifestyle, and psychosocial strategies, practitioners will gain practical, evidence-informed tools to confidently support breastfeeding women in today's demanding world.



REGISTERING IS SIMPLE:

To secure your place to this complimentary Lunch & Learn simply **visit biomedica.com.au/lunch** to register.
Please note you must have a BioMedica account to register and watch this event.