Hilary Jacobson

Dear Friends,

It feels so good to reconnect with you all! The past few months have been a time of healing and reflection for me as I underwent and recovered from surgery. Your patience and continued support have meant the world to me, and I'm excited to share that I'm back and feeling invigorated.

During this time away, I've had the opportunity to explore new ideas, research, and creation, leading to some fresh perspectives that I'm eager to share with you. Here's a glimpse into what's new:

- **A Cornerstone Post**: This reflective piece serves as a mission statement, capturing my vision and goals for the present and future. It's a manifesto of sorts, outlining where we're headed together.
- **Little-known Lactogenic Foods:** Here I continue highlighting foods little known in the west but celebrated worldwide for their lactogenic properties. It's a culinary adventure that connects us to global traditions of mothering.
- **Upcoming Classes:** These classes are set to be held before the year's end. From practical guidance to deeper insights, there's something for everyone, whether you're a mother, lactation consultant, or healthcare professional.

Thank you again for being part of this community and for standing with me during this period of healing. I truly believe that our collective, shared experiences are what make this community of mothers and lactation specialists so special. Whether you are a mother, a lactation consultant or postpartum care provider, or someone passionate about mother-baby health, your unique perspectives matter to me.

I want you to know that when you write me with your questions and stories, they are not a burden but an inspiration. They energize my

work, help shape my classes, and enrich our connection. Please feel free to reach out with any thoughts, inquiries, or reflections. Your voice matters, and I'm eager to hear from you.

Here's to new beginnings and the exciting path ahead!

With warm regards,
Hilary Jacobson

P.S. Stay tuned for upcoming blogs, classes, and interactive sessions designed to support, educate, and empower you. Thank you for being a cherished part of this community.

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