Hilary Jacobson

A New Blog Post & Community Reflection

Dear Community,

In these challenging times, I hope this message finds you as well as possible. The recent wildfires, unyielding heatwave across Arizona and the Continent, and the devastating fire in Maui, have deeply affected many of us. The loss of life in Maui is heart-wrenching, and my thoughts extend to all those impacted.

Here and around the globe, our commitment to nurturing mothers and babies remains steadfast. I am immensely grateful for the strength we draw from this community.

What's Happening This Week?

New Blog Post**: I invite you to explore "A Lactogenic Lifestyle: What it is, How to Begin -** " This concise outline sets my goals for 2023-24, for my blog. I plan to upload my essential information online for everyone's study and use.

Newsletters at Your Fingertips:
You'll find the latest newsletters on my website shortly after this email's dispatch. Give it about an hour.

A Look Back at the Previous Week:

A cornerstone post outlining our guiding mission.
Discovering lesser-known lactogenic foods.
Information on upcoming classes.

Exciting Work in Progress: Understanding Insulin Sensitivity & Metabolic Health

I want to share a bit about what I'm currently working on, as it's something I believe will be tremendously valuable for our community, and lay the groundwork for my classes.

1. The First Pillar of the Lactogenic Diet and Lifestyle: This piece focuses on improving insulin sensitivity, a crucial aspect of metabolic health that influences lactation.

2. Understanding Metabolic Syndrome**:** I'm blogging a step-by-step guide to understanding Metabolic Syndrome's development. This information aims to help mothers comprehend the underlying factors affecting their present and possibly future health, enabling them to take meaningful steps toward improvement.

3. Differentiating Type II Diabetes from Metabolic Syndrome**:** This post will clarify how these conditions develop differently, providing a robust foundation for promoting insulin sensitivity.

These subjects are complex, but I'm thrilled to be bringing this information together. I believe it will be both important and helpful, offering mothers and healthcare providers a deeper understanding of metabolic health as it relates to lactation.

Stay well,
Hilary

P.S. If this newsletter resonates with you, kindly share it with those who might find support and community here. A "Sign-up" for this Newsletter is below. Thank you.

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