Hilary Jacobson

Check out our new blog on insulin resistance, learn about upcoming workshops

Dear Community Members,

As summer gives way to fall, many of you have shared concerns about the upcoming flu season, made all the more unsettling by the ongoing Covid-19 pandemic. I understand your worries—I've personally endured three bouts of Covid. I found a path to recovery using targeted approaches such as 'Nigella Sativa.' Consuming one teaspoon of these seeds, steeped in hot water and taken three times a day, played a crucial role in my recovery from post-viral fatigue symptoms. If you're apprehensive about navigating this flu season or coping with post-viral symptoms, specialized advice is available at the FLCCC website. Consult your healthcare provider for personalized guidance, especially if you are combining medications and supplements or have underlying conditions.

Note: Nigella Sativa isn't just for recovery and immune support—it's also recognized in Asia as a lactogenic herb that can help boost milk supply.

New Blog Alert: Insulin Resistance and Lactation

I've just posted a new blog article called **Insulin Resistance: When the Body's Energy Management Falters.** Writing this article was both a challenge and a rewarding experience. My aim was to make it easily understandable for everyone while still offering value to healthcare professionals. This article lays the foundation for forthcoming pieces that will target specific metabolic issues along with dietary changes to address them. I'm eager to hear your thoughts. Read the article **here.**

Upcoming Workshop

During the winter 23-24 season, I'll be offering 2-hour classes through Mothering Innovations LLC, focusing on breastfeeding grief. We are all aware that maternal and familial trauma have become more complex and widespread in the post-pandemic world. Additionally, the grief and trauma experienced by healthcare workers play a significant role in our collective healing during these times. The classes will address these matters, with a particular focus on emotional calm and intelligence that can help mothers (and ourselves) build resilience. We'll be using experiential techniques from hypnosis, specifically mindfulness, to guide us into a state of restorative relaxation. You have the opportunity to sign up for notifications here.

Calling All Practitioners, Mothers, and Interested Parties

Your insights are always valuable to me, whether you're a healthcare provider, a mother, or a family member. Your feedback shapes my content, informs my research, and enriches our educational materials.

A Reminder: Red Madder Root, Tales of Initiation

My work of fiction, "Red Madder Root," incorporates elements of girls' fairy tales, shamanic belief systems, Eastern and Western philosophy, and the historical suppression of women's medicine in Europe (witch-hunts). Instead of focusing on what divides us, the stories illustrate meaningful collaboration among parents, children, men, women, the wealthy, and the poor. "Red Madder Root" is available with black-and-white and color illustrations. If you're interested in joining our book club discussion, please email me.

Thank you for your ongoing engagement. Together, we are creating a valuable resource for families and anyone involved in mother and infant care.

Please forward this email to friends and colleagues who may find it of interest.

Best,

Hilary Jacobson

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