Hilary Jacobson

New Insights and Upcoming Events: Multilingual Blog Posts, Workshops, and More

Dear Community Members,

I hope this message finds you in good health and spirits. Despite recent delays due to unexpected family situations and global events, I've been passionately working on content that I believe will be of great value to our community.

New Blog Posts Available in Multiple Languages!
Exciting news—I have new articles ready for you! Now available in:

- English
- Spanish
- ESL (English as a Second Language)

Just scroll down the blog page to find them. Here are the titles:

- The Holistic Support of Oatmeal's Beta-Glucans
- The Lactogenic Diet: A Metabolic Approach to Holistic Well-Being
- Why the Body Prefers to Store Fat Over Glucose: A Tale of Hydrophobicity and Hydrophilicity
- Carbohydrates and their Relationship with Water

I'm eager to hear your thoughts and feedback on these blogposts, that comprise a backdrop to my course on the Lactogenic Diet.

Upcoming Conference:
On November 14, I'll be presenting an online talk for USLCA focused on Beta-Glucans (see poster above). This topic delves into how specific food compounds, like beta-glucans, interact with multiple bodily systems to facilitate lactation metabolism. It's a deep dive into the science of nourishment and its direct impact on lactation. I'll be taking your questions, so reserve your seat at **USLCA.org/live-webinars**

Upcoming Classes:
On October 22, I am holding a private workshop on Meeting Breastfeeding Grief and Cultivating Presence. If this workshop is as effective as hoped, I will offer it publicly.

I would like to make this workshop available to IBCLCs. I'm consulting now with those who are interested in weekend workshops and possibly weekly practice sessions. In these times, with the dramatic events, and the ups and downs we are navigating through, consistent practice in grounding and meditative work can have many benefits, from ameliorating burnout to being more present in difficult circumstances.

If this interests you, sign up for the **Calm Presence Newsletter**

In early December, I am holding a private workshop on the Lactogenic Diet. If that goes well, I'll begin offering it as a workshop publicly. So, stay tuned if this is something you are interested in.

Other Updates:
Don't miss my work of fiction, "Red Madder Root, Tales of Initiation," which has been warmly received.

Your feedback remains invaluable to me. Thank you for your continued engagement and support. Together, we're creating an indispensable resource for everyone invested in holistic mother-infant care.

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

Best regards,

Hilary Jacobson

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