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## Have a Better Breastfeeding Experience with Fairhaven Health

24 SEP 2014

posted by JANESSA 49 COMMENTS



Breastfeeding – for me it's been a love/hate relationship. I am SO thankful that I'm able to nourish my babies in this way, but I had no idea it would be so hard. I've always struggled for the first few months with extreme engorgement followed by a large oversupply. Other moms I know have the opposite problem and struggle to produce enough milk. One thing I've learned through my breastfeeding years is that a good support system is crucial. You need both friends/family who will encourage you AND products designed with breastfeeding in mind. I can't help you with the friends and family part (well, I can – if you need encouragement, I'm always just an email away!) but I can help you with some great products to support you in your breastfeeding journey. Let me introduce you today to Fairhaven Health!

Fairhaven Health is a one-stop shop designed to support you through infertility, pregnancy, and breastfeeding, providing supplements and other specialty supplies. I was recently sent a number of their breastfeeding products to review (at no cost, to facilitate this review) including their Nursing Blend Breastfeeding Supplement, Nursing Postnatal Breastfeeding Multivitamin, Nipple Nurture Balm, Milkies Nursing Time Tea, Milkies Milk Saver, & Milkies Freeze.

### Milkies Nipple Nurture Balm

I once heard someone say that to prepare your nipples for nursing, attach chip clips to them for the last few months of pregnancy. While it's not quite that bad, many women do experience sore, chapped, and even bleeding nipples during their breastfeeding journey. For the first few weeks of breastfeeding my two oldest children, my nipples were sore. There were times that I nearly cried from the pain. This time around my nipples must finally have toughened up because I haven't experienced soreness yet. If you are, this Nipple Nurture Balm looks amazing!

Nipple Nurture Balm contains a number of organic ingredients to soothe your nipples. Ingredients include:

- Marshmallow Root: A natural anti-inflammatory, Marshmallow Root helps to form a protective, soothing coating for irritated nipples.
- Self Heal: A medicinal herb used for centuries to fight bacteria and to heal damaged skin.
- Calendula: Known as a wound-healing and skin-soothing botanical herb, calendula also acts as an anti-inflammatory and encourages healthy blood flow to affected areas.
- Shea Butter, Beeswax and Extra Virgin Olive Oil: Safely and naturally moisturizes and protects dry, cracked nipples.



My nipples aren't in need of soothing right now, but boy, my knuckles, elbows, and heels have all been really dry lately. With cooler weather just around the corner I decided I'd try using it on them.....and it worked great! My skin feels softer, moisturized, and overall healthier. I can only assume it would work just as great on sore nipples. Nipple Nurture Balm is priced at \$11.95.

Fairhaven Health is a great source for your breastfeeding needs! Check them out today!

Connect: Find out more about Fairhaven Health and all of the great products they sell by visiting their website. Then "like" them on Facebook and follow them on Google+, Pinterest, Twitter, and Instagram.

Buy It: All of the products I mentioned above are available directly from the Fairhaven Health website.

Win It: One lucky reader will win a prize package featuring the items mentioned above!

**Enter to win a Breastfeeding Support Prize Package, from Fairhaven Health valued at \$120!**

September 24th - October 8th 2014  
ThriftyNiftyMommy.com

This giveaway is open to residents of the US who are 18 years of age or older. This giveaway will end at 11:59pm EDT on October 8th 2014. Enter using the Giveaway Tools entry form below. Good luck!

support a {blogger} if you liked this post... click this banner every time you visit to vote for me... YOUR VOTE WILL HELP ME BE #1 ON TOP MOMMY BLOGS & MAKE MY DAY

Fairhaven Health  
Entries: 8767  
This giveaway has ended.  
A winner will be announced soon.

sept. 24 - oct. 8  
it's a free for Fall  
host: Blogging Mamas Network  
giveaway hop

We are excited to be participating in the It's a Free for Fall Giveaway Hop, hosted by the Blogging Mamas Network.

The days are getting a bit cooler and Fall is just around the corner! We're celebrating the upcoming season with a fun giveaway hop. Each blogger in the hop has a prize for you worth at least \$25, so don't forget to hop around to them all in the linky at the bottom of this post. Now that you've entered this giveaway, hope around to the others!

- Blogging Mamas [HOST] - \$45 - US
- Viva Veltoro [Co-Host] - \$60 - US
- So Easy Being Green [Co-Host] - \$140 - US
- Mama's Baby Cupcakes - \$34 - US
- Spit Up is the New Black - \$31 - US
- Thrifty Nifty Mommy - \$25 - US
- An Ordinary Housewife - \$29 - US
- Mommy's Favorite Things - \$40 - US
- Director Jewels - \$30 - US
- This West Coast Mommy - \$45 - US/CAN
- The Review Wire - \$25 - US
- Saving Said Simply - \$30 - US
- ABCD Diaries - \$50 - US
- My Mama Adventure - \$25 - US
- A Modern Day Fairy Tale - \$30 - US
- Simply Stacie - \$149 - WW
- The Tween & Me - \$25 - US
- Gimme The Scoop Reviews - \$30 - US
- Our Piece of Earth - \$35 - US
- Gator Mommy Reviews - \$25 - US
20. Savings in Seconds - \$37 - US
- Atta Mama - \$75 - US
24. The Practically Green Mom - \$50 - US
- Nanny's Got Mail - \$63 - US
26. Practical Frugality - \$25 - US/CAN
23. Keren to Mommy - \$30 - US
28. Moments That Take My Breath Away - \$25 - WW
27. The Kids Did It - \$25 - US
30. I Heart Simple Superheroes - \$25 - US
29. Live Laugh Love Post - \$25 - US
31. The Anti June Buzz - \$25 - US
32. Diary of a Working Mom - \$84 - US
33. SaraLee's Deals Steals & Giveaways - \$50 - US
34. Housewife on a Mission - \$30 - US
35. Mom To Grandma - \$95 - US
36. Kelly's Thoughts On Thing - \$25 - WW
37. Literary WHIM - \$38 - US/CAN
38. The Bee Hive Buzz - \$25 - US
39. CouponWAHM - \$25 - US
40. Capturing The Moment - \$40 - US
41. Scandalicious Candle Melts - US
42. Coupons and Lesson Plans - \$100 - US
43. Crunchy Livin' Mama Style - \$25 - US
44. Deal Sharing Aunt - \$40 - US
45. 3 Partners in Shopping - \$40 - US
46. Strange Daze Indeed - \$50 - US/CAN
47. The Consumer Adviser - \$68 - US
48. ~Serenity Doesn't Come Easy~ - \$75 - US/CAN
49. Mom Of One After Fun - \$100 - US
50. The Mommy Island - \$160 - US
51. Brittleby's Corner - \$30 - US
52. Diary of a Working Mom - \$84 - US
53. Sugar Cooine Mommy - \$40 - US
54. Erickson and Co. - \$25 - US
55. On The Scene with Mrs. Kathy King - \$50 - US
56. Dirt Road Daydreams - \$25 - US
57. icefairys Treasure Chest - \$25 - US

This linky list is now closed.

Linky Tools | Linky Blog 2013

Disclosure: I was sent the items mentioned above at no cost to facilitate this review. I have been compensated for hosting this giveaway. So Easy Being Green, Viva Veltoro, the Blogging Mamas Network, and the Free for Fall participating bloggers are not responsible for sponsors who do not fulfill prize obligations.



### Meet Janessa

has written 4488 post in this blog.  
Hi! Welcome to my blog. My husband and I were high school sweethearts who married over 9 years ago. We now have 3 children: Maggie (age 4), Jacob (age 2) and Zellene, our baby born in June. I love sharing about the great products I find that help to make our lives easier, while also talking about some of my passions like home birth & natural childbirth, travel, Disney, and living a semi-free life.

View all posts by Janessa → Blog | Twitter

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## CURRENT GIVEAWAYS

<b>Brolly Sheets - Two Winners!</b> 15 Days Left	<b>Baby Cargo Fiona Bag</b> 14 Days Left
<b>Celestial Seasonings Prize Package</b> 13 Days Left	<b>FinFun Mermaid Tails</b> 12 Days Left
<b>Evenflo Feeding Prize Package</b> 11 Days Left	<b>Pampers &amp; Babies "R" Us Prize Package</b> 5 Days Left
<b>Summer Infant Bentwood Booster Seat</b> 9 Days Left	<b>Graco Playard with Nuzzle Nest Sway Seat</b> 8 Days Left
<b>Baby Brezza One Step Baby Food Maker</b> 7 Days Left	<b>Petunia Pickle Bottom ERGObaby Carrier</b> 6 Days Left
<b>\$150 Amazon Gift Card</b> 3 Days Left	<b>Britax Affinity Stroller</b> 3 Days Left
<b>Sabre Women's Saffery Products Prize Package (ARV \$95)</b> 2 Days Left	<b>Daddy &amp; Co Diaper Bag</b> Last Day!
<b>Best of 2014 Prize Package (ARV \$440)</b> 10 Days Left	

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Mom Central blogger

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BRETT & LINDA'S VACAY GONE COOL

## RECENT POSTS

Brolly Sheets Giveaway! TWO Winners!

CanOrganizer.com (Simple, Inexpensive Organization)

Baby Cargo Fiona Bag Giveaway!

The HUSH Hat by HUSH Baby

Warm Up with Celestial Seasonings Tees @ Walmart

FinFun Mermaid Tails Giveaway

Evenflo Feeding Prize Package Giveaway

Pampers & Babies "R" Us Halloween Giveaway

Kohl's \$250 Gift Card Winner #Yes2You

Enter to win a Summer Infant Bentwood Booster Seat! #Giveaway

Graco Playard with Nuzzle Nest Sway Seat Review

Graco Playard with Nuzzle Nest Sway Seat Giveaway

Enter to win a Baby Brezza One Step Baby Food Maker! #Giveaway

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Top Ten Movies You Should Watch on a Cold, Rainy, Fall Afternoon

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