

Breastfeeding Your Child : The Oketani Method (English version):

(translated by Ms. Amy Wilson)

The Oketani Method for breastfeeding, started through Ms. Sotomi Oketani, is a very useful method for lactating mothers. It is neither easy nor simple to accumulate scientific proof of the method's efficacy.

However, we are currently undertaking a process of verification using empirical methods.

Following are parts of **“Breastfeeding Your Child”** (Sotomi Oketani, translated by Ms. Amy Wilson).



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1 The Wonders of Breastfeeding

* Human Milk for Human Babies

As is indicated by the word ‘mammal’, mammals are unique in that they raise their children on the breast milk of their mothers. In nature, the elephant’s baby receives the breast milk of its elephant mother, the lion baby that of its lion mother. This is necessary in order for the baby to receive the necessary nutrients to become an elephant or lion, respectively. In the same manner, human babies should be fed with the breast milk of their mothers, but in recent Japan, roughly two-thirds of newborn babies are fed with formula made from cow’s milk. Could it be that there is something with the human mothers’ breasts that make milk production difficult? No, that is not possible; until very recently, the human species developed without any problems into what it is today by feeding human babies breast milk, all without any problems.

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2 Any Breast Can Produce Milk

* Humans are Made to Hold their Babies to Nurse

One woman once said, ‘It’s so hard to believe that my tiny breasts created this big and strong body my son has!’ Another mother said, ‘After breastfeeding, I finally understand why I have two breasts!’ Raising child in the uterus through the placenta, then enabling it to grow

even further after birth through the production of milk by the breasts...

women’s bodies are very cleverly made!

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* Feel Your Body's Rhythms

Most women feel a sort of aching feeling in their breasts just about the time of nursing. This is easier to feel when the baby is not latched on, rather than when it is nursing. This feeling is produced by oxytocin, and is the feeling of the milk produced in the mammary glands being pumped out towards the nipples, with a feeling of 'welling up' or 'springing forth'. In the Oketani Method, this feeling is called the 'lactogenic sensation'. and is felt differently in each person.



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