

# Crystallized Breast Milk Ducts

## What Are Crystallized Breast Milk Ducts?

Crystallized breast milk ducts are essentially blocked or inflamed ducts that cause a backup of milk in the breasts, making it difficult to breastfeed. Symptoms can be painful and could make the breastfeeding process more difficult.

## What Causes Crystallized Breast Milk Ducts?

Crystallized breast milk ducts are caused by a backup of milk in the breasts. This can happen when the baby doesn't drain the breasts fully during feeding, so the milk remains in the breast. Taking the right nutrients in my health plan and following a healthy diet can help to clear the inflammation and get the milk flowing again freely.

## Crystallized Breast Milk Ducts FAQ

**Q: I have had some problems breastfeeding my child. I went to my doctor, and he advised that it was crystallized breast milk ducts that were blocking my flow of milk. Do you have any suggestions as to what may help?**

A: Yes, follow my Health Plan as suggested here. The plan includes Vitamin D3-K2 Spray and Ancient Minerals Magnesium Oil Ultra. Take 4 sprays of Vitamin D3-K2 Spray in the mouth daily and massage the Ancient Minerals Magnesium Oil Ultra into the tummy and chest muscles daily. Follow the health plan and take the right nutrients for best results.



**"I was struggling to breastfeed and had no idea why. Then my doctor told me it could be crystallized breast milk ducts, and I was horrified. I had no idea what to do... so I took the matter into my own hands and did some research. I wanted to go for an all-natural approach...**

**So when I came across your site, I knew you had the solution. I asked about if Serrapeptase could help, and you advised it could do no harm, only serve to clear any inflammation that may be causing blockages in the breast ducts, preventing the milk from flowing freely. Since taking your advice to follow the plan, which includes Vitamin D3-K2 Spray and Ancient Minerals Magnesium Oil Ultra, I have been feeling much better. Thank you!"**

**- Jill, UK**



*Follow the Health Plan as recommended for the best results:*

## CRYSTALLIZED BREAST MILK DUCTS HEALTH PLAN

The following plan is designed to provide relief for Crystallized Breast Milk Ducts and can make a difference when combined with a naturally healthy lifestyle for long-term good health.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support women's health - in order of priority:*

- [Vitamin D3-K2 Spray](#) - Supports healthy hormonal balance. Take 4 sprays x 3 times per day.
- [Serranol](#) - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- [Ancient Minerals Magnesium Oil Ultra](#) - Increases absorption of magnesium and reduces pain. Massage into tummy and chest muscles daily.