

TAKING HERBS WHILE NURSING

QUESTION: I was wanting to know if it is safe to drink and eat items with Ganoderma Lucidum in them while nursing my 4 week old baby?

ANSWER: Depends. Ganoderma Lucidum is reishi mushrooms and they are very good for you. If you are taking something "with" reishi in it, my question would be, what else is in there that could be harmful to your baby? The best possible course when nursing is to stay simple. Eat all the reishi mushrooms you want, but don't start taking a bunch of formulas or compounds that may have other things like fillers, preservatives etc. that you certainly don't want going to your baby.