

How milk is made

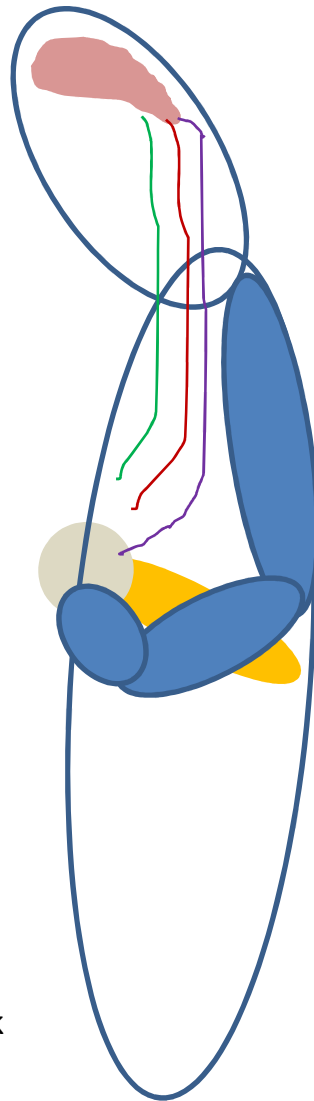
1). Baby starts to suckle, stimulates nerves in breast, which sends a message to the brain

2). The pituitary gland in the mothers brain release **Prolactin** & **Oxytocin** into the mothers blood stream.

3). Prolactin causes the alveoli to synthesizes milk from blood

4). Oxytocin causes the myoepithelial cells to contract ejecting the milk into the ductiles & milk ducts towards the nipple 'Let Down Reflex'

If the milk is left to build up in the breast, milk production slows due to the Feedback Inhibitor of Lactation (FIL).



Memory Jog;

Prolactin = Chef

Oxytocin = Waiter