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## **Effects of far-infrared radiation on lactation.**

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Massage and warm compresses to the breast have been commonly used for stimulating and/or increasing blood flow to the breasts, and for enhancing lactation consequently. However, more effective and easier remedies seem to be necessary. The vasodilating and warming effects of ceramics far-infrared radiation were studied. Based on the results obtained, the effect of a ceramic disc on lactation, attached to the breast skin, was evaluated in 27 puerperal women who had had poor lactation previously and in 36 with currently poor lactation monthly until weaning. Approximately 3/4 of these puerperal women enhanced lactation significantly one month after attachment and 1/2 of the women were able to breast-feed until weaning. Thus, we found that ceramics far-infrared radiation may be an effective remedy for enhancing lactation.