



Translating Women's Health and Perinatal Research in a Fun and Fascinating Way!

Helping Unite Science with the Art of Women's Health

Laurel has focused her career on offering evidence-based information on hot topics in pregnancy, birth, lactation, and women's health. She has a special interest in perimenopause/menopause, epigenetics and the microbiome; cannabis and human milk; the influence of the prenatal period and attachment on long-term development, human milk and brain development; and the long-term impact of skin to skin care and biological nurturing.

Laurel specializes in interesting, interactive, thought-provoking, and visually stimulating presentations. She sees every educational experience as an opportunity to spark a passion for women's health and unite science and the heart. She is a seasoned presenter who is comfortable speaking in intimate settings, in virtual environments, or on large international stages.

Author, International Speaker, Women's Health, and Perinatal Expert

Laurel is internationally known as an engaging and passionate international and TEDx speaker. She is a certified health coach, international board certified lactation consultant, parent and childbirth educator, doula, and peri/menopause advocate. Laurel served on the Board for the United States Breastfeeding Committee from 2016–2019, is a board member at large for Colorado Breastfeeding Coalition, and serves as an advisor for InJoy Health, CAPP, and Kindred Media. She has authored two books, *The Attachment Pregnancy* and *The Greatest Pregnancy Ever*, and was a contributing author to *Round the Circle: Doulas Talk About Themselves*. She blends today's scientific findings with mind/body/spirit wisdom and promotes the concepts of bio-individuality and multidimensional healthcare.

Laurel has been joyfully married to her husband for thirty-plus years and has two grown sons, whose difficult births led her on a path toward helping emerging families create positive experiences. Her personal perimenopause journey sparked a fascination with this powerful period in a woman's life. Laurel spends her free time reading piles of research, hiking in the mountains, and kayaking. She believes that the wisdom we all carry inside should be deeply honored and celebrated.


speaker | author | consultant

"Your presentations were some of the best I have heard in my professional career as an RN/IBCLC. The information you presented was not only up to date but also very relevant to practice. Thanks again for being such a dynamic and engaging speaker!"

Holly Mielcarz, RN, IBCLC,
Director of Education

"I just wanted to thank you again for being such an amazing and knowledgeable speaker for our Breastfeeding Conference.

I've been going through some of the surveys and people were just SO pleased with you being there!"

Maxine Kinsella, BSN, RN, CLC
Nurse Family Partnership

"Laurel was an extremely inspiring teacher. I learned so much. She is so knowledgeable. Thank you!"

"Wonderful, well-informed, enthusiastic instructor. Imparted information in a fair, will-balanced manner. Loved the training!"

"Laurel is an amazingly knowledgeable, skilled presenter. I was absolutely enthralled with the way she described the complexities of how our bodies work and are formed in an environment that is constantly interacting with what is going on with our mother. Thank you, Laurel, for your expertise and incredibly comfortable presentation style."



Recent Speaking Engagements:

- March of Dimes
- New Zealand Lactation Consultants Association
- Denmark Lactation Consultants Association
- NYS WIC
- California WIC
- USLCA
- GOLD Lactation
- Grand Conference AQC, Quebec
- Montana Breastfeeding Learning Collaborative
- NINAWIC
- NM Breastfeeding Coalition
- REACHE Conference
- The Latch Conference
- GOLD Perinatal
- 13th Annual Nurse Midwifery Conference
- CAPP
- BEST Connection
- Breastfeeding and Feminism
- National WIC Breastfeeding and Nutrition
- ILCA
- Great Britain Lactation Consultants Association
- JAI La Leche League Paris
- Inland Northwest Birth Professionals
- GOLD Midwifery
- ELACTA
- UNICEF England
- ICEA
- Birth to Three Conference
- ILCA Australia
- Postpartum Support International
- AWHONN

Most Requested Presentations

Balancing the Scales: Understanding the Link Between Gut Health, the Estrobolome, and Estrogen

Power Surge: Reidentifying Peri/Menopause as a Powerful Stage of Life

Who Knew: The Estrobolome and the Mammary Gland

Promotion of Lactation in a Digital World

FemTech: The Fabulous and Frightening Impact in Lactation

The Magic of Human Milk: From Neohormones to Epigenetic

Up in Smoke: The Potential Implications of Cannabis Use During Lactation

The Long-Term Legacy: Human Milk, the Epigenome, and Microbiome

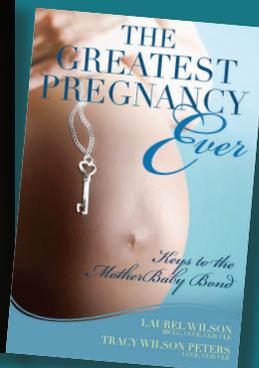
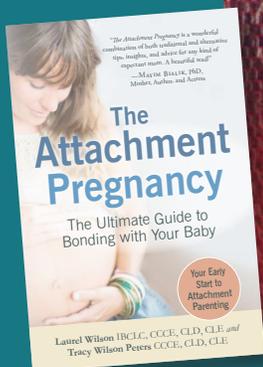
Tik Tok Times: The Impact of Social Media on Parents
The Science of the MotherBaby Bond

Can a Baby Be Allergic To Breastmilk: Lactose Intolerance, Sensitivities, Allergies, and Galactosemia

Cooperative Milk Sharing: The Grey Line Between Scope and Need

A Gentle Touch: Lactation Support After Cesarean

For more options visit:
<http://lactspeak.com/laurelwilson>



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