

## CURRICULUM VITAE

LISA MARASCO, MA,  
IBCLC, FILCA

4452 Village Knoll Drive  
Santa Maria, CA 93455  
[LisaIBCLC@Marasco.US](mailto:LisaIBCLC@Marasco.US)  
[lactspeak.com/speakers/LisaMarasco](http://lactspeak.com/speakers/LisaMarasco)  
(805) 714-3331

## EDUCATION

---

**International Board Certified Lactation Consultant** since 1993, re-certified 1998, 2003, 2008, 2013, 2018  
**MA in Human Development w/ Specialization in Lactation Consulting**, Pacific Oaks College & Lactation Institute, 2001  
**BA, Business Administration/Accounting**, California State University, Fullerton, 1981  
**Orofacial Myofunctional Therapy Training**, Academy of Myofunctional Therapy, December 2014  
**Lymphatic Drainage I**, International Alliance of Healthcare Educators, January 2015

## EXPERIENCE

---

**1993 - Present:** Owner of *Expressly Yours Lactation Services*, a private consulting and education practice.  
**2005 - 2022:** Lactation Consultant, Santa Barbara County Public Health Department, Nutrition Services/WIC.  
**1998 - Present:** Board member Santa Barbara County Breastfeeding Coalition. Speaker, organizer.  
**1985 - 2023:** Leader for La Leche League International. Associate Area Professional Liaison since 1996.

## AWARDS

---

**USLCA Award of Excellence for Research 2018**  
**Fellow of ILCA (International Lactation Consultant's Association)** designation 2009  
**Woman of Excellence**, Santa Maria Women's Network 2009

## PUBLICATIONS

---

*Low Milk Production and Infant Weight Gain* Chapter 22 in *Interdisciplinary Lactation Care* Second Edition, Jones & Bartlett, 2024 (and 3 previous versions). Co-authored with Kay Hoover and Kelli Fornow.

*Making More Milk 2<sup>nd</sup> Ed: The breastfeeding guide to increasing your milk production.* Co-authored with Diana West, McGraw Hill, 2008, 2020.

*Oral Galactagogues (natural therapies or drugs) for increasing breast milk production in mothers of non-hospitalised term infants.* Cochrane review, published 2020 with co-authors SC Foong, May Loong Tan, Jacqueline Ho, Wai Cheng Foong.

*Unsolved Mysteries of the Human Mammary Gland: Defining and Redefining the Critical Questions from the Lactation Consultant's Perspective.* J of Mammary Gland Biology and Neoplasia, 2015.

*Postpartum Nutritional Management (Lactation section).* In: **Medical Management of Pregnancy Complicated by Diabetes, Nutritional Management During Pregnancy in Preexisting Diabetes.** American Diabetes Association, 2009.

*The Impact of Thyroid Dysfunction on Lactation.* Breastfeeding Abstracts, 2006.

*How to Get your Milk Supply Off to a Good Start.* Co-authored with Diana West. New Beginnings, 2005.

*Polycystic Ovary Syndrome.* Leaven, 2005.

*Insufficient Milk Supply: Common Factors and Relationship to Polycystic Ovary Syndrome.* Master's Thesis for Pacific Oaks College, 2001.

*Polycystic Ovary Syndrome: A Connection to Insufficient Milk Supply?* Co-authored with Chele Marmet and Ellen Shell, Journal of Human Lactation, 2000.

*Cue Feeding: Wisdom and Science.* Co-authored with Jan Barger, Breastfeeding Abstracts, 1999.

*Common Breastfeeding Myths.* Leaven, 1998, reprinted (#75) by La Leche League International, 1998.

*Cue vs Scheduled Feeding: Revisiting the Controversy.* Co-authored with Jan Barger, Mother-Baby Journal, 1998.

*When the Schedule Becomes More Important than Breastfeeding.* Clinical Issues in Lactation, 1997.

## PROFESSIONAL AFFILIATIONS

---

International Lactation Consultants Association (ILCA)  
International Society for Research in Human Milk and Lactation  
Cochrane Collaborative

United States Lactation Consultants Association (USLCA)  
Santa Barbara County Breastfeeding Coalition  
La Leche League of Southern California/Nevada

## PRESENTATION TOPICS

---

See Lactspeak for current presentations: <http://lactspeak.com/speakers/LisaMarasco>

## PRIOR SPEAKING ENGAGEMENTS

---

iLactation, 2022  
Wake Co WIC, 2022  
Greece Lactation, 2022  
San Diego Bfg Coalition, 2022  
California WIC, 2022  
Triangle Bfg Alliance, 2022  
Mt. Sinai S. Nassau, 2022  
Kansas Bfg Coalition, 2022  
LLL Wisconsin 2021  
Nat'l Indian and Native America WIC Coalition 2021  
Brazil Lactation Consultants 2021  
New Hampshire Bfg Task Force 2021  
GOLD 2021  
USLCA 2020  
California WIC 2020  
New Zealand Lactation Consultants 2020  
Lompoc Hospital 2019  
Placer County Bfg Coalition 2019  
Brunswick, GA 2019  
Medford, OR 2019  
LLL Min/Dakota 2019  
Best conferences Maine 2019 Spring, Fall  
USLCA 2019  
Idaho Bfg Task Force 2019  
New Jersey 2019  
Dallas Area Bfg Consultants 2019  
Art of Breastfeeding NC 2019  
New Jersey Atlantic 2019  
LLL So. Calif/NV Pasadena 2018  
Tri-county Bfg Connections Ohio 2018  
Central Illinois Bfg Task Force 2018  
Missouri WIC Branson 2018  
Breastfeeding Coalition of Ventura Co 2018  
San Luis Obispo Bfg Coalition 2018  
Western Penn Lactation Consultants 2018  
ILCA Portland 2018  
Maryland Lactation Consultants 2018  
Great Lakes webinar 2018  
Boston Assoc of Childbirth 2018  
Vermont Lactation Consultants 2018  
Ireland Lactation Consultants 2017  
Tulare County 2017  
Kentucky Bfg Coalition 2017  
California WIC 2017  
Alaska Bfg Coalition 2017  
California WIC Assoc 2017  
Australian Bfg Assoc Traveling workshop 2017  
Olympia WA Bfg coalition 2017  
Sonoma Co. Bfg Coalition 2016  
Reno Bfg Coalition 2016  
Marietta GA WIC 2016  
Penang Medical College, Malaysia 2016  
San Diego Bfg Coalition, 2016  
iLactation 2016  
AQC Montreal 2016  
San Bernardino Bfg Coalition, CA 2016  
Iowa WIC, Bfg Coalition 2016  
San Joaquin Bfg Coalition, CA 2016  
PPLC Philadelphia 2016  
GOLD Midwifery 2016  
Breastfeeding LA 2015  
Danish Lactation Consultants, Denmark 2015  
Art of Breastfeeding, North Carolina 2015  
Robert Wood Johnson University Hospital, NJ 2015  
La Leche League of So. Calif/Nevada 2015  
GOLD online Lactation Conference, 2015  
Lactation Advocates of Northern California. Chico, 2015  
San Francisco, Creating Health Families, 2015  
 Fargo-Moorhead Area Breastfeeding Association, 2014  
Michigan Area Lactation Consultants, 2014  
ILCA Phoenix, 2014  
LLL Southern California Nevada Leader Day, 2014  
GOLD Online Lactation Conference, 2014  
California WIC Association, San Diego, CA 2014  
Sonoma County Breastfeeding Coalition, CA  
2013 Missoula Lactation Consultants, MT 2013  
USLCA Webinar, 2013  
California Peer Counselors, Sacramento 2013  
Mother-Baby Symposium, Billings, MT, 2013  
Placer County Bfg Coalition, Roseville, 2013  
USLCA St. Louis, 2013  
Montana WIC, 2012  
AICPAM Italy, 2012  
California WIC, 2012  
ILCA Orlando, 2012  
Dallas Area Breastfeeding Association, 2012  
LLL of Washington, 2012  
Art of Breastfeeding, NC 2012  
Edwardsville, IL 2012  
ILCA webinar, 2011  
SWAG conference, Oakland, CA 2011  
Joliet Alliance of Breastfeeding Advocates, 2011  
Southern Oregon Breastfeeding Coalition, 2011  
GOLD online conference, 2011  
North Carolina WIC, 2011  
Ottawa Valley Lactation Consultants, 2011  
LLL of Alabama, Louisiana and Mississippi 2011  
Australian Breastfeeding Association, 2011  
March of Dimes, IL 2011  
Acibadem Hospital, Istanbul, Turkey, 2010  
Breastfeeding Coalition of Placer County, 2010  
Best Beginnings Rhode Island, 2010  
ILCA San Antonio, 2010  
La Leche League of Arizona, 2010  
ABC North Carolina, 2010  
GOLD '10 (web)  
OLCA Ohio, 2010  
ALCA Australia, Sept. 2009  
Greater Los Angeles Breastfeeding Task Force, 2009  
KLIC Kentucky, 2009  
Oregon Bfg Coalition, 2009  
Private Practice Lactation Consultants, Philadelphia, 2009  
Quebec Lactation Consultants Assoc. 2009  
San Antonio, 2009  
San Diego Breastfeeding Coalition 2009  
Santa Barbara Co. Breastfeeding Coalition, 2009  
La Leche League of So. California/Nevada, 2009  
Ventura County Breastfeeding Coalition 2009  
Arizona DHS 2008  
ILCA Las Vegas, 2008  
Ohio Lactation Consultants 2008  
Orlando lactation consultants, FL, 2008  
Tuolumne County, CA, 2008  
Emory, Atlanta, 2007  
ILCA, 2007  
La Leche League of So. Calif/Nev, 2007  
San Mateo WIC, 2007  
WALWICA 2008  
Houston Area Lactation Consultants, 2006  
Oregon La Leche League, 2006  
Placerville CA 2006.  
Wisconsin Area Lactation Consultants, 2006  
New Mexico Breastfeeding Task Force, Albuquerque, 2005  
Alaska Breastfeeding Coalition, 2005  
Vermont Lactation Consultants Association, 2005  
Bismarck, ND, 2004  
Los Angeles Breastfeeding Task Force, 2004  
OLCA Ohio, 2004  
SENTARA Latch, Virginia, February 2006  
La Leche League of Southern Cal/Nevada, 2004  
Billings MT Clinic, 2003  
Kirkland Washington La Leche League, 2003  
La Leche League Traveling Workshop, 2003  
New York Lactation Consultants , 2003  
Rochester, NY, 2003  
Santa Barbara County WIC, 2003  
Breastfeeding Coalition/WIC of Bakersfield, 2002  
ILCA Berkeley, 2002  
ILCA Boca Raton, 2002  
La Leche League of So. California/Nevada, 2002  
Orange County Breastfeeding Task Force, 2002  
Wisconsin Lactation Consultant's Assoc, 2002  
WIC of Santa Barbara County 2001  
La Leche League of So. California/Nevada, 2001  
Breastfeeding Task Force of Santa Barbara County, 2000  
California WIC, San Diego, 2000  
Breastfeeding Task Force of Santa Barbara County, 1999  
La Leche League of So. CA/Nevada, 1999