

## 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](https://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.  
**2010 – Present:** Peer reviewer for lactation articles in various professional journals  
**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.

## 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)  
 United States Lactation Consultants Association (USLCA)  
 Int'l Society for Research in Human Milk & Lactation (ISRHML)

Cochrane Collaborative  
 Santa Barbara County Breastfeeding Coalition

**PRESENTATION TOPICS**

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

**PRIOR SPEAKING ENGAGEMENTS**

Montana Bfg Learning Collaborative- 2024	AQC Montreal 2016	Quebec Lactation Consultants Assoc. 2009
Australia Bfg Science, Solutions & Strategies- 2024	San Bernardino Bfg Coalition, CA 2016	San Antonio, 2009
Arizona virtual conference- 2023	Iowa WIC, Bfg Coalition 2016	San Diego Breastfeeding Coalition 2009
Iowa Breastfeeding Conference, 2023	San Joaquin Bfg Coalition, CA 2016	Santa Barbara Co. Breastfeeding Coalition, 2009
Lactation Consultants of Great Britain, 2023	PPLC Philadelphia 2016	La Leche League of So. California/Nevada, 2009
Portugal Lactation Consultants, 2023	GOLD Midwifery 2016	Ventura County Breastfeeding Coalition 2009
Hot Topics in Bfg- Barcelona & Madrid, Spain	Breastfeeding LA 2015	Arizona DHS 2008
Israeli Association of Lactation Professionals, 2023	Danish Lactation Consultants, Denmark 2015	ILCA Las Vegas, 2008
iLactation, 2022	Art of Breastfeeding, North Carolina 2015	Ohio Lactation Consultants 2008
Wake Co WIC, 2022	Robert Wood Johnson University Hospital, NJ 2015	Orlando lactation consultants, FL, 2008
Greece Lactation, 2022	La Leche League of So. Calif/Nevada 2015	Tuolumne County, CA, 2008
San Diego Bfg Coalition, 2022	GOLD online Lactation Conference, 2015	Emory, Atlanta, 2007
California WIC, 2022	Lactation Advocates of Northern California. Chico, 2015	ILCA, 2007
Triangle Bfg Alliance, 2022	San Francisco, Creating Health Families, 2015	La Leche League of So.Calif/Nev, 2007
Mt. Sinai S. Nassau, 2022	Fargo-Moorhead Area Breastfeeding Association, 2014	San Mateo WIC, 2007
Kansas Bfg Coalition, 2022	Michigan Area Lactation Consultants, 2014	WALWICA 2008
LLL Wisconsin 2021	ILCA Phoenix, 2014	Houston Area Lactation Consultants, 2006
Nat'l Indian and Native America WIC Coalition 2021	LLL Southern California Nevada Leader Day, 2014	Oregon La Leche League, 2006
Brazil Lactation Consultants 2021	GOLD Online Lactation Conference, 2014	Placerville CA 2006.
New Hampshire Bfg Task Force 2021	California WIC Association, San Diego, CA 2014	Wisconsin Area Lactation Consultants, 2006
GOLD 2021	Sonoma County Breastfeeding Coalition, CA	New Mexico Breastfeeding Task Force,
USLCA 2020	2013 Missoula Lactation Consultants, MT 2013	Albuquerque, 2005
California WIC 2020	USLCA Webinar, 2013	Alaska Breastfeeding Coalition, 2005
New Zealand Lactation Consultants 2020	California Peer Counselors, Sacramento 2013	Vermont Lactation Consultants Association, 2005
Lompoc Hospital 2019	Mother-Baby Symposium, Billings, MT, 2013	Bismarck, ND, 2004
Placer County Bfg Coalition 2019	Placer County Bfg Coalition, Roseville, 2013	Los Angeles Breastfeeding Task Force, 2004
Brunswick, GA 2019	USLCA St. Louis, 2013	OLCA Ohio, 2004
Medford, OR 2019	Montana WIC, 2012	SENTARA Latch, Virginia, February 2006
LLL Min/Dakota 2019	AICPAM Italy, 2012	La Leche League of Southern Cal/Nevada, 2004
Best conferences Maine 2019 Spring, Fall	California WIC, 2012	Billings MT Clinic, 2003
USLCA 2019	ILCA Orlando, 2012	Kirkland Washington La Leche League, 2003
Idaho Bfg Task Force 2019	Dallas Area Breastfeeding Association, 2012	La Leche League Traveling Workshop, 2003
New Jersey 2019	LLL of Washington, 2012	New York Lactation Consultants , 2003
Dallas Area Bfg Consultants 2019	Art of Breastfeeding, NC 2012	Rochester, NY, 2003
Art of Breastfeeding NC 2019	Edwardsville, IL 2012	Santa Barbara County WIC, 2003
New Jersey Atlantic 2019	ILCA webinar, 2011	Breastfeeding Coalition/WIC of Bakersfield, 2002
LLL So. Calif/NV Pasadena 2018	SWAG conference, Oakland, CA 2011	ILCA Berkeley, 2002
Tri-county Bfg Connections Ohio 2018	Joliet Alliance of Breastfeeding Advocates, 2011	ILCA Boca Raton, 2002
Central Illinois Bfg Task Force 2018	Southern Oregon Breastfeeding Coalition, 2011	La Leche League of So. California/Nevada, 2002
Missouri WIC Branson 2018	GOLD online conference, 2011	Orange County Breastfeeding Task Force, 2002
Breastfeeding Coalition of Ventura Co 2018	North Carolina WIC, 2011	Wisconsin Lactation Consultant's Assoc, 2002
San Luis Obispo Bfg Coalition 2018	Ottawa Valley Lactation Consultants, 2011	WIC of Santa Barbara County 2001
Western Penn Lactation Consultants 2018	LLL of Alabama, Louisiana and Mississippi 2011	La Leche League of So. California/Nevada, 2001
ILCA Portland 2018	Australian Breastfeeding Association, 2011	Breastfeeding Task Force of Santa Barbara County,
Maryland Lactation Consultants 2018	March of Dimes, IL 2011	2000
Great Lakes webinar 2018	Acibadem Hospital, Istanbul, Turkey, 2010	California WIC, San Diego, 2000
Boston Assoc of Childbirth 2018	Breastfeeding Coalition of Placer County, 2010	Breastfeeding Task Force of Santa Barbara
Vermont Lactation Consultants 2018	Best Beginnings Rhode Island, 2010	County,1999
Ireland Lactation Consultants 2017	ILCA San Antonio, 2010	La Leche League of So. CA/Nevada, 1999
Tulare County 2017	La Leche League of Arizona, 2010	
Kentucky Bfg Coalition 2017	ABC North Carolina, 2010	
California WIC 2017	GOLD '10 (web)	
Alaska Bfg Coalition 2017	OLCA Ohio, 2010	
California WIC Assoc 2017	ALCA Australia, Sept. 2009	
Australian Bfg Assoc Traveling workshop 2017	Greater Los Angeles Breastfeeding Task Force,	
Olympia WA Bfg coalition 2017	2009	
Sonoma Co. Bfg Coalition 2016	KLIC Kentucky, 2009	
Reno Bfg Coalition 2016	Oregon Bfg Coalition, 2009	
Marietta GA WIC 2016	Private Practice Lactation Consultants,	
Penang Medical College, Malaysia 2016	Philadelphia, 2009	
San Diego Bfg Coalition, 2016		
iLactation 2016		