

EFFATH YASMIN

IBCLC • RCST (ICSB, Switzerland) • BFRP (UK) • CLEC (UCSD)

Clinician • Researcher • Educator • Author • Filmmaker • International Speaker

Founder & Director, Nourish & Nurture | Mumbai, India

PROFESSIONAL PROFILE

Effath Yasmin is a Mumbai-based clinician-researcher, educator, and international thought leader whose 15+ year body of work integrates advanced lactation science, infant oral dysfunction, Biodynamic Craniosacral Therapy, trauma-informed care, and epigenetics. As the founder of India's first dedicated lactation and family wellness clinic, Nourish & Nurture (est. 2011), she has built a practice and an educational ecosystem grounded in both scientific rigour and relational depth. She is the originator of the Effath Milk Protocol (EMP), a vagus nerve-based manual therapy framework for restoring milk supply affected by autonomic nervous system dysregulation, and the Evidence-Based Intuition (EBI) model, which underpins her clinical and educational philosophy.

She is a peer-reviewed author, patent holder, award-winning documentary filmmaker, and keynote speaker at international conferences across Australia, Canada, India, the United States, and beyond. Her present and forward research agenda focuses on developing integrative, evidence-based frameworks for infant feeding assessment that bridge biomechanics, neuroregulation, and relational context, with a particular interest in advancing measurement models for functional breastfeeding outcomes.

CERTIFICATIONS & FORMAL EDUCATION

2023	BFRP — Bach Foundation Registered Practitioner <i>Bach Foundation, United Kingdom</i>
2015	RCST — Registered Biodynamic Craniosacral Therapist <i>International Institute of Craniosacral Balancing (ICSB), Switzerland Member: BCTA/NA since 2010</i>
2011	IBCLC — International Board Certified Lactation Consultant <i>International Board of Lactation Consultant Examiners (IBLCE), Australia Active certification 2011 — present</i>
2010	CLEC — Certified Lactation Educator Counselor <i>University of California, San Diego (UCSD), USA</i>
1996–1998	MA — Politics & International Relations <i>Pondicherry Central University, India</i>
1994–1996	Higher Diploma in Software Engineering <i>Aptech Education, Pondicherry, India</i>

1993–1996

BCS — Bachelor of Corporate Secretaryship
Pondicherry Central University, India

CLINICAL & PROFESSIONAL CAREER

Nourish & Nurture — Founder & Director

Location

Mumbai, India

Duration

July 2011 — Present (14+ years)

India's first dedicated lactation and family wellness clinic, integrating advanced lactation consultation, Biodynamic Craniosacral Therapy, trauma-informed infant oral assessment, and Bach Flower Remedies into a unified model of maternal-infant care.

- Comprehensive lactation assessments, personalised feeding plans, and breastfeeding management for diverse clinical presentations from initiation through weaning
- Specialised evaluation and management of infant oral restrictions (ankyloglossia/ankylofrenulae) within an interdisciplinary team framework
- Application of Biodynamic Craniosacral Therapy for ANS regulation, birth trauma resolution, and optimisation of feeding mechanics
- Developer and implementer of the Effath Milk Protocol (EMP) for autonomic-nervous-system-mediated milk supply restoration
- Originator of the Evidence-Based Intuition (EBI) model — a clinical philosophy bridging quantitative evidence with embodied clinical reasoning
- Delivery of trauma-informed infant oral examinations grounded in bodily-autonomy principles and pre-perinatal psychology

TEACHING, EDUCATION & MENTORSHIP

2018 — Present	Course Director — Nourish & Nurture Academy & Centre for Excellence, Mumbai <i>Advanced Lactation Trauma-Informed Care Oral Restrictions Biodynamics</i>
2018 — 2026	Educational Partner & Clinical Faculty — International Institute of Human Lactation (IIHL), Canada <i>Advanced Lactation & Counselling Clinicals Supervision</i>
2020 — Present	Honorary Advisory Member & Fellowship Program Faculty — The Tongue Foundation, India <i>Biodynamics Advanced Lactation Birth Trauma Tongue & Lip Tie</i>
2021 — Present	Faculty — Institute of Craniofacial Myology & Paediatric Sleep (ICMPS), India <i>Fellowship Program — Tongue Tie: Anatomy and Bodily Dysfunctions</i>
2022 — Present	Chief Trainer & Educational Partner — EKAM Foundation, India <i>Advanced Lactation & Counselling</i>

GOVERNANCE, LEADERSHIP & ADVISORY ROLES

2016 — 2023	Co-Founder & Board Director — International Consortium of Oral Ankylofrenulae Professionals (ICAP), Canada
2014 — 2016	IBLCE Examiners Committee — International Board of Lactation Consultant Examiners (IBLCE), Australia
2014 — 2016	Board of Directors — International Association of Tongue Tie Professionals (IATP), USA
2019 — Present	Advisory Board Member — GOLD Lactation Online Conferences, Canada
2021 — Present	Founding Advisory Board — Birth The New Humanity (BTNH), France
2020 — Present	Advisory Board Member — Women's Indian Chamber of Commerce & Industry (WICCI), India
2022 — Present	Honorary Advisory Member — EKAM Foundation Advisory Academy, India
2009 — 2021	Board Director & National Advisory Board — Birth India

HONOURS & AWARDS

2025	FemmeTimes Award — Most Inspiring Visionary Woman & Most Inspiring Woman Therapist & Speaker FemmeTimes Magazine, January 2025 — Top 20 Most Inspiring Women
2025	Visionary Women Award — 3rd Edition Recognising exceptional women entrepreneurs and enablers making significant impact in their respective fields
2024–2026	IBCLC Care Award — IBLCE & ILCA Recognition of excellence in staffing, lactation support programming, and community-based breastfeeding promotion
2014–2016	IBCLC Care Award — IBLCE & ILCA For excellence demonstrated in staffing and maternal-child health care with IBCLC professionals
2019	International Film Awards — Documentary: Untying Breastfeeding Official Selection (First-Time Filmmaker Session) China Dragon Award, ICSEP Best Documentary, TMF Film Festival Lift-Off Global Network
2018	ICAP Awards — Pioneering Award & Outstanding Service & Leadership Award International Consortium of Oral Ankylofrenulae Professionals, Canada

PUBLICATIONS

Peer-Reviewed Journal Articles

Pradhan S, Yasmin E, Mehta A. (2012). *Management of Posterior Ankyloglossia using the Er,Cr:YSGG Laser. International Journal of Laser Dentistry*, 2(2), 41–46.

Pradhan S, Yasmin E, Shah AM. (2013). *Ankyloglossia: The Diagnostic Dilemma. International Journal of Laser Dentistry*, 3(1), 19–23.

Book Chapters

- Oral Ankylofrenulae — Assessment & Diagnosis, Impact, Treatment and Collaborative Approach. In: *Fundamentals of Laser Dentistry*, 2011.
- Birthing The New Humanity. In: *Womb to Thrive: The Missing Keys to Heal Yourself, Your Family and the Planet. Birthing The New Humanity*, France, 2022.
- The Root — The Way to Heal the World. In: *M-Factor: Memoirs by Mothers*. Penguin India, 2025 (forthcoming).

Forthcoming Books

- *Born or Broken: Flower Remedies for Healing the Emotional Turmoil of Breastfeeding Mothers*
- *Living the Whole Truth*

Patent

Inventor: Effath Yasmin. Infant Feeding Device. India Patent Application No. 201721036001.

CONFERENCE PAPERS, PRESENTATIONS & KEYNOTE ADDRESSES

International Conferences — Selected Presentations (2013 – 2025)

2025	GOLD Lactation Online Conference — Beyond Sensory Defensiveness: A Nervous System Approach to Managing Oral Aversion in Infants
2025	I-OLC Clinical Skills Presentation — Effath Milk Protocol (EMP): A Vagus Nerve-Based Manual Therapy Approach to Restoring Milk Supply Impaired by ANS Dysfunction
2023	Coimbatore Parenting Network, Heart in the Tummy Annual Conference — Flower Remedies for Conception, Pregnancy, Labor & Birth
2022	ICAP, Canada — Comparative Evaluation of Scissor Versus Laser Frenectomy in Infants: A Multicentre Retrospective Clinical Analysis of 150 Cases
2022	ICF India Coaching Conclave 2022 — Listening with Empathy and Compassion: Conscious Parenting Language

2022	Institute of Craniofacial Myology & Paediatric Sleep Fellowship Program — Tongue Ties: Anatomy and Bodily Dysfunctions
2021	Coimbatore Parenting Network — Exploring Epigenetics & Pregnancy
2020 (×2)	La Leche League International Area Network (31 countries) — Film & Panel Discussion: Untying Breastfeeding, Panama City, Oct 2020
2019	GOLD Lactation Online Conference — Why Bodywork is a Significant Piece of the Puzzle of Comprehensive Tongue & Lip Tie Treatment (Invited Lecturer)
2019	International Breastfeeding Conference (IBC), India — Keynote: Epigenetic Impact on Lactation; Therapeutics with Craniosacral Biodynamics and Tongue Ties
2019	GOLD Lactation Online Conference — Post Frenotomy Wound Management and Bodily Autonomy Rethinking Surgical Tools — Infant Frenotomy & Pain
2018	ICAP Conference, Toronto, Canada — Panel Discussion: Untying Breastfeeding
2018	ASTLIT Conference, Brisbane, Australia — Panel Discussion: Untying Breastfeeding
2016	Australian Society for Tethered Oral Tissue (ASTOT) — Looking at Ankyloglossia Beyond the Glass!, Melbourne, Australia
2016	Australian Society for Tongue & Lip Tie (ASTLIT), Melbourne — Invited Presenter
2013	Indian Academy of Laser Dentistry — Ankyloglossia & Impact on Breastfeeding: A Collaborative Approach
Ongoing	The Tongue Foundation, India — Oral Restrictions & Systems Impact Physical/Body Assessment in Tongue-Tied Babies Impact on Growing Children

DOCUMENTARY FILM

Untying Breastfeeding (2018) — Director & Producer

59-minute award-winning international documentary | Screened in 1,600+ cities | 140+ countries

Investigates the experiences of women navigating breastfeeding challenges related to birth trauma and ankyloglossia, juxtaposed with the perspectives of 16 international experts on the factors that sabotage birth and breastfeeding, and their lifelong airway health implications. Advocates for evidence-based reform in clinical care, support systems, and infant mortality reduction.

Premier Screenings & Panel Discussions

- ICAP Film Night, Toronto, Canada, 2018
- ASTLiT Conference, Gold Coast, Australia, 2018
- Birthing New Humanity Conference, Bengaluru, India, 2018
- India Habitat Centre, KRITI Film Club, New Delhi, India, 2018
- NCPA, Mumbai, India, September 2018
- GOLD Lactation Online Conferences (International), May 2019
- La Leche League International, Panama City, October 2020 — Exclusive Online Worldwide Screening, World Breastfeeding Week
- BTNH Womb to Thrive Global Summit (International ZOOM), May 2022

SIGNATURE PROGRAMS & WORKSHOPS

2009 — Present Heartful Communication Skills Workshop — Parenting & Relationships

2022 — Present Living Your Truth Program Series — Life Attitude & Skills

PROFESSIONAL AFFILIATIONS

1991 — Present International Lactation Consultant Association (ILCA), USA

2009 — 2016 Executive Board Member — International Affiliation of Tongue-tie Professionals (IATP), USA

2010 — Present Biodynamic Craniosacral Therapy Association of North America (BCTA/NA), USA

2011 — Present Founding Member — International Consortium of Ankylofrenulae Professionals (ICAP), Canada

2013 — 2020 Board Member — Birth India (BI), India

2019 — Present Advisory Board — GOLD Lactation Conferences, Canada

2020 — Present Honorary Advisory Member — The Tongue Foundation, India

2023 — Present

Association of Lactation Professionals India (ALPI), India

Submitted for the CERPS Application — IBLCE Clinical Mentorship Fellowship Program

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