

# Test01

รวมบทความเกี่ยวกับ แอลฟ่าแล็ค สปีดโกไมอีลิน ตัวช่วยพัฒนาสมอง

บทความ

ก.ย. 23, 2025

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# 6 ท่าอุ้มให้นมลูก

สำหรับคุณแม่เมื่อใหม่



ท่าอุ้มนอนขวางบนตักแม่  
(Cradle Hold)



ท่านอนขวางบนตักแบบประยุกต์  
(Modified/Cross Cradle Hold)



ท่าอุ้มลูกฟุตบอล  
(Clutch Hold/Football Hold)



ท่านอนตะแคง  
(Side Lying Position)



ท่าเอนตัว  
(Laid-back Hold)



ท่าตั้งตรง  
(Upright or Standing Baby)

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# 6 ท่าอุ้มให้นมลูก

สำหรับคุณแม่เมื่อใหม่



ท่าอุ้มนอนขวางบั้งตักแนบ  
(Cradle Hold)



ท่านอนขวางบั้งตักแบบประยุกต์  
(Modified/Cross Cradle Hold)



ท่าอุ้มลูกฟุตบอล  
(Clutch Hold/Football Hold)



ท่านอนตะแคง  
(Side Lying Position)



ท่าเอนตัว  
(Laid-back Hold)



ท่าตั้งตรง  
(Upright or Standing Baby)

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# 6 ท่าอุ้มให้นมลูก

## สำหรับคุณแม่มือใหม่



ท่าอุ้มนอนขวางบนตักแม่  
(Cradle Hold)



ท่านอนขวางบนตักแบบประยุกต์  
(Modified/Cross Cradle Hold)



ท่าอุ้บลูกฟุตบอล  
(Clutch Hold/Football Hold)



ท่านอนตะแคง  
(Side Lying Position)



ท่าเอนตัว  
(Laid-back Hold)



ท่าตั้งตรง  
(Upright or Standing Baby)

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## สพิงโกล่ามอีลิน

ช่วยการส่งสัญญาณ  
ของเซลล์ประสาท

แอลฟ่า-แล็ค<sup>™</sup>  
สพิงโกล่ามอีลิน

สร้าง สมองไว กว่าเดิม

เชื่อมต่อเซลล์สมอง

100,000 ล้าน เซลล์

\*เกี่ยงระหว่างเซลล์สมองที่มีปลอกในอีลินกับไม่มี \*\*เซลล์สมองมีมากกว่า 1 แสนล้านเซลล์  
\*\*\*บุฟเฟ่ล่าส์รองจากกาว 200 ชนิด รวมถึง แอลฟ่า-แล็คติกอลูบิน, สพิงโกล่ามอีลิน  
\*\*\*\*สพิงโกล่ามอีลินช่วยในการสร้างปลอกในอีลิน และ แอลฟ่า-แล็คติกอลูบิน ช่วยในการสร้างสารสื่อประสาท

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# 6 ท่าอุ้มให้นมลูก

## สำหรับคุณแม่เมื่อใหม่



ท่าอุ้มนอนขวางบนตักแม่  
(Cradle Hold)



ท่านอนขวางบนตักแบบประยุกต์  
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