

The greatest miracle in the history of medical science...

"If a medicine were to be developed that could prevent the deaths of a million or more children per year, greatly reduce childhood illness and disease, produce healthier and perhaps even smarter adults, and, in its administration, contribute to preventing ovarian and premenopausal breast cancer and osteoporosis in women, it would certainly be hailed as the greatest miracle in the history of medical science. If, furthermore, this medicine had no ill side effects, and its production had absolutely no adverse environmental impact, we would scarcely be able to believe our good fortune as a species. Now, what if the fantasy were to be extended a bit, so that we imagine this miracle substance to be not only all of the above, but also free of charge? In other words, no one stands to profit economically from its production, promotion, or distribution. In fact, the only adverse impact at all would be an economic one on a billion-dollar multinational industry built upon a competing but clearly inferior product..." - Barbara Quick

Guess what? She's talking about breastfeeding.

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Famous breastfeeding moms...

- * Mary, Mother of Jesus
- * Meryl Streep
- * Cindy Crawford
- * Jodie Foster
- * Jada Pinkett Smith
- * Faith Hill
- * Michael Jordan's mom
- * Erykah Badu
- * Christie Brinkley
- * Demi Moore
- * Pamela Anderson Lee
- * Madonna
- * Catherine Zeta-Jones
- * Lucy Lawless



Who knew!

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Oops! You caught me breastfeeding...

"To those born into the gaze of loving eyes,
life is beautiful.
To those welcomed by tender voices,
life is peaceful.
To those cradled at the breast,
life is secure.
To those born into a world of compassion,
life is good beyond all measure."

--Author unknown.

Thanks for understanding!

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In our culture...

It's ok for a calf to drink its mother's milk.

It's ok for us to pump milk from a cow's breasts and feed it, not just to human babies, but to adults as well.

Yet, it's not ok for human babies to drink their own mother's milk.

Think about that the next time you pour a glass of "milk".



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Amazing Breastfeeding Facts:

The antibodies in breastmilk provide immunities that protect against infections of ears, lungs, stomach, and G.I. tract, so baby will have fewer illnesses, ear infections, allergies, asthma, etc. Nursing reduces a child's risk of having eczema, food allergies, respiratory allergies and asthma, and can lessen the severity of those she has. Breastfeeding also has a protective effect against juvenile diabetes, celiac disease, childhood cancer, rheumatoid arthritis, urinary tract infections, multiple sclerosis, liver disease, and acute appendicitis. Breastfeeding also provides a perfect, nutritious, well-tolerated re-hydrating fluid if baby does get sick.

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Oops! You caught me breastfeeding...

Mrs. Jordan, Michael Jordan's mom breastfed him for 3 years and said "I feel that is why he is the athlete he is."

Sound far fetched? We know that breastfeeding improves cognitive ability, so it really isn't that far of a stretch to think that it may play a role in muscle development as well.



Research Supports Breastfeeding As Being Best!

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Oops! You caught me breastfeeding...

"We know that breastfeeding gives babies complete nutrition plus immunological benefits to launch them on a healthy life. Breastfeeding also provides its particular benefits at low cost.

We must therefore identify and reduce those barriers which keep women from initiating or continuing to breastfeed their infants."

-C. Everett Koop, MD, Sc.D., Former Surgeon General of the United States & "America's Family Doctor"



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Oops! You caught me breastfeeding...

"...Peace can only last where human rights are respected, where the people are fed, and where individuals and nations are free..." - The Dalai Lama.



Don't think of it as a woman's right to breastfeed. Think of it as a baby's right to eat.

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Breastfed Children

**higher reading scores
higher math scores
higher scholastic ability
higher teacher ratings**



Amazing Breastfeeding Facts:

- * Breastfeeding lowers a child's risk of Childhood Leukemia, Crohn's Disease, Meningitis and Juvenile Diabetes.
- * Breastfeeding reduces baby's risk of SIDS 10 fold.
- * Reduces a mother's risk of breast, ovarian, cervical and uterine cancer.
- * Reduces the mother's risk of heart disease and osteoporosis.
- * So much more!

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