

Reasons To Breast Feed

For many years, scientists have been playing out the ingredients that make breast milk the perfect food for babies. They've discovered to day over 200 close compounds to fight infection, help the immune system mature, aid in digestion, and support brain growth - nature made properties that science simply cannot copy.

The important long term benefits of breast feeding include reduced risk of asthma, allergies, obesity, and some forms of childhood cancer. The more that scientists continue to learn, the better breast milk looks.

In addition to making your baby healthier, breast feeding may also make him smarter. Many studies have proved that breast fed babies tend to be more smarter than babies who were fed with formula or other methods. Breast feeding does help with nutrients and the support of brain growth, which is something every mother should think about.

The benefits for the nursing mom are just as good as they are for the baby. The hormones that are released during breast feeding will curb blood loss post delivery and help to shrink the uterus back to it's normal size.

Long term, the breast feeding mom will have a lower risk for premenopausal breast cancer, which is the kind that strikes before the age of 50. The benefits will begin to show with three to six months of breast feeding and increase the longer that breast feeding continues.

By now, you should realize that breast milk is one power packed liquid. It offers more for your baby than formula, or any other scientific creation for that matter. As you begin to plan for the future of your baby, make a commitment to breast feeding him for as long as you possibly

can - as it will do both your bodies good.

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