



Breastfeeding: It's Just Good Sense

You knew breastfeeding was better. That's why you started. Here's why it's worth getting problems solved.

Breastfeeding

Is a relationship
Is immediate, simple, nearly free
Provides a normal start in life
Promotes normal jaw development
Is the normal follow-up to birth for the mother
Provides mothering hormones
Lets the baby control his own appetite
Saves money for the family

Human Milk

Has many hundreds of known and unknown ingredients, including interferon and white blood cells, antibacterial and antiviral agents, intestinal soothers, growth hormones, and everything else a baby is known to need
Changes to meet the baby's changing needs
Is non-allergenic
Is the human infant's only normal food
Promotes normal brain development

Is always clean

Promotes normal health in infancy and beyond
Smells fine going in and coming out
Is the normal start for the World's Best Baby

Formula-feeding

Is a feeding method
Needs equipment, preparation, money, extra medical care
Is artificial and has risks
Increases need for orthodontia
Is linked to certain women's cancers
Provides no mothering hormones
Can lead to overfeeding and obesity
Makes money for industry

Formula

has far, far fewer ingredients, but includes tropical oils, no anti-infectives, intestinal irritants, poorly absorbed nutrients, known and unknown microdeficiencies

Changes only with manufacturing and preparation errors, which are common	Is easily and frequently contaminated
Contains either of two common allergens—cow milk or soybeans	Is linked to increases in many illnesses and diseases, including SIDS, pneumonia, breast cancer, vision deficits, obesity, diabetes
Isn't what babies are built to handle	Smells pretty bad
Is linked to lower IQ scores	Is vastly inferior to your milk

*If you're not enjoying breastfeeding, get help!
This is too important to both of you to risk losing it.*