

Hey, Mama 😊

I wish I could tell you that it's going to be that easy. That when you position half a dozen pillows just so, and let go of the tension in your body; take in all of the advice you receive and follow your intuition, breastfeeding comes naturally.

The truth is, for you, there's nothing relaxing about learning to breastfeed. It's going to be one of the hardest things you've ever done, and you're really not expecting that. Despite how much you've prepared for this; birth takes more out of you than you can possibly imagine.

The beginning, you're going to feel defeated, overwhelmed, exhausted and frustrated. Please be gentle with yourself. No one expects you to have it all figured out. Trust me when I tell you that not only can you do this, but it's going to be one of the things you love most about being a mom. Your body does know what to do, but there's a learning curve. (Finally, after three weeks of toe-curling pain and attempted natural remedies – probiotics galore, no sugar or booze, and an absurd amount of nipple balm – you'll acquiesce, take the drugs, and things start to get better.)

That being said, you will find in below chapter, A quick review of our research team providing more information regarding what you are going to accomplish and the benefits related to this journey...

Breastfeeding Benefits for the mother

Breastfeeding burns extra calories, so it can help **you lose pregnancy weight faster**. It releases the hormone oxytocin, which **helps your uterus return to its pre-pregnancy size and may reduce uterine bleeding after birth**. There are continued benefits from breastfeeding beyond 1 year, and up to 2 years especially in the mother. Breastfeeding also **lowers your risk of breast and ovarian cancer**. It may **lower your risk of osteoporosis**,

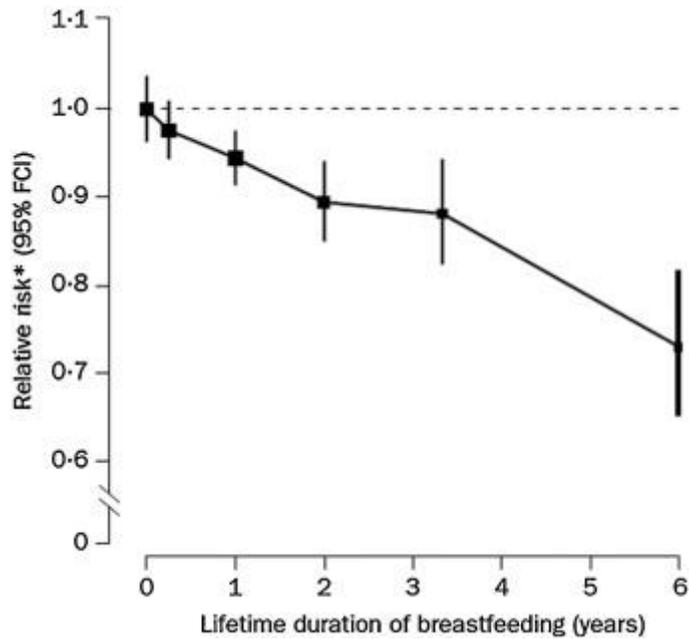
How and why Breastfeeding lowers the Ovarian Cancer:

breastfeeding is associated with longer periods of amenorrhea (the absence of menstruation) and therefore longer suppression of ovulation and decrease in gonadotropin levels and thus lower lifetime exposure to plasma oestradiol

How and why Breastfeeding lowers Breast Cancer:

The sustained exfoliation of breast tissue during lactation and the pronounced epithelial apoptosis (process of programmed cell death) at the end of lactation could decrease breast cancer risk through the elimination of cells with DNA damage and mutations

**BREAST FEEDING IS DETERMINATION
NO MOM HAS TO DO IT ALONE, we are here for you**



In US and Canada, one in 8 women, or about 12%, may develop breast cancer over her lifetime. SO there is a huge reward in breastfeeding for mothers. (Dr S Forman PHD)

Breast milk contains antibodies that can **fight infection**. Those antibodies are present in high amounts in **colostrum**, the first milk that comes out of the breasts after birth. Breast milk can give babies a head start in preventing and fighting infections.

Breast milk has "**probiotic**" factors. The healthy microbiome can play a lifelong role in not only preventing infection, but also in **decreasing the risk of allergies, asthma, obesity**.

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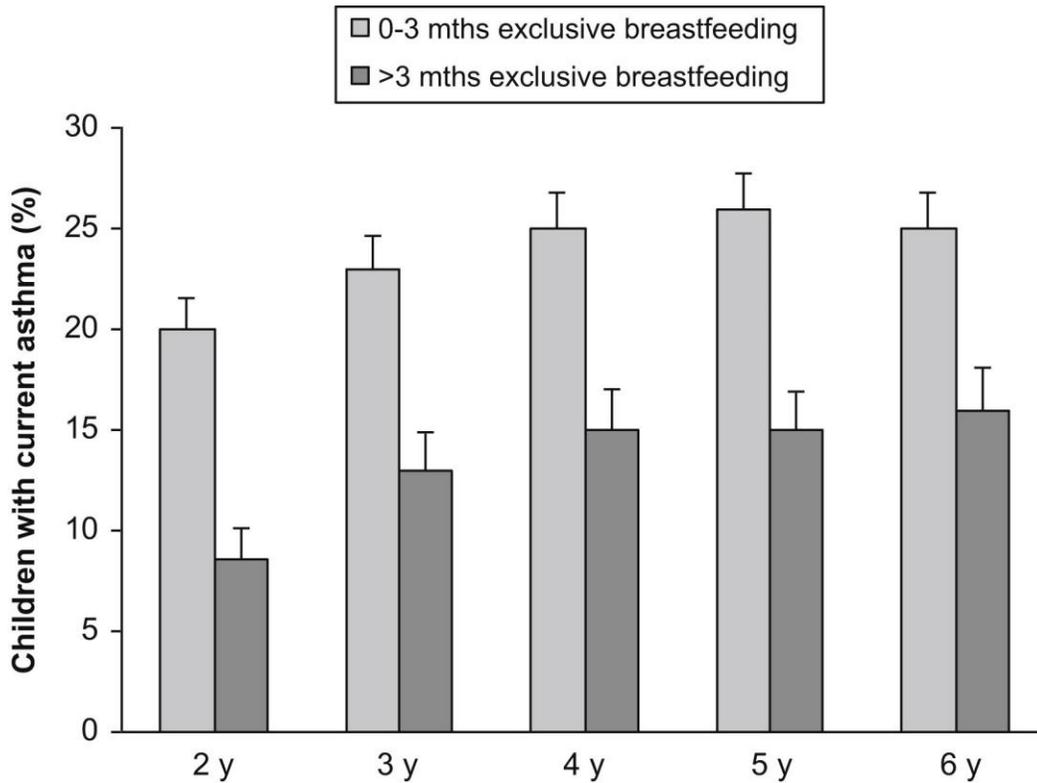
3x

the risk of **obesity** among infants *not* breastfed, compared to those fed only breastmilk for 6 months

Every feed counts: babies who are breastfed even a little also benefit.

Babies nursed directly at the breast have a lower risk of obesity compared to babies who receive breastmilk from a bottle.

Obesity and Breastfed Babies



Asthma incidence and Breastfeeding

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A step-by-step guide to your breastfeeding journey.

BREASTFEEDING TIMELINE

Size of Baby's Stomach

Ever worry you are not producing enough milk? Remember, a baby's stomach is not the same as an adults!



1-2 days
Cherry (.2-.4 Oz)



3-4 days
Walnut (1-2 Oz)



5-7 days
Apricot (2-3 Oz)



2-3 weeks
Kiwi (3-4 Oz)



6 months - 1 year
Grapefruit (6 Oz - 2 cups)



Adult
Cantaloupe (4 cups)

Before Baby:

- Breastfeeding Preparedness

Week 1:

- The First Week Of Breastfeeding Is The Hardest
- Establishing Breastfeeding Success During the "4th" Trimester

Month 1:

- Sleeping Habits and Breastfeeding
- What You're Eating While Breastfeeding Matters

Months 2-5:

- Back to Work Breastfeeding Plan
- Breastfeeding Is a Public Right
- Breastfeeding Changes for Baby and Mama
- Benefits of Breastfeeding At Four Months

Months 6-12:

- Preparing For Teething while Breastfeeding
- Solid Foods
- Distraction, Teething, and Moving Around
- Exploring, Eating and Breastfeeding
- Breastfeeding at One Year

After Year 1:

- Growth Spurts and Breastfeeding
- Breastmilk Changes During The Second Year

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The **Incredible** Health Benefits of **MORINGA OLEIFERA**



GRAM-FOR-GRAM COMPARISON:

- 7x the **VITAMIN C** of Oranges 🍊
- 4x the **VITAMIN A** of Carrots 🥕
- 4x the **CALCIUM** of Milk 🥛
- 2x the **PROTEIN** of Yogurt 🥛
- 3x the **POTASSIUM** of Bananas 🍌
- 3x the **VITAMIN E** of Spinach 🌿
- 3x the **IRON** of Almonds & Spinach 🌿🥜

1-MILK BOOSTER and Moringa will help your **fatigue** when exhausted (Rich in **Iron**)

2-This plant will provide **Calcium** during lactation

3-Helps in **Clotting the blood** as it is rich in **Vit K**

4-This fantastic herb will help maintain overall **Uterine** Health

5-Pooling of two studies with a total of 51 patients revealed a **significant mean increase of milk** volume on Day 7 in the *Moringa* groups of by 124 mL

6- **Anti-cancer effect**. When tested against MDA-MB-231 and HCT-8 cancer cell lines, the extracts of leaves and bark showed remarkable anti-cancer properties

Now, you know why we have used Moringa in our formulation!

Diet : More calories to meet nutritional needs while breastfeeding. An additional 330 to 400 kilocalories (kcal) per day is recommended . **Multivitamin ? May be**. Continued use of a prenatal vitamin postpartum may exceed the iron and folic acid needs of a breastfeeding mother. However, some people, such as those with vegan diets, may not get adequate nutrients . In these cases, breastfeeding mothers may benefit from taking a multivitamin supplement. Need for **iodine** and **choline** increases during lactation. Iodine can be found in dairy products, eggs or in iodized table salt. Choline can be found in dairy and protein food groups, such as eggs, meats, peas, and lentils.

Fish : Fish are part of a healthy eating pattern and provide key nutrients during pregnancy, breastfeeding, and/or early childhood to support a child's brain development:

- Omega-3 (called DHA and EPA) and omega-6 fats
- Iron
- Iodine (during pregnancy)
- Choline

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