

Newly Born Mammals Are Relatively Helpless

To ensure optimum development of the baby, mother's milk contains different substances enhancing growth and development of organs. Mother's milk contents differ very much from cow's milk contents (and soy milk contents of course). Logically, the less human infants have been breast-fed, the dumber (1) and fatter (2) they averagely become, and the more susceptible to infections and diseases. (3)

Every child deserves the best start in life, and therefore has to be breast-fed for at least 1½ year. If your child is born with teeth, or gets these within half a year, and feeding it hurts too much, check La Leche League (FAQ on biting) or you can use a pump.

Many foods contain chemicals that interfere with hormones that regulate lactation. To prevent the child from rejecting mother's milk *and to prevent allergies), mama needs to adapt her diet.

Mama also benefits from breast-feeding her child : breast-feeding = losing adipose fat. When she breastfeeds, the body produces different hormones increasing transformation of adipose fat into mothers' milk-fat. (supplying the child with 52% of required energy)

There is no freedom of choice for humans if it has been taken away from them.

At the beginning, Breast-feeding is not a choice, but an obligation to the child. Give your child the freedom of choice.

All human children are born too early. Why do we say that? But because our brains are relatively big, human babies are born far too early; Human gestation length is 9 months instead of the expected 21 months, for a specie this size. To compensate the loss of gestation time, by nature human infants have to be breast-fed for at least 1½ year.

Logically, mother's milk of all mammals contains a precisely balance of hormones, growth factors and other 'messenger'-peptides to stimulate optimum development of the young.

Some of the growth factors, hormones and peptides in human milk, cow's milk and milk from other mammals :

- bombesine(a neuropeptide) (4)
- GRP (Gastrin-releasing peptide) (15)
- substance P (a neurotransmitter) (6)
- CGRP (calcitonin-gene-related peptide, also a neurotransmitter) (6)
- IGF-1 (Insulin-like growth factor-1) (7)
- IGF-2 (7)
- EGF (Epidermal growth factor) (8)
- NGF (Nerve growth factor) (9)
- PRP (Prolactin-releasing peptide) (10)
- LHRH (or : GnRH, stimulates secretion of LH and FSH) (11)
- progesterone (12)
- peptide YY (13)
- peptide histidine methionine (13)
- neuropeptide Y (stimulating appetite) (14)
- TRH (stimulating TSH secretion) (15) TRH stimulates prolactin- (16) and GH secretion (17), through T3. (189)
- TSH (stimulating T3- and T4 secretion) (18)
- T3 (Triiodothyronine) (20) T3 increases the number of estrogenreceptors, increasing estrogen-influence. (21)
- GHRF (Growth-hormone-releasing factor) (22) GHRF stimulates GH- and (through GH) IGF-1 and -2 secretion (23)
- ACTH (regulating cortisol secretion) (22)
- neurotensine (24)
- cortisol (25)
- insuline (regulating blood-glucose level) (26)
- beta-endorphine (opioid peptide) (27)
- small opioid peptides (see site12)
- benzodiazepine-agonist peptides (neurotransmitters) (28).

Compared to other mammals, humans need very different amounts of nutrients, hormones and other 'messenger'-substances. And logically, mothers' milk contents of all different mammals differs very much.

Because formula milk is based on cow's milk, or soy-protein, formula milk never ever contains the right nutrients or 'messenger' substances.

Furthermore, babies fed with cow's-milk-based formula milk already become addicted to cow's milk-opioid peptides in their very first stage of life, guaranteeing increased cravings for food products containing milk protein in adult life, and thus enhancing obesity. (see site16) Of course many food products contain cow's milk protein, to increase sales. (check labels).

Soy-based formula milk is even worse than cow's milk-based formula milk ; like soy, soy-based formula milk contains phyto-estrogens (29) disturbing hormone levels (30). Some phyto-estrogens are mutagenic (31) and can enhance brain tumors (32). (brain cancer is the main type of cancer in infants) For more info about the downsides of soy, see site5 and external info.

Logically, formula-fed babies do not get all the substances they need for optimum brain development.

In the United States only 20% of babies are breastfed at six months, and in the UK only 25% of babies are breastfed at four months, which is one of the reasons why people increasingly become more fat, dumb and sick.

But What If You Cannot Give milk?

Though you couldn't have known, very probably you are to blame.

To make sure you will produce sufficient milk and your baby will not reject it, you have to consume extremely little prepared food and no dairy- or wheat-products when pregnant, before, and when lactating.

Everybody knows that chemotherapy within years

prior to pregnancy can cause premature birth. Because chemo-drugs are (acidic) poisonous and mutagenic, killing both cancer- and healthy cells. Logically mutagenics from foods can do the same.

But what if you can't change all that anymore ?

Well, there is a very simple and effective solution not compromising the child's interests : Let your child drink the milk from another woman (she can use a pump) ; women can produce milk for two, while having only one child mostly. Yes that is unusual, and will cost you some, but your child is worth it. And yes, of course that other woman has to be tested on all possible diseases.

Mother's Milk Versus Formula Milk

Unquestionable, human milk is designed to support the development of large brains, capable of processing and storing lots of information. Milk from mammals like cows isn't, but is however designed to support other functions, like constant grazing.

'Messenger'-substances

Of course, when formula milk is composed of soy-milk, formula milk does not contain any of the essential 'messenger'-substances. And due to the influence of over heating the plant food which is involved in the preparation process, the messenger substances are destroyed.

Even at best, formula milk lacks the most important messenger-substances (33).

For example, when composed of cow's milk, formula milk does not contain CIF (colostrum inhibiting factor) ; mother's milk does, but cow's milk doesn't (34). And in (cow's-) formula milk, EGF level is far lower, while EGF protects the infant's colon. (35) Spermine and spermidine are important factors in metabolic and immunologic processes, but level of these amines in formula milk is 10 times lower as in mother's milk. (36)

Regarding essential messenger substances, formula milk for 3 days old babies is no different than formula milk for 3 months old infants. How could

we ever think any formula milk can compete with mother's milk any way ? ; mama produces milk that ingeniously is different every single day !!!!

In general, mother's milk neuropeptide levels decrease after 6 weeks, except for the GIP level, which decreases only after 36 weeks. (37) In 1st day post partum mother's milk IGF-1 level is 5 times higher than IGF-2 level. From day 3 to 7 IGF-1 level decreases 80% and IGF-2 level increases 200%. And from day 1 to 7 the IGFB-2 level increases 1900% !!! (38) In comparison to the average full-term mother's milk, cow's milk IGF-1 level is 3 to 4 times lower.

Formula milk does not even contain any IGFs at all !!! (39)

Mama's milk is also carefully adapted to the changing needs of her baby. Formula milk manufacturers don't even try to imitate mama's product ; because they never can. (though of course they claim to) And even if they could a little ; requirements of every child differs, and only mama's body 'knows' what her baby needs, because she already nourished her baby before it was born.

Logically, blood-peptide levels in children receiving formula milk differ very much from those in children receiving human milk .

In children receiving human milk, blood-insulin-, -GIP- (gastrin-inhibiting peptide), -PPP- (pancreatic polypeptide), and -CCK-level (cholecystokinin) is lower, and blood-gastrin level is higher. (40)

Nutrients

Mother's milk contents vary greatly, but even compared to the maximum and minimum levels, average formula milk contains far too much (or too little) of almost every nutrient.

Most seriously, formula milk averagely contains 10 to 23 times as much iron as mother's milk maximally does. Though too much of metals like iron is pro-oxidative (41), damaging nutrients, arteries (42) messenger-substances, cell-DNA (43) and enzymes (44), increases heart attack risk and can cause diabetes (45), colon-cancer

(46) Parkinson's disease (47) and infertility. (48)

Formula milk averagely contains 21 to 28 times as much vitamin D as mother's milk maximally does. Vitamin D excess causes arthritis and arteriosclerosis.

Also, formula milk contains twice as much calcium and 3 times as much phosphorus, causing both arteriosclerosis and bone-decalcification.

The reason why they put so many different metals in formula milk is because bioavailability of iron, zinc, copper, manganese, selenium and vitamin B9 (folic acid) in cow's and formula milk averagely is much lower. (49) Why ? Because cow's milk and soy contain different substances not meant for the human body. For example : Soy-based formula milk contains phyto-estrogens, which easily bind to iodide, causing iodide deficiencies. (50)

The whole idea behind formula milk is to put in far too much of certain nutrients because you never know how much is absorbed. Formula milk manufacturers apparently like to gamble, with your child's health.

Protein

Humans need relatively little protein, because our large brains need lots of sugars ; we daily need 125-150 gram of pure glucose for the brain only. Logically, our primary food, mother's milk, contains relatively little protein, because extra vitamin B2, B6 and folic acid is required to process excessive protein.

Cow's milk contains 220% more protein than human milk. Sheep milk contains 366%, horse milk 95% and goat's milk 227% more protein than human milk.

Also, protein-composition differs very much ; Casein is a relatively indigestible protein, containing opioid peptides. Cow's milk contains 7 times as much casein, sheep milk 12 times, horse milk 3 times and goat's milk 8 times as much casein as mothers' milk does. (51)

Mother's milk protein composition is of course de-

signed to the need of human suckling. Logically, in relation to premature infants' need for essential amino acids, mother's milk protein composition is 35% better than cow's milk (3, 5%-fat) and raw soy protein. Soy however, also requires different preparations before ending up in formula milk, and the heat involved destroys amino acids (and originates mutagenic HCA). That's why formula milk contains 24 to 95% more protein, containing however more amino acids (or other nitrogen-compounds) babies cannot use for construction purposes. Processing extra useless protein does require extra vitamin B2, B6 and folic acid, inhibiting growth.

Sugars

The human brain alone needs 125 to 150 gram of pure glucose a day. The brains of other mammals are relatively smaller, and they therefore need relatively less sugars. Logically, human milk contains more sugars.

Human milk contains 54% more sugars than cow's milk and sheep milk, 13% more than horse milk, and 67% more than goat's milk. (51) Logically, breastfed babies are much happier, don't cry much and sleep a lot.

Cholesterol

Equally important to the brain is cholesterol. Cholesterol is one of the substances making sure your baby sleeps well. Logically, human milk contains most cholesterol ; 103% more than cow's milk, and 127% more than goat's milk. (51)

Maternal Food

What the pregnant mother consumes, greatly influences her baby. Pregnant mothers should not consume cigarettes, drugs or alcohol. And because prepared food contains partly the same chemicals as cigarettes do, and because some of these chemicals elicit equal effects as those in drugs, it is extremely important what foods pregnant women consume. Of course most people don't want to know this, because it takes much discipline to do what is right when pregnant. But in fact it is very simple, if you are not ready to do

everything what is right for your baby, it may be that this is not (the) right (time) for you to have a baby ;

Pregnant women consuming prepared meat increase baby's brain-cancer risk. (52) Though prepared meat contains most mutagenic heterocyclic amines, other prepared foods contain such chemicals too. (proteinous prepared foods in particular)

Pregnant women consuming foods containing trans-fatty acids, elevate trans-fatty acid level in mother's milk (53). Trans-fatty acids are unnatural fatty acids that also originate due to the influence of heat. Maternal trans-fatty acid consumption increases vascular diseases - (54), breast cancer- (55) and pre-eclampsia risk. (56)

Because many lactating women drink cow's milk (and did drink it before), in 60% of suckling the immune system reacts upon cow's milk-lacto globulin in mother's milk. (57)

To prevent mother's milk from being rejected by the baby, women should not consume any dairy products while pregnant or lactating, and that is true way before. To prevent the child being born addicted to wheat-opioids, the mother should also not consume any wheat products. And to prevent the child from getting brain-cancer etc., mama should consume no prepared food. She should consume as much fruits, vegetables and nuts as well as other brainfood, containing all the nutrients she and her baby need.

Maternal Food & Breastfeeding

Being able to breastfeed has nothing to do with big or small breasts. What really influences the ability to breastfeed, is the food you consume when lactating, pregnant, and before. Most women do not want to believe it, but the bad foods pregnant women consume, can diminish their capacity to breastfeed.

How come?

Breastfeeding strongly influences hormone me-

tabolism, and the other way around.

Like all women know, we can influence our hormone metabolism through absorbing exogenous hormones (the pill). Unfortunately, also chemicals in food can impair hormone metabolism. Phytoestrogens in soy for example can even cause infertility.

What does this mean?

That food-chemicals can impair your ability to breastfeed.

Breastfeeding & Losing Weight

After having given birth, mama needs to lose weight, to be able 'to flee from danger'. The baby on the other hand, needs to gain weight. Nature therefore did a little math and came up with the perfect solution ; no less than an average 52,5% of energy required by the baby is supplied by mama's fat in mothers' milk. To make this happen, secretion of a few hormones is increased by breastfeeding, making mama thinner.

Oxytocin inhibits appetite. (65) (and enhances post-natal uterus shrinking (66)) By giving birth, lots of oxytocin is released. Anaesthesia however, inhibits this release of oxytocin. Luckily, every time and as long as the mother breast-feeds her baby, oxytocin is released too. (67) But if you stop giving mother's milk, oxytocin release decreases, and appetite increases.

Leptin ; Of course women who delivered a baby contain more adipose fat, which stimulates leptin production. Leptin is produced in adipose tissue, and signals at different neuropeptides and hormones to inhibit appetite. (69) The release of leptin is however inhibited when mama does not breast-feed her baby. (70)

Prolactin ; As long the mother is breast-feeding her baby, production of yet another hormone, prolactin, is increased. Prolactin inhibits appetite and enhances transformation of adipose fat into mother's milk-fat and / or available energy (71).

Logically, women who breast-feed their babies, preferably for at least 1½ year, much easier

(re)gain their set-point weight. (72) Secretion of oxytocin, leptin en prolactin is however impaired by beta-carbolines and opioid peptides. Which means that consuming as little proteinous prepared food and no wheat- or dairy products, it is even easier to lose excess body-fat.

When taking care of multiple small infants in nature, it is extremely difficult to flee from danger. Therefore the female body prevents nursing women from becoming pregnant again ; breast-feeding inhibits secretion of hormones stimulating ovulation (GnRH, LH and FSH) (73). And that works ; birth intervals are longer in women who exclusively breast-fed their babies. (74)

So breastfeeding strongly influences maternal hormone metabolism, regulating hormonal changes due to the pregnancy. There is no doubt one has to come after the other. If not, pregnancy-hormone cycle has not been completed, and post-natal hormone metabolism is impaired, causing post-natal depressions etc. The uterus of non-breastfeeding women for example, does not shrink back to its pre-pregnant size anymore. (66) Logically, breast-(75) ovarian (76) and endometrial (77) cancer risk in women who did not breastfeed their baby, is increased.

Kids'-food

When infants can begin to eat solid food, it is extremely important they are supplied with the right foods.

Prepared food causes ADHD, obesity, cancer and brain-diseases, and inhibits cognitive functions. Dairy- and wheat products cause allergies, numbness and obesity.

Live whole foods which include vegetables, fruit and raw sprouted nuts are easy to digest, which enhances growth, and they contain all nutrients infants need. Go to our website and learn how to properly prepare these food. Search our Free Live Whole Food Recipe section. Go to:

<http://www.srherbs.com/>

Sources

Abstracts of most sources can be found at the National Library of Medicine

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