

Miracles of Mama's Elixir: Unveiling The Benefits Of **BREASTFEEDING**



Benefits of breastfeeding for infants

Changes in volume
and composition as
per baby needs



Promotes healthy
weight gain



Strengthens
immune system



Reduces the risk of several conditions
and diseases such as:

- SIDS
- Asthma
- Obesity
- Stomach bugs
- Type 1 and type 2 Diabetes
- Ear infections
- Pneumonia
- Whooping cough
- RSV (Respiratory Syncytial Virus)
- Eczema
- Childhood leukemia
- Celiac disease
- Dental cavities and malaligned teeth

Benefits of breastfeeding for mothers

Offers the
convenience of
feeding the baby
anytime, anywhere



Facilitates faster
weight loss and
recovery from
childbirth



Increases physical and
emotional bonding
with the baby



Reduces maternal risk of conditions and
diseases such as:

- Breast cancer
- Ovarian cancer
- Endometrial cancer
- Postpartum depression
- Thyroid cancer
- High blood pressure
- Type 2 diabetes
- Thyroid cancer
- Osteoporosis
- High cholesterol
- Cardiovascular diseases

References:

1. Breastfeeding Benefits Both Baby and Mom; Centers for Disease Control and Prevention
2. Benefits of Breastfeeding; Cleveland Clinic
3. Making the decision to breastfeed; US Department of Health & Human Services