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**Menopause, Andropause And Other Hormone Imbalances**  
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**Breast Or Bottle - Which Is Right For You**

**By Sarah Veda**

There are lots of decisions to make when there's a baby on the way. One of the most controversial is the ever raging "breast or bottle" debate. There are many people who have strong feelings on both sides of this issue, and many of them will try like a televangelist to get you on their side. I'm not going to do that. I'm going to give you the facts, and share some personal insight on the subject, which hopefully will leave you feeling good, whatever your choice.

Scientifically, breast milk is best. There are nutrients in breast milk that help your child's brain develop, and try as they might, formula makers cannot replicate these nutrients. Breastfeeding protects your child from illnesses because, as long as he or she is nursing, they are protected by your immune system, which is much more developed than theirs. Breast milk is very well tolerated by babies, and hardly ever causes gastric problems, and breastfed babies are less likely to be overweight.

But, realistically, the scientific facts are not the only things to be considered. Women who simply don't want to breastfeed will probably not be very successful. Even some women who want to breastfeed will find it so difficult, that they are miserable trying to make it work. Some women will have difficulty making enough milk to satisfy their baby's hunger, and some women will suffer more pain with breastfeeding than they can endure. If you fall into one of those categories, don't beat yourself up. Your baby can do quite nicely on formula, too.

When my daughter was born, I was anxious to breastfeed. I had two boys, but one is my husband's by a previous marriage, and the other was adopted at ten months, so this was my only chance to be pregnant and breastfeed. I read all the books I could get my hands on, and like a fool, spent a bunch of money on a breast pump.

Well, it turns out that my nipples are not exactly a matched set, so my daughter completely rejected one nipple. So, I nursed on the side she would take until my nipples looked like ground beef. Plus, she was an eight pound eating machine at birth, and no matter how long I nursed her, I couldn't satisfy her appetite. Even with pumping from the breast that she rejected, she was always hungry. I made myself crazy from it, worked with two different lactation consultants and tried every trick in the book, but still every attempt at nursing ended in tears. After two miserable weeks, I gave in and put her on formula.

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We have never looked back. I was happier because I wasn't constantly frustrated, and she was happier because her tummy was full and because her Mommy was much more relaxed.

Now that I've told you that story, I'll tell you this. If I ever had another baby, I would try breastfeeding again. Every baby is different, and a Mother's body is different with each pregnancy. I would try again to give my child the best from a nutritional standpoint. But, I understand now that sometimes it just doesn't work, or it isn't right for you, and that doesn't mean that you're not a good Mom.

Breast or bottle is a personal choice. Weigh the facts and the preferences, and make the choice that is right for you and your baby. Whatever you decide, you don't owe anyone an explanation.

Sarah is a 41 year old wife and mother of two boys and one girl. She spent many years as a manager

in the corporate world, and gave it up to be a stay at home mom. Go to

<http://www.infantresources.com>

now and get her incredible baby minicourse - absolutely free.

### **Breastfeeding Is Best For Your Baby**

**By Steph Winston**

Breastfeeding is without any doubt the most excellent means to nourish your newly born baby. It has got a lot of benefits as compared to feeding with a bottle and barely any drawbacks. More than one million babies pass away every year because of being given formula!

Breast milk makes available just the right nutrition, which your baby requires and also shields them from any diseases. Research has established that to a large extent kids who were breast-fed acquire a lesser rate of allergies, diarrhea, rashes, ear infectivity, hospital admittance and additional medical troubles than kids who were given formula.

Formula for a baby is prepared from the milk of a cow. However the trouble with formula is that it includes a separate kind of protein than the human milk and it does not include the appropriate nutrition, which babies require as well. Human babies have difficulty in processing this particular protein and consequently they are more often than not a great deal fatter than babies who are breast fed. Breast milk has got at least a hundred constituents that are not present in formula.

When a child is being breast fed by the mother, the antibodies of the mother are moreover transmitted to the infant. This shields the infant from ailments and sicknesses such as bronchitis, pneumonia, influenza, botulism, staphylococcal infections, ear infections and measles. About 80 % of the cells that are present in breast milk are cells, which destroy fungi, bacteria and viruses!

Contrasting to feeding from a bottle, breast feeding lets the mother embrace her infant close to her

## Breast Or Bottle – Which Is Right For You

many times every day. The baby would feel a sensation of safety because of this and would make a better bonding with the mom. Nursing is a measure of reassurance and affection for a baby.

If you are thinking of breast feeding your baby, you ought to be conscious that it can be a bit hurting when you begin to do it for the first time. In addition, the nipples might get engorged, cracked, or sore. You will have to feed on a regular basis or your breasts would feel a bit tender for the reason of being a lot full. You would be a lot more attached to your kid rather than a mother who feeds formula.

After you have had the baby, you are supposed to breast feed in a little while, if possible amid one hour of delivery. You will not be making milk up till now however you would be having colostrum that is a liquid that consists of antibodies against any ailments. Newborn babies have to be fed no less than every 2 hours. When they grow a little older they would fall on a more normal schedule.

If you have become a new mother you would surely wish to provide the baby the most excellent care you can. Breast milk is the way you could do this. Breast milk consists of the whole lot that your baby requires and would make him a great deal healthier and happier.

Steph Winston is a day care center owner and mother. See more of her articles at

<http://www.babiesinfo.info>



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