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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
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**What Every Parent Should Know – Simple Ways New Parents Can Reduce Their Baby's Risk  
Of Developing Asthma**

**By Susan Millar**

Childhood asthma and allergies have been on a steady increase worldwide, in the US alone there

are more than 6 million children with asthma under the age of 18. Asthma drugs have potentially serious side effects and are not the optimal solution to asthma, particularly for children. During the last 15 years, there has been an alarming 160% increase in the rate of asthma in children under 5, sadly many of these children could have been prevented from ever developing asthma. The good news is you can do something to safeguard your child's health by taking a few simple measures in your own home.

According to experts, the major causes are home air pollutants with house dust mites being the worst, next to cockroaches and secondhand tobacco smoke. Although dust mites and the feces they produce are found in vast numbers in every home, don't despair: drastically reducing the population of these microscopic, spider-like insects is easily done by washing bedding in hot water weekly. Next, using zippered, plastic covers on pillows and mattresses will keep them from coming back. Since dust mites thrive in moist or humid conditions, it's important to lower your home's humidity level to less than 50% with a dehumidifier. Carpets, upholstered furniture, all dust and dust collecting objects should be removed from your baby's bedroom. It's also a good idea to keep pets out of your baby's bedroom, as pet dander is also a very common allergy and asthma trigger.

Cockroaches thrive in moist environments, so to discourage them from invading your home, be sure to fix all leaky pipes and plug up any holes in walls or near plumbing. Since they love to feed off crumbs, food droppings or open food containers, keeping food in sealed containers and maintaining a clean kitchen will discourage them from taking up residence. Beware of using pesticides as they can trigger an asthma attack.

Secondhand smoke during pregnancy and after pregnancy should be avoided completely. If family members smoke, have them do it outside and don't let visitors smoke in your home. For women smokers who are planning a pregnancy, making an effort to quit smoking for the sake of their future baby's health is a wise choice. If your town or city has poor air quality, then you should invest in a

HEPA air purifier to keep air born pollution to a minimum inside your home.

Food allergies in infants and children can be life threatening and are also known to contribute to the development of asthma. Delaying the introduction of potentially allergenic foods to your baby is a good preventative strategy. Mothers who breastfed for at least 4 to 6 months can benefit their babies with stronger immune systems too. If breastfeeding is not possible, then avoid feeding your child milk or soy based formulas, instead use partially pre-digested protein hydrolysate formulas.

It's best to feed your baby solid foods only after they are six months old, then vegetables, rice, meat, and fruit can be introduced to their diets. Trying each food one at a time makes it easier to identify and eliminate any foods that cause a reaction. When your baby reaches one year old, milk, wheat, corn, citrus and soy may be added. Wait until they are two years of age to serve them eggs. Next, when your child is 3 years old you can introduce fish and peanuts.

Taking these preventative measures will help ensure your baby a healthy childhood free from allergies

and asthma.

Susan Millar is a former asthma and allergy sufferer. She is a researcher and the author of "The Dramatic Asthma Relief Report", based on extensive research from internationally respected medical publications about genuinely effective alternative treatment for asthma & allergies. For more info please visit

<http://www.dramatic-asthma-relief.com>

## **What Are The Benefits Of Breastfeeding?**

**By Linda Johns**

Parents tend to want to do what is best for their children, including breast feeding their infants. While it can be uncomfortable to do in a public setting, the bond between child and mother grows tremendously when the baby eats from its mother's breast. In addition to strengthening the bond between parent and child, there are many medical benefits associated with breastfeeding. Discover now some of the medical benefits of breastfeeding your baby such as:

· protection against gastrointestinal trouble · protection against allergies · increased intelligence in the child

Research studies have found that the first milk your body produces contains immune factors that guard against germs by forming a protective lining on your baby's mucous membranes in the intestines, throat, and nose. This is why it is important for mother to start nursing her child directly after birth.

Breastfeeding your baby helps protect your infant child from gastrointestinal trouble as well as respiratory problems and ear infections. Many research studies have been conducted around the world

and have concluded fewer diarrheas, less ear infections, and fewer respiratory illnesses in children who have been breastfed. Women involved in the research studies breastfed their babies exclusively for at least the first six months. This means the baby consumed breast milk only, no solid food.

Many research studies have also found that breastfeeding exclusively for at least six months can reduce the chances of the child developing allergies. At least one research study has proven that this lasts up into the age of adolescence. Breastfed babies are also at less risk of developing asthma up to the average age of 6.

In addition to the above research studies, other studies have been conducted and have found possible links between breastfeeding and the child's IQ. In these research studies, people who had been breastfed at least for the first six months of their lives scored higher on IQ tests. Experts have said that the emotional bonding associated with breastfeeding may be a key factor in this, but that fatty acids in breast milk just may play the larger role in a baby's brain development.

There are many other health benefits associated with breastfeeding your baby. Some of these benefits include:

- prevention of obesity in your child later in life
- lower your baby's risk of SIDS
- prevention of childhood leukemia

While breastfeeding is not always a viable option, when it can be done, it can be beneficial to both mother and child. Not only is the bonding experience incredible, but the health benefits associated with breast feeding are numerous. Whenever the option is viable, a mother should consider breast feeding her child, because it is best for both mother and child.

As the old saying goes....breast fed is best fed!

The author Linda Johns had the experience of breastfeeding her own children and is the wife of Allan

Johns who has over twenty years experience in health and related industries and now devotes his time to sharing his knowledge with the millions of people interested in improving or learning more about better health. Don't miss Allan's information packed health site at:

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



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