

Breastfeeding

Nature's Way

Perhaps the least acknowledged of all the advantages of breastfeeding are the **ecological benefits**.

Breastmilk is a natural and renewable resource, often overlooked.



Breastfeeding protects the environment by reducing the demands made on it and eliminates waste and pollution.

Artificial baby milk and processed baby foods are non-renewable products that create ecological damage at every stage of their production, distribution and use.



Breastfeeding is unique - it causes no pollution and is the best example of how humanity can sustain itself through provision of the first and most complete food for humans.

World Breastfeeding Week '97



WABA
WORLD ALLIANCE FOR
BREASTFEEDING ACTION

Processing artificial baby milk wastes energy

Artificial baby milk is factory-processed and converted into powder at high temperatures. The process uses vast amount of electric energy worldwide, that usually comes from hydro-electric or nuclear power plants, both expensive and damaging to the environment.

Breastmilk is naturally produced. A mother's normal diet is transformed into a natural, invaluable and specialized food for her baby! This is the most energy efficient food production system ever known.



Processed artificial baby milk may be contaminated

Artificial baby milk is an industrially manufactured food that undergoes multiple processes, additions and alterations as it is converted from cow's milk to a can full of powder. No wonder it has proved vulnerable to contamination by harmful bacteria, radioactivity, chemicals and foreign bodies. (*See Examples of Contamination.*)

Furthermore, the water mixed with powder poses additional danger of contamination.

Breastmilk is a living substance. Each woman's milk is tailored for her own baby. What's more, her milk changes constantly - both during a feed and day by day - to meet her baby's evolving needs.

When a mother is exposed to pathogens in the environment, she produces antibodies to combat them. These antibodies are then passed on to her baby via her breastmilk.

The World Alliance for Breastfeeding Action (WABA) is a global people's initiative to protect, promote and support breastfeeding. WABA works in close liaison with United Nations Children's Fund (UNICEF).