

# 5 REASONS WHY: MOTHER'S BREASTMILK IS BENEFICIAL TO THE MOTHER AND BABY



## HEALTHIER BABY

### Gives baby a healthy start

Provides natural antibodies that help the baby resist illnesses. It also lowers risk of sudden infant death syndrome (SIDS) in the first year of baby's life.



## HEALTHIER MOM

### Improves maternal health

Reduces the risk of being overweight, and developing asthma, type 1 and 2 diabetes, high cholesterol, Hodgkin's disease, leukemia, and lymphoma.



## SAVES MONEY & TIME

### More bonding time

No need to buy formula. No need for preparation.



## COMPLETE FOOD

### Rich in nutrients and minerals

It has everything the baby needs to grow and develop for the first six months of the child's life.

## EVER-CHANGING

### Has immune-boosting components

The mother's milk changes to whatever the baby needs at that moment. For example, antibodies are more prevalent in the mother's breastmilk when the baby is sick.

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