

[IMAGE]

Breast Milk Protects against Asthma?

Doesn't everyone know about the benefits of breastfeeding? If you're one of the few who doesn't know, there's a wealth of recent research on the topic. Consider a study that appeared in the September 25th, 1999 issue of the *British Medical Journal*.

The study found that children who received milk other than breast milk had a substantial higher risk of developing asthma than children who were exclusively breastfed for the first four months of life. The authors believe that excluding non-breast milk (and its potentially allergic components) and providing breast milk (and its proven beneficial components) may account for this protective effect. They also note that the age at which other milk is introduced into the children's diet may be more important than how long they nurse.

Breastfeeding is an important aspect of the mother-child relationship, and as the evidence continues to show, it's an important aspect of childhood development and overall health. Ask your chiropractor to outline a complete wellness program for you and your baby.

For more information about asthma, go to <http://www.chiroweb.com/find/tellmeabout/asthma.html>

Reference:

Oddy WH, Holt PG, Sly PD, et al. Association between breastfeeding and asthma in six-year-old children: findings of a prospective birth cohort study. *British Medical Journal*, Sept. 25, 1999: Vol. 319, No. 7213, pp815-19.

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http://www.toyourhealth.com/mpacms/tyh/article.php?id=548&no_paginate=true&no_b=true