

[IMAGE]

Breastfeeding Could Save Your Life

By Editorial Staff

Beyond providing an infant with ideal nutrition to grow, breastfeeding provides numerous other health benefits to the child including a reduced risk of asthma and allergies, a stronger immune system, and even higher IQ scores in later childhood. Breastfeeding also benefits the mother, helping lose pregnancy weight, lowering the risk of breast and ovarian cancer – and according to new research, even reducing the risk of suffering a stroke later in life.

Published in the *Journal of the American Heart Association*, the study found that women who reported breastfeeding one or more children had a 23 percent reduced stroke risk in middle and old age. Duration of breastfeeding was associated with stroke risk: The longer a woman breastfed, the greater her reduction in stroke risk. Women who breastfed for one to six months were 19 percent less likely to suffer a stroke compared to women who never breastfed; women who breastfed for 13 months or longer enjoyed a 26 percent risk reduction. The study relied on data from more than 80,000 participants of the Women's Health Initiative, an ongoing investigation tracking postmenopausal women.

To learn more about the health benefits of breastfeeding (for mother and child), [click here](#). Talk to your doctor about these study findings and for more tips on maximizing your health and wellness, and the health and wellness of your child.

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