

Hey, Mama 😊 Please find below your discount code and a message from our research team
I wish I could tell you that it's going to be that easy. That when you position half a dozen pillows just so, and let go of the tension in your body; take in all of the advice you receive and follow your intuition, breastfeeding comes naturally.

The truth is, for you, there's nothing relaxing about learning to breastfeed. It's going to be one of the hardest things you've ever done, and you're really not expecting that. Despite how much you've prepared for this, birth takes more out of you than you can possibly imagine.

The beginning, you're going to feel defeated, overwhelmed, exhausted and frustrated. Please be gentle with yourself. No one expects you to have it all figured out. Trust me when I tell you that not only can you do this, but it's going to be one of the things you love most about being a mom. Your body does know what to do, but there's a learning curve. (Finally, after three weeks of toe-curling pain and attempted natural remedies – probiotics galore, no sugar or booze, and an absurd amount of nipple balm – you'll acquiesce, take the drugs, and things start to get better.)

That being said, you will find in below chapter, A quick review of our research team providing more information regarding what you are going to accomplish and the benefits related to this journey...

Breastfeeding Benefits for the mother

Breastfeeding burns extra calories, so it can help **you lose pregnancy weight faster**. It releases the hormone oxytocin, which **helps your uterus return to its pre-pregnancy size and may reduce uterine bleeding after birth**. There are continued benefits from breastfeeding beyond 1 year, and up to 2 years especially in the mother. Breastfeeding also **lowers your risk of breast and ovarian cancer**. It may **lower your risk of osteoporosis**,

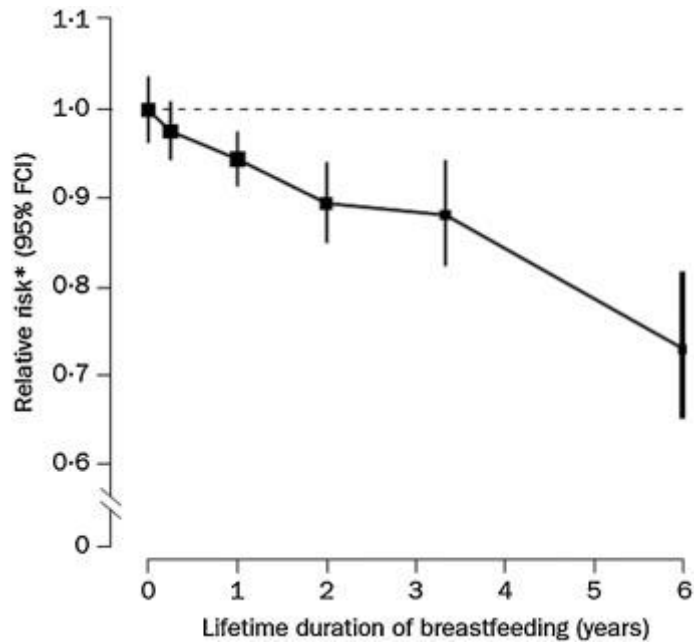
How and why Breastfeeding lowers the Ovarian Cancer:

breastfeeding is associated with longer periods of amenorrhea (the absence of menstruation) and therefore longer suppression of ovulation and decrease in gonadotropin levels and thus lower lifetime exposure to plasma oestradiol

How and why Breastfeeding lowers Breast Cancer:

The sustained exfoliation of breast tissue during lactation and the pronounced epithelial apoptosis (process of programmed cell death) at the end of lactation could decrease breast cancer risk through the elimination of cells with DNA damage and mutations

**BREAST FEEDING IS DETERMINATION
NO MOM HAS TO DO IT ALONE, we are here for you**



In US and Canada, one in 8 women, or about 12%, may develop breast cancer over her lifetime. SO there is a huge reward in breastfeeding for mothers. (Dr S Forman PHD)

Breast milk contains antibodies that can **fight infection**. Those antibodies are present in high amounts in **colostrum**, the first milk that comes out of the breasts after birth. Breast milk can give babies a head start in preventing and fighting infections.

Breast milk has "**probiotic**" factors. The healthy microbiome can play a lifelong role in not only preventing infection, but also in **decreasing the risk of allergies, asthma, obesity**.

BREAST FEEDING IS DETERMINATION
NO MOM HAS TO DO IT ALONE, we are here for you

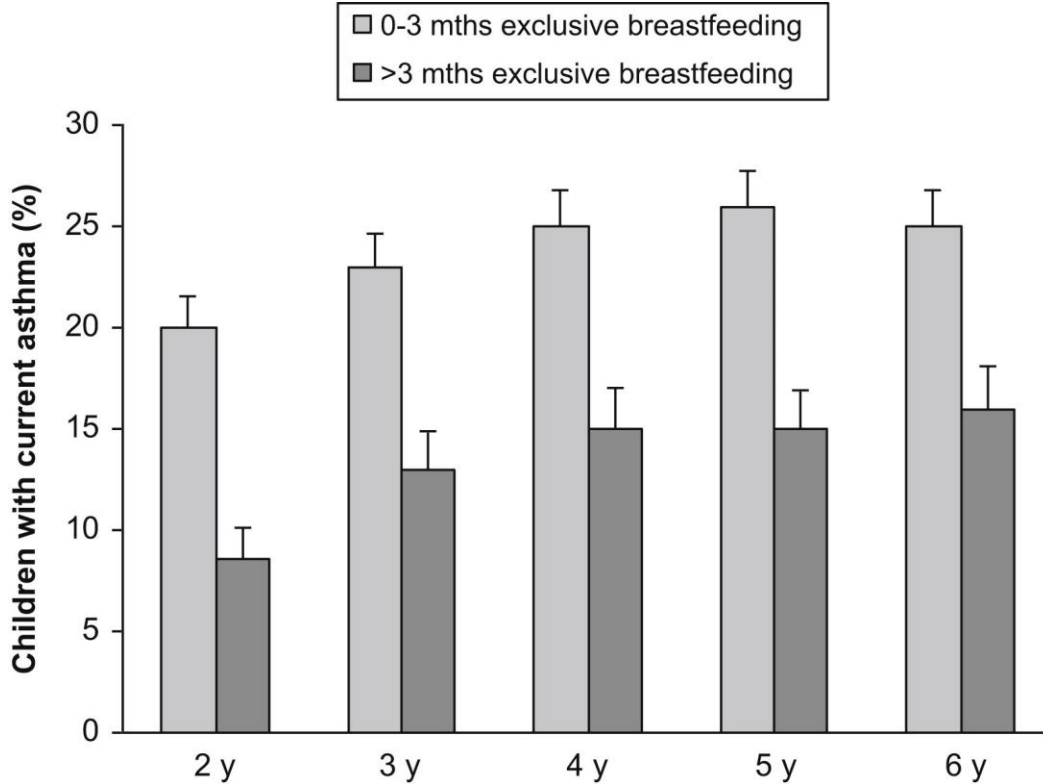
3x

the risk of **obesity** among infants *not* breastfed, compared to those fed only breastmilk for 6 months

Every feed counts: babies who are breastfed even a little also benefit.

Babies nursed directly at the breast have a lower risk of obesity compared to babies who receive breastmilk from a bottle.

Obesity and Breastfed Babies



Asthma incidence and Breastfeeding

BREAST FEEDING IS DETERMINATION
NO MOM HAS TO DO IT ALONE, we are here for you

A step-by-step guide to your breastfeeding journey.

BREASTFEEDING TIMELINE

Size of Baby's Stomach

Ever worry you are not producing enough milk? Remember, a baby's stomach is not the same as an adult's!



1-2 days
Cherry (.2-.4 Oz)



3-4 days
Walnut (1-2 Oz)



5-7 days
Apricot (2-3 Oz)



2-3 weeks
Kiwi (3-4 Oz)



6 months - 1 year
Grapefruit (6 Oz - 2 cups)



Adult
Cantaloupe (4 cups)

Before Baby:

- Breastfeeding Preparedness

Week 1:

- The First Week Of Breastfeeding Is The Hardest
- Establishing Breastfeeding Success During the "4th" Trimester

Month 1:

- Sleeping Habits and Breastfeeding
- What You're Eating While Breastfeeding Matters

Months 2-5:

- Back to Work Breastfeeding Plan
- Breastfeeding Is a Public Right
- Breastfeeding Changes for Baby and Mama
- Benefits of Breastfeeding At Four Months

Months 6-12:

- Preparing For Teething while Breastfeeding
- Solid Foods
- Distraction, Teething, and Moving Around
- Exploring, Eating and Breastfeeding
- Breastfeeding at One Year

After Year 1:

- Growth Spurts and Breastfeeding
- Breastmilk Changes During The Second Year

BREAST FEEDING IS DETERMINATION
NO MOM HAS TO DO IT ALONE, we are here for you

The **Incredible** Health Benefits of **MORINGA OLEIFERA**



GRAM-FOR-GRAM COMPARISON:

- 7x the **VITAMIN C** of Oranges 🍊
- 4x the **VITAMIN A** of Carrots 🥕
- 4x the **CALCIUM** of Milk 🥛
- 2x the **PROTEIN** of Yogurt 🥛
- 3x the **POTASSIUM** of Bananas 🍌
- 3x the **VITAMIN E** of Spinach 🌿
- 3x the **IRON** of Almonds & Spinach 🌿🥜

- 1-MILK BOOSTER and Moringa will help your **fatigue** when exhausted (Rich in **Iron**)
- 2-This plant will provide **Calcium** during lactation
- 3-Helps in **Clotting the blood** as it is rich in **Vit K**
- 4-This fantastic herb will help maintain overall **Uterine** Health
- 5-Pooling of two studies with a total of 51 patients revealed a **significant mean increase of milk** volume on Day 7 in the *Moringa* groups of by 124 mL
- 6- **Anti-cancer effect**. When tested against MDA-MB-231 and HCT-8 cancer cell lines, the extracts of leaves and bark **showed remarkable anti-cancer properties**

Now, you know why we have used Moringa in our formulation!

=====
Thank you for the sacrifices you make and the love you give...
=====

PS: We need your help: Your positive review after trying this great product will help our future negotiations with distributors for retail presence. We know you might be tired but Please take the time to leave your descriptive review on Amz , even very short ! It will be an immense help

(Please leave your review 😊 and use below code for your next purchase. (Valid till end of 2022 and is active for **all Herbacure Products**)

Your Amazon discount "Thank you" code: 92WP5KQ5

Have a wonderful Day & night (Research team)

<https://www.amazon.ca/review/create-review/?channel=glance-detail&asin=B0B2ZQW19P&ie=UTF8&>