

B	M	I	L	K
Saves time.	All-purpose mothering tool.	Colostrum.	Poop.	Greener and cleaner planet.
Can help to heal emotional wounds.	Saves money.	Hormones - prolactin and oxytocin.	Amenorrhea.	Mother's confidence and identity.
Reproduction sequence.	Specialized antibodies.	FREE	Baby's jaw muscles and facial bones.	Develops intimacy between mother and baby.
Easier to digest.	Readily available.	Family planning/ ecological breastfeeding.	Customized meals.	Growth spurt.
Convenience.	Best possible infant food.	Lower risk of certain types of cancer.	Time to reflect and reconnect.	Can reduce the occurrence of ear infections.

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