



Sugars in Breast Milk Help Nursing Mothers with Multiple Sclerosis

Smart Sugars Lesson # 34

by JC Spencer

Studies have shown for years that Royal Sugars are beneficial when fed to new born babies. These sugars improve the child's mental and mobility skills for the rest of their lives. These specific sugars are provided by nature in human mother's breast milk.

But, what about the mother who makes and provides these sugars to their nursing infants?

The JAMA/Archives journals reveal interesting information that we are contemplating in today's Smart Sugar Lesson.

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The mother also benefits from producing these sugars. Evidence is in showing that women with Multiple Sclerosis have a reduced risk of relapse, **EVEN WHEN SHE NURSES THE INFANT FOR ONLY TWO MONTHS.** Nursing longer may be significantly better for both the mother and child.

Multiple sclerosis (MS) is a chronic inflammatory disease of the central nervous system. Royal Sugars that reduce inflammation, improve the immune system, and help MS patients, are proving to be beneficial toward helping many other neurodegenerative diseases. Sugars that modulate the immune system is vital for MS and other autoimmune diseases.

Evidence from the studies showed that the women with MS and healthy women who exclusively breastfed had significantly prolonged lactational amenorrhea [absence of menstruation], which is associated with a decreased risk of relapse in women with MS.

We encourage mothers and soon-to-be-mothers to resist the temptation for convenience of the infant formulas and to go the natural route. Only within the more recent "advance civilization" has humans ignored nature's ways and means of infant feeding.

We have the world's most advance medical culture for treating trauma. However, when it comes to healthcare, we have allowed drugs to replace nutrition, a quick fix to replace prevention, and fast foods to replace good diets. But, wait a minute, what could be better nutrition, better prevention, and faster food than mother's milk for that precious child.

New findings verify that old findings were right. Our parents, grandparents, and ancestors going back to the beginning of human civilization were giving children the best start in life. No infant formula can hold a candle to the quality and benefits of human mother's breast milk because of the natural Royal Sugars.

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