

9 months how much breast milk

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Image Source/Getty Images Breast Milk is the perfect food source for your baby. And it is not only nutritious, but also human milk contains other substances that keep children healthy and help them fight diseases and infections. These natural antibodies found in breast milk, along with its anti-infective, antioxidant and anti-inflammatory properties, make it possible to use more than just a food source for infants. Of course there are legitimate medical uses for breast milk, and hospitals use it in treatment plans for many types of patients. But, did you know that some people use breast milk at home to treat a variety of minor conditions from diaper rash to insect bites and bee stings? Here are some of the interesting and alternative uses for breast milk. Breast milk that is prescribed by a doctor and receives through a legitimate can of milk is screened and pasteurized to make sure it is safe. Fresh breast milk (unpasteurized) can contain dangerous bacterial and fungal infections such as streptococcus, staphylococcus and candida (yeast), as well as transmit viral infections including cytomegalovirus (CMV), herpes simplex virus and human immunodeficiency virus (HIV). When you place fresh breast milk in your eyes or ears, or on a hole in your skin, it can cause complications, illness and infection. Home remedies are generally considered a natural way to treat minor ailments or conditions. These are generally cultural customs, traditions, customs or folk remedies that are passed down from generation to generation or passed down from person to person. However, keep in mind that there is not necessarily any medical evidence that any of these treatments actually work, or whether they can cause more harm than good. Here are 11 breast milk home remedies: eye infections and ear infections: In some cultures, breast milk has been used to treat eye infections and pink eye (conjunctivitis). It is also thought to help heal an ear infection. Cuts, minor burns, and small wounds: Breast milk has been used for cuts, burns and wounds to help wounds heal and prevent their infection. Immune System Booster: If you get sick and drink breast milk, it is thought to boost your immune system and shorten the duration and severity of the common cold. Warts: Some claim that if you put breast milk on a wart, the warts will dry and fall. Itching and burning: Breast milk has been used on the skin to relieve the sting and itchy stings of insects, bee stings, chickenpox, poison ivy, poisonous oak and poisonous sumac. Pain, cracked nipples: If you apply breast milk to pain, cracked nipples, it can help relieve pain, prevent infection, and help in healing. Skin moisturizer: As mentioned breast milk is often rubbed on the chest to moisturize dry, cracked nipples. But, he was also as a moisturizer to treat dry skin and eczema. And, some people say it helps ease cracked lips, loosen the cradle cover, and treat diaper rash. Circumcision Healing: Some parents claim that human breast milk can be used to prevent and treat infections at the circumcision site. Sore throat: Others say that when used as a throat rinse, breast milk can help relieve sore throat. Skin cleaner: In some cases, breast milk has been used to wash the skin, remove makeup, and cleanse acne. Contact Lens Cleaner: Human milk has been used as a contact lens solution, but there is not enough evidence to fully support this assertion and the College of Optometrists advises against it. If you or a family member has an illness or infection, consult your doctor before trying to treat it with breast milk. Breast milk is usually sweet and creamy. You will probably use it to mix your baby's first flakes when you start introducing solid foods. You can even add it to other products for your child. But, some people use it in recipes that they make for themselves. It can replace cow's milk in some cooking and baking recipes. Just like goat's milk, or other alternatives to cow's milk, it can also be added to coffee and cereal or made into butter, cheese, ice cream and other dairy products. When using breast milk in cooking or as part of a home remedy may be questionable, some alternative uses for breast milk are legal and based on research and medical facts. For medical use, breast milk from human dairy banks must be thoroughly tested and pasteurized before being used to treat any conditions or diseases. Breast milk can be used for medical reasons, such as: Nutrition: Breast milk provides food to premature babies and children who cannot thrive under normal circumstances. Patients with weakened immune systems: Breast milk can help cancer patients, organ transplant recipients and people with infectious diseases strengthen their immune system. Preventive medicine: Some researchers say patients may benefit from using donor breast milk to help prevent some diseases. Although the idea of using breast milk for home remedies is interesting, it can be harmful to use fresh breast milk on open wounds or in the eyes and ears. If you have a plentiful supply of milk and a lot of extra breast milk, there are other things you can do with milk. You can freeze and store it to give to your baby when you are no longer breastfeeding. If you have still have extra milk, consider donating it to a milk bank to help premature babies and others in the hospital who could benefit from your generosity. Thank you for your feedback! What do you care? Verywell Family uses only high-quality sources, including peer-reviewed research, to support the facts in our articles. Read our editorial process to learn more about how we verify facts and maintain the accuracy, reliability and reliability of our content. Vitkowska-Simny M., Kaminska-El Hasan E., Vrebel Vrebel Dairy therapy: Unexpected use of human breast milk. Nutrients. 2019;11(5):944. Published 2019 on April 26. doi:10.3390/nu11050944 Karcz K, Walkowiak M, Makuch J, Oleynik I, Kraylak-Oleynik B. Unipicular use of human milk Part 1: Overview of the use of breast milk as a therapy for mucous infections of various types in Poland. Int J Environ Res Public Health. 2019;16(10):1715. Published 2019 on May 16. doi:10.3390/ijerph16101715 Parisius LM, Stoke-Schroer B, Berger S, Herman K, Joos S. Use of home remedies: cross-examination of patients in Germany. BMC Pham Practical. 2014;15:116. Published 2014 on June 11. doi:10.1186/1471-2296-15-116 Gallagher, Jo. Optician Online. Breast milk is not the best for contact lenses. October 26, 2016. Jackson KM, Nazar AM. 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Le Doare K, Holder B, Bassett A, Pannaraj PS. Maternal Milk: a targeted contribution to the development of children's microbiota and immunity. Amertim. 2018;9:361. Published 2018 on February 28. doi:10.3389/fimmu.2018.00361 Pietrasanta C, Ghirardi B, Manca MF, etc. herpesviruses and breast milk. Pediatrician Med Cheer. 2014;36(3):5. doi:10.4081/pmc.2014.5 Riordan, J., and Wambach, K. Breastfeeding and Human Lactation, Fourth edition. Jones and Bartlett learning. 2014. Facebook Twitter LinkedIn Pinterest Breastfeeding your baby breast milk is the perfect food for your baby. It contains only the right amount of nutrients. It is also gentle on your child's developing stomach, intestines and other body systems. It is recommended to breastfeed for up to 6 months and then breastfeed with solid food until at least 1 to 2 years. The benefits of breast milk you may know some of the reasons that breastfeeding is better for your baby. Here are some of these reasons. Healthy nutrients compared to nutrients in breast milk are better absorbed and used by your baby. These include sugar (carbohydrates) and protein. Breast milk has nutrients that are best highlighted for your baby's brain growth and the development of the nervous system. Research on breastfeeding infant babies that they are better at intelligence tests when they get older. The eyes of a baby breastfeeding also work better. This is mainly due to certain types of fat in breast milk. Preventing breast milk infections has many factors to control diseases. They help prevent mild and severe infection and hospitalization. Breastfeeding babies have far fewer digestive, lung and ear infections. Babies born early (prematurely) who are breastfed are also less likely to get a serious bowel infection called NEC (necrotizing enterocolitis). If your baby gets an infection while breastfeeding, the infection is likely to be less severe. Preventing other breastfeeding conditions helps protect children from many serious health problems. And he continues to offer protection as they age. Breastfeeding Babies: Lower risk for SIDS (sudden infant death syndrome) than children who are not breastfed. Lower risk of asthma and skin problems associated with allergies. Babies fed with formulas are more likely to be allergic to milk. Less diarrhea and reduced chances of getting some digestive conditions. The formula can really change healthy bacteria in a child's intestines. Bacteria help with digestion and disease control. Lower risk of leukemia. Fewer long-term health problems as they grow. These include diabetes and obesity. Nursing women also get many health benefits. If you are breastfeeding, you are more likely to lose the weight you gained during pregnancy. You are also less likely to get breast and ovarian cancer and diabetes later in life. What is exclusive breastfeeding? Only breastfeeding for at least the first 6 months of life is best for your baby. This is called exclusive breastfeeding. Breast milk can be expressed and served to your baby in a bottle as needed. You should not give your child water, sugar water, formula, or solids during his or her first 6 months. The only exception to this is: When your child's attending physician tells you to your child's provider can also tell you to give your child vitamins. The American Academy of Pediatrics recommends that breastfeeding children get an extra vitamin D. Your child's supplier will tell you about the type and amount of vitamin D you should give to your child. The risks of not breastfeeding are only you know about the many benefits of breastfeeding. But you may not know why it is important to breastfeed only for at least 6 months. Your baby gets better protected against health problems when he or she receives only breast milk. Breastfeeding in some cases is good. But the thoracic it's better all the time. Giving your baby a formula or other fluids can make you: There are more problems breastfeeding less milk Products Be less confident in breastfeeding less often Stop Breastfeeding before your baby has at least 6 months who should not breastfeed only breastfeeding only almost always recommended. But your doctor may have reason to recommend giving your child a formula or other fluids. These include: The child has certain health problems. Breast milk is only usually recommended, but you may need to add formula or other fluids. For example, your child may need this if he has low blood sugar (hypoglycemia) or loss of body fluid (dehydration). You have had or have had certain health problems. There are several reasons why you should not breastfeed your baby. Some infections can be transmitted through breast milk. In addition, women taking certain medications or using drugs or alcohol should not breastfeed. Breastfeeding, 9 months old how much breast milk. how much breast milk does a baby need at 9 months

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