



# SAVE OUR FUTURE

It is imperative that every expecting family know the contents in this article. I will be discussing some fundamental issues about vaccines, infant formula, and long-chain fatty acids for the infant brain.

## Vaccines

Even if vaccines did what they're advertised to do, they should never be given before 2 years of age. An infant simply has not had enough time to build defenses that can prevent the additives in vaccines from damaging the formative systems, especially the blood, the digestive tract, the brain and the immune system.

This is exactly what is going on in the formative infant brain. The infant is born with about 70% of its brain cells. By age 1, the infant brain will contain some 100 billion neurons, which must last a lifetime. (Schmidt) So in the first year of life, at least 60% of the baby's total energy is expended growing the brain. (Farquaharson) Nature prioritizes – if you want to survive, first get your brain and nervous system up and running.

So in addition to adding that other 30% of brain cells in the first year, the brain is also developing its individual sections, each of which has its own specialty: hearing, memory, sight, intuition, apperception, balance, coordination, judgment, etc. (Guyton) The sections of the brain form from the inside outward, like layers of an onion. Of critical importance is the formation of the connectors between the individual sections, which are called interneurons. These sections of the brain must develop at certain precise weeks of age – and so must the interneuron connectors between the sections – windows of opportunity. For many of these tasks the brain only gets one shot, one opportunity. Miss it, and the hard wiring will never be correct. The brain might figure out some secondary patch job later, but it will never operate the way it was supposed to.

This fragile, unknown universe within the forming brain is exceedingly delicate. It is literally struggling its way into existence. If left to itself for the first two years, nature pulls most of us through. But here's the problem. We've stopped leaving the brain to itself, in the most critical period. First with the additives in vaccines like aluminum, mercury, formaldehyde, phenol, radiator fluids – proven beyond a controversy to be neurotoxic - nerve destroying. (Blaylock) As these toxins are allowed to freely circulate in the blood environment of the brain, nerve cells are killed. Half-formed nerve cells stop forming. Connectors never get made. Worse, the damage is random, because every infant brain is unique, developing at its own pace, like flowers in a field. There is no predicting when the damage will show up. Maybe the child drops dead, or goes into shock, or turns autistic 2 weeks later, or can't learn to read at age 5, or has "ADD" in adolescence, or Parkinson's at 28, or any other neurologic disorder. Or maybe is simply not as smart as his/her parents.

In 2004 (in the U.S.), 1 child in 6 has a neurodevelopmental disorder. (Grier) The Center of Disease Control (CDC) estimates that only 10% of vaccine injuries ever get reported. And there have been over 200,000 serious adverse reaction to vaccines accounted for. No pediatrician will talk about these statistics. Today one infant in 150 becomes autistic. Could it be that we are currently injecting our children with 68 vaccines by the age of 18? Since 1997, independent researchers have come up with tons of legitimate research showing that autism may very well be linked to two vaccine-related causes: MMR vaccine and mercury in other vaccines. Yet mainstream medicine will vehemently deny any correlation. Remember money makes the world go round. Vaccines are not mandatory, they're mandated. There's a big difference between the two.

## Breastfeeding vs. Formula

The second way that the infant brain is frequently handicapped happens when less than optimum nutrition is offered to the child. Again, in the delicate formation of the normal brain, certain raw materials must be abundantly present.

Breastfeeding equals optimal nutrition. As long as the mother has a good diet herself, there is no food or formula known to man that can improve on mother's milk during the first year of life. Starting with colostrum, with its natural antibiotics and irreplaceable immune building properties, and then proceeding to the normal milk, with exact balance of long chain fatty acids, proteins, vitamins, minerals and enzymes... Mother's milk is the gold standard. To go from mother's milk to formula is at the very least a huge drop in overall quality of nutrition, which all by itself significantly raises the chances of incomplete brain development. (Schmidt) Tons of studies back this up.

One of the top experts in essential fatty acids is Barry Sears, MD. Here is a chart of his comparison of breast milk vs. formula:

## COMPARISON OF HUMAN MILK AND FORMULA

NUTRIENT FACTOR	BREAST MILK CONTAINS	FORMULA CONTAINS	COMMENTS
<b>Fats</b>	<ul style="list-style-type: none"> <li>• Rich in brain-building omega 3s, namely DHA and AA</li> <li>• Automatically adjusts to infant's needs; levels decline as baby gets older</li> <li>• Rich in cholesterol</li> <li>• Nearly completely absorbed</li> <li>• Contains fat-digesting enzyme, lipase</li> </ul>	<ul style="list-style-type: none"> <li>• No DHA</li> <li>• Doesn't adjust to infant's needs</li> <li>• No cholesterol</li> <li>• Not completely absorbed</li> <li>• No lipase</li> </ul>	<p>Fat is the most important nutrient in breast milk; the absence of cholesterol and DHA, vital nutrients for growing brains and bodies, may predispose a child to adult heart and central nervous system diseases. Leftover, unabsorbed fat accounts for unpleasant smelling stools in formula-fed babies.</p>
<b>Protein</b>	<ul style="list-style-type: none"> <li>• Soft, easily-digestible whey</li> <li>• More completely absorbed; higher in the milk of mothers who deliver preterm</li> <li>• Lactoferrin for intestinal health</li> <li>• Lysozyme, an antimicrobial</li> <li>• Rich in brain-and-body- building protein components</li> <li>• Rich in growth factors</li> <li>• Contains sleep-inducing proteins</li> </ul>	<ul style="list-style-type: none"> <li>• Harder-to-digest casein curds</li> <li>• Not completely absorbed, more waste, harder on kidneys</li> <li>• No lactoferrin, or only a trace</li> <li>• No lysozyme</li> <li>• Deficient or low in some brain-and body-building proteins</li> <li>• Deficient in growth factors</li> <li>• Does not contain as many sleep-inducing proteins.</li> </ul>	<p>Infants aren't allergic to human milk protein.</p>
<b>Carbohydrates</b>	<ul style="list-style-type: none"> <li>• Rich in lactose</li> <li>• Rich in oligosaccharides, which promote intestinal health</li> </ul>	<ul style="list-style-type: none"> <li>• Deficient in oligosaccharides</li> </ul>	
<b>Immune Boosters</b>	<ul style="list-style-type: none"> <li>• Rich in living white blood cells, millions per feeding</li> <li>• Rich in immunoglobulins</li> </ul>	<ul style="list-style-type: none"> <li>• No live white blood cells-or any other cells. Dead food has less immunological benefit.</li> <li>• Few immunoglobulins and most are the wrong kind</li> </ul>	<p>When mother is exposed to a germ, she makes antibodies to that germ and gives these antibodies to her infant via her milk.</p>

<b>Vitamins and Minerals</b>	<ul style="list-style-type: none"> <li>• Better absorbed, especially iron, zinc, and calcium</li> <li>• Iron is 50 to 75 percent absorbed.</li> <li>• Contains more selenium (an antioxidant)</li> </ul>	<ul style="list-style-type: none"> <li>• Not absorbed as well</li> <li>• Iron is 5 to 10 percent absorbed</li> <li>• Contains less selenium (an antioxidant)</li> </ul>	Vitamins and minerals in breast milk enjoy a higher bioavailability-that is, a greater percentage is absorbed. To compensate, more is added to formula, which makes it harder to digest.
<b>Enzymes and Hormones</b>	<ul style="list-style-type: none"> <li>• Rich in digestive enzymes, such as lipase and amylase</li> <li>• Rich in many hormones: thyroid, prolactin, oxytocin, and more than fifteen others</li> <li>• Varies with mother's diet</li> </ul>	<ul style="list-style-type: none"> <li>• Processing kills digestive enzymes</li> <li>• Processing kills hormones, which are not human to begin with</li> <li>• Always tastes the same</li> </ul>	Digestive enzymes promote intestinal health. Hormones contribute to the overall biochemical balance and well-being of baby. By taking on the flavor of mother's diet, breast milk shapes the tastes of the child to family foods.

### Good Fats

The infant's brain is made up mostly of fats – good fats. Fats make up the structure of the nerve cells, the insulation between them, the connections, and the support structure. Without these critical fatty acids, there is no normal brain. Therefore inadequate supplies of these essential fatty acid cause defective brain formation.

Before we delve any deeper in brain fats, it's important to say just a little bit about fats in general. There are many misconceptions about fats. Fats are bad. Fats clog the heart and arteries. Fats equal fat in the form of cellulite and love handles. Fats are the Devil! So we have the low fat/non fat obsession, which leaves to fat deficiency and therefore unhealthy. I know you're thinking what is this guy talking about?

Human food comes in 3 main forms: fats, protein, and carbohydrates. Three legs of the stool. Take away any one of them and the result is imbalance. Suboptimal nutrition. Organ dysfunction. Brainfog. Accelerated aging. So we need fats. Everyday. But they need to be the right ones – essential fatty acids (EFA).

Certain long-chain fatty acids must be present in the mother's diet and blood in order for the fetal brain to have the building block it needs. The reason these fats are required is that the baby's brain is almost all fat! The two most important fatty acids (FA) for the brain are docosahexaenoic acid (DHA) and Arachidonic Acid (AA). DHA is an omega-3 FA and AA is an omega-6. DHA is important for vision cells, memory cells, brain connection, and brain cell energy. AA develops brain cells. Sounds pretty important, don't you think? There is no substitute for these EFAs. The infant's brain approaches optimum development in direct proportion to the constant availability of DHA and AA. Dr. Margaret Lahey clearly links EFA deficiency in infants with ADD, dyslexia, and autism, citing dozens of medical sources.

A normal infant brain simply cannot be made without the fatty acid DHA. (Holfman) If DHA supplies are inadequate, the body will substitute the closest other fatty acids it has in order to survive. But the brain will not be normal. Most pregnant women are themselves deficient in DHA and AA, and therefore provide insufficient amounts of these EFAs during the critical brain growth period in the last trimester. (Hornstra and Salvati) The importance of the woman's diet both before and after childbirth can hardly be over emphasized.