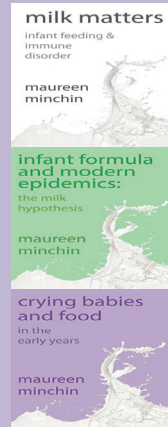




The WEIRD Milk Hypothesis:

Western, Educated, Industrialised, Rich & Democratic Infant Feeding
has created global epidemics of inflammatory disease

Maureen Minchin BA (Hons) MA (Melb) TSTC
Email: womensmilkatters@gmail.com



c.1915+ Non-allergic mother (Generation 0) has non-allergic baby (Generation 1)



Breastfed 'survivor' mother consumes normal diet

- gestates
- births at home
- breastfeeds *ad lib* from birth

Infant:

- no gut damage
- healthy microbiome
- normal genome & neural development

Child tolerant of normal diet / environment with wide immune repertoire created via breastfeeding

Healthy immune responses because

- genes expressed normally
- little epigenetic damage

1935+ Non allergic mother (Generation 1) – few consuming excess cows' milk in pregnancy- has mildly allergic baby (Generation 2) after hospital birthing & feeding practice



Hospital birthing:

- Separation stress (baby in nursery care)
- Strict 3 - 4 hourly breastfeeding schedules
- Early postnatal formula common: fear of jaundice (due to scheduled feeds)
- Use of sugar water (fear of hypoglycaemia)
- Use of medications, including antibiotics
- Bottle feeding by staff

Milk intake urged for breastfeeding women

Infant:
Gut dysbiosis, fermentation & discomfort postbirth

Manifestations include:

- Baby is initially calm, colic emerges in first few weeks after initial hospital feeds
- Eczema rates x7 in formula fed babies vs breastfed babies
- Asthma rates increase

First half of 20th century-
Refrigeration & milk marketing lead to excessive cows milk intake in pregnancy & lactation: exposing mother & baby to allergens, antibodies, stock feed & drugs.

1930s onwards: Hospitals targeted with free infant formula in US, then other countries including UK as marketing strategy

❖ **Poor women breastfeed; studies show advantage to infants despite socioeconomic status**

❖ **Advantaged women formula feed**



1950s: Colic initially explained as maternal ineptitude, then as normal infant temperament, observations developed largely from bottlefed infants

By 1950 fewer than 1 in 5 babies is ever breastfed;
high protein evaporated or dried milk mixes used

1960+ Mildly allergic high-CM-intake mother (Generation 2) has obviously allergic baby (Generation 3)



Pregnant mothers' high cows' milk intake sensitises baby in utero; hyperactivity.

- Maternal gut damage with unrecognised symptoms, including hyperemesis
- Soy formula advised as solution: failed
- Universal early post-natal formula exposure creates symptoms in solely breastfed babies
- Dietary antigens in breastmilk cause infant symptoms

- Dysnutrition leads to warped gut/ immune / neurologic / hormonal development of infants; DNA damage, programming for obesity....
- Babies distressed before & from birth – food-intolerances evident to mothers
- Breastfeeding groups recommend diet changes to mothers; criticised by healthworkers
- Parent allergy groups set up in all WEIRD nations; ignored by most doctors

Infant symptoms:

- Asthma
- Eczema
- Dysbiosis, colic
- Hyperactivity
- Reproductive & brain tissue changes

1985+ Obviously allergic mother (Generation 3) has more obviously allergic baby (Generation 4)



- Inherited problems worsen
- High levels of antibodies associated with infant allergies in utero / at birth
- Antibiotics & cows milk formula / fortifier in hospitals assumed safe despite effects
- Different immune cell patterns in milk
- Mothers becoming aware of their own allergies
- ❖ **Significant demographic shift**
- ❖ **Advantaged women now breastfeed, less advantaged locked into formula feeding**

- Rates of diabetes and 'minimal brain disorder' explode; autism
- Eczema by now common in breastfed infants, though milder
- Use of soy formulas common, despite oestrogen analogues
- Low lactose formula reduces gut symptoms (but not gut sensitisation)
- Exclusive breastfeeding (EBF) from birth for six months still very rare; EBF + careful complementary feeding delays emergence & reduces allergy symptoms in fully breastfed children
- **Research never includes impact on microbiome & genome of intergenerational formula exposure; NO true EBF groups studied**
- ❖ **High risk / rates of allergy in all socioeconomic groups**

2020+ What next? Vertically Communicable Diseases (VCDs not NCDs) will snowball

“What we feed them now matters forever”. True.

Milk Matters: infant feeding and immune disorder has been called a “revelation”, and “a book to change the world”. Maureen Minchin argues that a Milk Hypothesis best explains the western explosion of inflammatory diseases now being vertically communicated within families. The book traces this population-wide health disaster to the once almost universal (and still common) early exposure of children, even those breastfed, to infant formula in 20th century hospitals. If you’re interested in mothers and babies or epigenetics and microbiomes and how they affect allergies, diabetes, or brain disorders, or want to understand your own health, it’s a must-read.

Fully referenced, it covers in depth:

- evidence that compounding intergenerational damage due to early infant dysnutrition is the basis for inflammatory disease epidemics, due to interference in breastmilk’s unique role as growth and immune modulator;
- the hidden and often scandalous realities of infant formula past and present, and the undisclosed defects and effects on physical and mental development;
- practical strategies for preventing or minimising diet-related distress and immune disorder in young children – and their parents. From oversupply to undersupply, lactose intolerance, reflux, colic, what formula to choose when, widening the diet, dealing with fever and pain....all this and much more.

WHAT DO READERS SAY ABOUT THE BOOK?

A work of huge vision, based in extensive knowledge and understanding, yet easy to read and understand without specialist technical knowledge... A book to change the world, and people’s understanding of it.

– **Professor Mary Renfrew FRSE, Director, Scottish Improvement Science Collaborating Centre**

Maureen Minchin’s *Breastfeeding Matters* (1985) was a milestone in the history of breastfeeding. This amazing new trilogy has much to teach parents professors and paediatricians the world over.

– **Professor Marilyn D. Renfree AO DSc FAA FAIBiol**

This important book should not only spur efforts to restore breastfeeding, but also encourage researchers to examine some provocative questions concerning the immune system in human milk and its unique effects on infants.

– **Armond S. Goldman MD, Emeritus Professor, The University of Texas Medical Branch**

....before you read, buy yourself a giant packet of highlighter pens or multi coloured post-its. You will not skim read this book and think nothing more. You will recognise yourself, become fascinated by the science and have multiple lightbulb moments. Your highlighter pen will not last past chapter three!

– **Professor Amy Brown, University of Swansea; f; author of Breastfeeding Uncovered.**

I have read all 800 pages, which taught me a great deal, and there was not a single thing with which I would disagree. It is truly amazing, and will ultimately lead to the demise of infant formula.

– **Professor Roger V. Short AM ScD FAA FRS**

This book made me see that I and my baby have been victims of other people’s actions and turned my irrational guilt to anger.

– **An allergic mother with a crying baby. (One of many)**

Reviews are online at Amazon and on the website. See: <http://www.infantfeedingmatters.com/responses/http://infantfeedingmatters.com/amazon-reviews-milk-matters/>

Hardback available from online booksellers including Book Depository (free global postage), and direct from: Milk Matters Pty Ltd, Box 132, Newcomb LPO, Vic 3219 Australia. Payment via Paypal or bank transfer.

Available as two e-books [*Infant formula and Modern Epidemics: the milk hypothesis; Crying Babies and Food in the Early Years*] on Kindle, Kobo, iTunes. *Milk matters: infant feeding and immune disorder* ISBN: 9780959318319 RRP: \$120.00, Size: 254mm x 178mm x 51mm, 840 pages incl. Bibliography and Index; 2000+ references.

Email: womensmilkatters@gmail.com Phone: (+61) 402 242 178

www.infantfeedingmatters.com