

Nestlé Scientist's False Claims Exposed by CBC

In the late 1980s, Nestlé sensationally launched an infant formula that the company claimed could "reduce your child's risk of developing allergies." As previously reported on the INFAC Canada website, Dr. Chandra, who was paid to conduct the studies to justify Nestlé's claims, has had much of his work come under intense scrutiny for academic fraud and at least one of his studies has been completely discredited. According to a documentary aired on CBC's the National, it now appears that the Nestlé study was never even conducted and the raw data Chandra presented could not have actually been collected.



Over the past two decades, Nestlé has sold millions of tins of formula based on evidently falsified science, and parents the world over have been duped into exposing their children to the risks of formula feeding. Repeated studies have shown that artificial feeding actually increases the risk of allergies. (visit: www.infactcanada.ca) Given the company's widely documented disregard for infant health, it is unlikely that Nestlé will make amends for its misconduct, but given the evidence about Chandra's malfeasance, it is hard to see how it will justify not retracting the claims about its supposedly hypoallergenic formula.

To read more about this story visit: www.cbc.ca/national/news/chandra/

"Upcoming Education Opportunities"

16th Annual National Breastfeeding Seminar

Good health for the family.

June 1 & 2, 2006 Toronto, ON

visit: www.infactcanada.ca for more information



The Breastfeeding Connection, Thunder Bay is ready to match new breastfeeding moms with volunteer breastfeeding moms to provide telephone support.

For more information or to get matched, call Lynn at 623-0292.

Breastmilk is the best milk – up to 2 years and beyond.



Thunder Bay District Health Unit
999 Balmoral Street
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Breastfeeding Matters

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LA LECHE LEAGUE THUNDER BAY CELEBRATES IT'S 35TH ANNIVERSARY!

2006 marks the 35th anniversary of the La Leche League in Thunder Bay. Originally founded in 1956 in Illinois, Canada's first meetings were held in the 1960's in Quebec and in Thunder Bay in 1971. La Leche League International (LLLI) was founded by a group of seven mothers at a time when breastfeeding was rare. They felt that experienced breastfeeding mothers could provide the kind of practical, evidence-based help that newer mothers needed. From the beginning, they had a group of medical experts working with them to ensure the accuracy of the information they shared. The focus of La Leche League then and now is mother-to-mother support. Research has shown that peer support is an effective way to help women breastfeed successfully. Monthly meetings are led by volunteer leaders who are all mothers who have breastfed their own children and done some additional training so they can better help other mothers.

Experienced mothers who attend the meetings have the opportunity to share information and ideas with newer mothers who may be facing some challenges or who want to know how to prevent future problems. The name "La Leche" (pronounced La Lay-chay) means "the milk" in Spanish, and was adopted in part because the word "breastfeeding" was not acceptable at the time. Betty (above photo) was a leader for 21 years in Thunder Bay and in this photo was pregnant with her 2nd child Ashleigh who also became a leader and tells of her experience with LLL below.



Back row –left to right - Tina James, Pat Sloan, Connie Murdoch
Front row-left to right—Jill Piilo, Betty McLellan

A La Leche League Story

I first began attending La Leche League meetings when my mother was pregnant with me in 1976. My mother, Betty McLellan, was a League Leader from 1973 to 2000. I grew up around proud breastfeeding women and always knew that one day I would be one. As a child, I would pretend to lead League meetings as my mother led real ones. When I became pregnant with my first child, I began attending La Leche League meetings as a mother-to-be and then, with my mother leading the meetings. When my son, Logan, was a year and a half old, I trained to become an LLL leader and remained one for three years. I took a break from meetings when my son weaned at four and a half years, but went back for the support and advice when my daughter, Elora, was born in 2002. I still attend meetings with Elora who is just about to wean at four years. Even though I grew up in a very breastfeeding friendly family, I still found great benefit in attending meetings. LLL has influenced my mothering decisions in every way. I am forever grateful that my mother became involved all those years ago so that I could grow up to be one of those proud breastfeeding women. *~ Ashleigh*



Meetings in Thunder Bay are held the third Friday of each month at 10:00 AM at the Ontario Early Years Centre in Northwood Mall. Meetings are open to all women interested in breastfeeding and babies are welcome. For breastfeeding help or meeting information call Ashley at 344-3857 or Jelena at 767-3126.

Come and check us out!





La Leche League Canada

To encourage, promote and provide mother-to-mother breastfeeding support and educational opportunities as an important contribution to the health of children, families and society.

La Leche League's beliefs are expressed through ten concepts - the La Leche League Philosophy:

- ♥ Mothering through breastfeeding is the most natural and effective way of understanding and satisfying the needs of the baby.
- ♥ Mother and baby need to be together early and often to establish a satisfying relationship and an adequate milk supply.
- ♥ In the early years the baby has an intense need to be with his mother which is as basic as his need for food.
- ♥ Breast milk is the superior infant food.
- ♥ For the healthy, full-term baby, breast milk is the only food necessary until the baby shows signs of needing solids, about the middle of the first year after birth.
- ♥ Ideally the breastfeeding relationship will continue until the baby outgrows the need.
- ♥ Alert and active participation by the mother in childbirth is a help in getting breastfeeding off to a good start.
- ♥ Breastfeeding is enhanced and the nursing couple sustained by the loving support, help, and companionship of the baby's father. A father's unique relationship with his baby is an important element in the child's development from early infancy.
- ♥ Good nutrition means eating a well-balanced and varied diet of foods in as close to their natural state as possible.
- ♥ From infancy on, children need loving guidance which reflects acceptance of their capabilities and sensitivity to their feelings.



LL meeting at Ontario Early Years

For more information about La Leche League visit: www.lalecheleaguecanada.ca

New Brunswick Supports the BFI as Part of their Wellness Strategy

This past January 2006, the Province of New Brunswick supported the Baby Friendly Initiative in their Provincial Health Plan with funding and legislation.

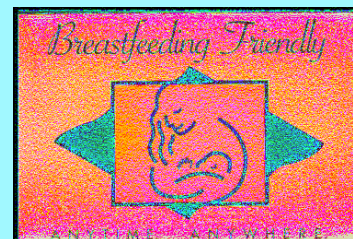
Breast milk provides optimal nutrition needed for a baby's healthy growth and development and boosts the baby's immune system. Breastfed infants have lower risks of being obese, developing allergies, becoming ill with breathing problems and infections, and succumbing to Sudden Infant Death Syndrome (SIDS).

As part of its Wellness Strategy, the Government of New Brunswick will promote, support and protect breastfeeding by adopting the evidence-based Baby-Friendly™ Initiative (BFI). BFI is an international program jointly developed by the World Health Organization and UNICEF to optimize breastfeeding outcomes for mothers and babies by creating a health care environment where breastfeeding is the norm, and improving the quality of care through incorporation of evidence-based practices to promote, protect and support breastfeeding in hospitals and in the community.

All hospitals, Community Health Centres and Public Health services providing services to women, infants, young children and their families will undertake steps towards achieving Baby-Friendly™ Initiative designation. In 2005-06, \$100,000 will be invested in this initiative. This is a multi-year commitment.

If you would like our province to show similar support for the Baby Friendly Initiative, you can email:

Premier Dalton McGuinty at dalton.mcguinty@premier.gov.on.ca or write a letter of support to Dalton McGuinty, Premier;Legislative Building;Queen's Park;Toronto ON M7A 1A1.



Consultant's Corner

Nancy Nurmi RN BScN IBCLC

Some myths heard at the Breastfeeding Clinic of the Thunder Bay District Health Unit

"I have been told by my mother and friends that I should be careful about foods like cabbage, turnip or spicy foods while breastfeeding because these foods will cause gas or upset stomach in my baby."

While research has proven otherwise and even though many more women are breastfeeding this belief is still around! Perhaps if we think about all the different diets in cultures around the world it will help put this into perspective. Human milk has been examined world wide and shows that our milk is essentially the same no matter what the diet. One food item that has been shown to cause digestive difficulties in the infant if taken by the mother is cow's milk. It is a good source of calcium and is encouraged in our culture but is not considered a staple in many countries in the world. A Lactation Consultant can help you to figure out if cow's milk is causing a problem.

"My baby weaned himself from the breast at 3 months of age."

Babies can certainly have fussy times and seem to refuse the breast for reasons such as illness, sore mouth etc. Some babies will also go on a temporary "nursing strike". But a healthy baby (or other infant mammals for that matter) will not voluntarily remove his/herself from his/her food source. That would be going against a basic instinct to stay alive! Babies are hot wired to ask for food. It is more likely that the baby was offered another source for nourishment (like bottle feedings) and the baby began to prefer it and reject the breast! Mothers who wish to protect breastfeeding need to be aware that this may happen. Many older infants (closer to toddler age) may decide to stop nursing but by then they are old enough to be receiving food and drinks from other sources.



"My milk started to dry up so I had to start supplementing."

In many instances the mother comes to this conclusion because of misunderstanding of her infant's behaviour, not understanding normal breast changes as breastfeeding becomes established and/or the fact that she cannot pump as much as she could before. Many new mothers have an expectation that baby will feed at certain intervals. If the infant asks to eat more frequently the conclusion is made that the infant didn't get enough milk to keep them satisfied longer. Babies do not have built in schedules but ask to eat when hungry. We are socialized to eat by a clock but it doesn't mean that we are hungry at breakfast, lunch and supper! It is important to understand that babies have growth spurts and they do ask to eat sometimes in clusters. This is perfectly normal and shouldn't be interpreted as a milk supply failure. Sadly enough, women have come to doubt the functioning of their breasts and readily accept the notion that they can fail to work; even though all their other reproductive parts work!

A few weeks after delivery and after the initial fullness (and sometimes engorgement) the breasts naturally soften. This is also a time that babies have a growth spurt. So some women misinterpret this as meaning their milk supply is diminishing. The mother's milk is moving into "supply and demand" stage where milk production matches what the baby removes and often the mother cannot pump as much as before. This is perfectly natural. Mothers need to know that what is removed by a pump is not an accurate measure of what is available for the baby. Remember - the human race got here by breastfeeding and our breasts are not so fragile that they would stop functioning for no reason.

