

The presence of ecological breastfeeding has some unique advantages. That's because the other methods of natural family planning (NFP) are based on fertility awareness and abstinence during the fertile time. Let's take a look at the advantages of ecological breastfeeding.

Ecological breastfeeding offers 1, 2 or occasionally 3 years of extended infertility (no menstruation). Other NFP methods do not offer that.

Ecological breastfeeding offers 1, 2, or occasionally 3 years of NO abstinence. Other NFP methods do not offer that.

Ecological breastfeeding saves lives. Those are babies' lives as well as women's lives. Other NFP systems do not do that.

For the mother, ecological breastfeeding protects against breast cancer, ovarian cancer, anemia, rheumatoid arthritis, endometrial cancer, thyroid cancer, lupus, osteoporosis and heart disease. Other NFP methods do not do that except negatively—the absence of abortifacient hormonal birth control.

For the baby, ecological breastfeeding protects against allergies, asthma, bacterial meningitis, botulism, Crohn's disease, diarrhea, ear infections, eczema, gastroenteritis, leukemia, lymphoma, autoimmune thyroid disease, inflammatory bowel disease, multiple sclerosis, necrotizing enterocolitis, obesity, respiratory tract infections, SIDS, ulcerative colitis, type 1 and 2 diabetes, and urinary tract infections. Other NFP methods do not do that.

The presence of ecological breastfeeding requires NO charting or device or app which are associated with the NFP fertility-awareness methods.

Ecological breastfeeding—or a pattern very similar to eco-breastfeeding—is truly God's plan for mother and baby. For this natural plan we are indeed very grateful. However, when there is a sufficiently serious reason to practice another method of NFP, we are also truly grateful for the science behind these methods and for their availability.

Sheila Kippley
Co-founder and current volunteer

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