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- It's a natural, renewable resource and it is all the baby needs for the first six months of life.
- It requires no resources for packaging, shipping or disposal.
- No precious energy is wasted producing artificial baby milk and related products.
- No land needs to be deforested for pasture or crop production.
- It does not create pollution from the manufacturing of human milk substitutes, bottle, teats and cans.
- It helps space babies by suppressing fertility in the mother.

