

o
n
o
m
i
s
t.
c
o
m
/

c
o
m
/
h
e
a
l
t
h
y
-
h
o
m
e
-
p
l
u
s/
)

Vegan Breastfeeding Kills Baby



by Sarah Pope (<https://www.thehealthyhomeeconomist.com/author/sarah/>)/ Affiliate Links ✓



This ad will end in 5





Vegan breastfeeding has caused an 11-month-old baby to die and the parents are charged with neglect after an autopsy indicated the baby suffered from severe deficiencies in Vitamin B12 (<https://www.thehealthyhomeeconomist.com/vitamin-b12-critical-nutrient-found-only-in-animal-foods/>) and Vitamin A. Both these nutrients are known to be critical to a child's development and sorely lacking in a vegan diet. This is why doctors strongly advise against nursing mothers and growing children following a vegan diet (1) (<https://articles.mercola.com/sites/articles/archive/2011/04/11/how-moms-vegan-diet-unintentionally-killed-her-innocent-child.aspx>).

Vegans have long been advised to take [B12 supplements](https://www.amazon.com/gp/product/B000BO1LY4?ie=UTF8&camp=1789&creativeASIN=B000BO1LY4&linkCode=sm2&tag=theheahomecoa-20)



This ad will end in 5



[B12 supplements](https://www.amazon.com/gp/product/B000BO1LY4?ie=UTF8&camp=1789&creativeASIN=B000BO1LY4&linkCode=sm2&tag=theheahomecoa-20) as long term veganism runs the huge risk of serious B12 deficiency as well as other

nutrients only found in animal foods such as true Vitamin A. Beta carotene (<https://www.thehealthyhomeeconomist.com/beta-carotene-vitamin-a-myth/>) is not true vitamin A nor does it easily convert to adequate amounts of Vitamin A in the body to sustain optimal health.



While charging the parents in this tragedy is questionable as it smacks of too much interference by government into private life, it does communicate a clear message to other vegans: abstinence from all animal foods is a danger to one's health and most particularly, your baby!


It also sends a clear message that what a nursing Mother eats definitely DOES affect the quality of her breastmilk, particularly with vegan breastfeeding. Many breastfeeding advocates insist that breastmilk will include all a baby needs despite what the Mother eats, but clearly this is not the case.







This ad will end in 5



Traditional cultures (<https://www.amazon.com/gp/product/O916764206?ie=UTF8&camp=1789&creativeASIN=O916764206&linkCode=xm2&tag=thehealthhomecoa-20>) took great care to ensure that pregnant and breastfeeding mothers consumed ample amounts of animal foods rich in vitamins A, D, E, K2 (<https://www.thehealthyhomeeconomist.com/which-vitamin-k2-supplement-is-best-mk-4-or-mk-7/>) and of course B12. These foods included grass-fed butter, pastured eggs, liver, seafood, and fish eggs (<https://www.thehealthyhomeeconomist.com/fish-eggs-a-superior-vitamin-d-boost/>). Notice that none – NOT ONE of these traditionally sacred foods is plant-based (<https://www.thehealthyhomeeconomist.com/plant-based-diets-cannot-maintain-health/>)!

Incidentally, the 2017 vegan film What The Health  (<https://www.thehealthyhomeeconomist.com/what-the-health/>) was unable to cite a single successful vegan population group either. Why? Because there are none. Ever.

If you are pregnant and breastfeeding and would like to learn what foods will maximally support the health of your baby while nursing, please check this link   This ad will end in 5  (<https://www.westonaprice.org/health-topics/diet-for-pregnant-and-nursing-mothers/>) for the complete listing of traditionally sacred foods for optimal fetal and baby development. 

These foods will also ensure the preservation of your own health during pregnancy and lactation which can easily deplete a Mother's nutritional stores leaving her vulnerable to exhaustion.

Vegan Parents Convicted

The vegan breastfeeding mother and father whose baby died as described in this article were convicted by a French court to 5 years in prison due to the imbalanced vegan diet the mother ate which led to nutrient-poor breastmilk and a failure to thrive child who eventually fell ill from severe nutrient deficiency and died without the parents ever seeking proper medical attention (source) (<https://www.theguardian.com/world/2011/apr/01/joel-sergine-le-moaligou-convicted>).



For more information on how vegan breastfeeding and also a vegan diet devastate the health of children, read about how a [12-year-old vegan was diagnosed with the degenerating bones of an 80-year-old](https://www.thehealthyhomeeconomist.com/12-year-old-vegan-has-the-degenerating-bones-of-80-year-old/). (Dr. Faisal Ahmed MD, a pediatrician treating the child, said that the dangers of forcing children to follow a strict vegan diet need to be publicized.)



This ad will end in 5



Unfortunately, vegan parents don't seem to be getting the message quickly enough. The latest case involves vegans who nearly starved their 5-month-old baby to death feeding him potato mash instead of the doctor advised organic formula.

The child, who weighed just over 8 pounds and had sunken eyes and protruding ribs, is recovering but will likely suffer long-term damage from the experience ([source](https://www.foxnews.com/us/vegan-parents-charged-after-starving-their-5-month-baby-by-switching-from-doctor-advised-organic-formula)) (<https://www.foxnews.com/us/vegan-parents-charged-after-starving-their-5-month-baby-by-switching-from-doctor-advised-organic-formula>).

References

[Angelina Jolie says veganism nearly killed her](https://www.thehealthyhomeeconomist.com/veganism-almost-killed-angelina-jolie/)

(<https://www.thehealthyhomeeconomist.com/veganism-almost-killed-angelina-jolie/>)

[Supersize Me Girlfriend Quits Veganism](https://www.thehealthyhomeeconomist.com/girlfriend-from-super-size-me-ditches-veganism/)

(<https://www.thehealthyhomeeconomist.com/girlfriend-from-super-size-me-ditches-veganism/>)

[Vitamin A Vagary](https://www.westonaprice.org/health-topics/abcs-of-nutrition/vitamin-a-vagary/) (<https://www.westonaprice.org/health-topics/abcs-of-nutrition/vitamin-a-vagary/>)

[Vitamin B12: Vital Nutrient for Good Health](https://www.westonaprice.org/health-topics/abcs-of-nutrition/vitamin-b12-vital-nutrient-for-good-health/) (<https://www.westonaprice.org/health-topics/abcs-of-nutrition/vitamin-b12-vital-nutrient-for-good-health/>)



This ad will end in 5



