

Just a few serious sunburns can increase your child's risk of skin cancer later in life.

Not only should vitamin K1 be given orally, but vitamin D and vitamin K2 as well, since most parents are so adamant about shielding their children from the sun. As a result of this widespread sun-phobia, most children are vitamin D deficient from birth. According to one recent study, 21 breastfed infants should ideally begin receiving vitamin D supplementation at birth. The study supports using a dose of 400 IUs of vitamin D per day for the first nine months of the baby's life.

Why Are Some Doctors so Clueless?

The infant mortality rate in the US is absolutely abysmal, ranking in 34th place after countries like Singapore, the Czech Republic, South Korea, Croatia, and Cuba. This despite having "the best" medicines in the world—and spending more than any other country on health care. It's quite clear that Americans have a lot to learn about what is required for a healthy baby.

Long-term health does not at all appear to be correlated with getting an abundance of injections. We're missing something, and I believe that something is really fundamental and basic. Many Americans do not trust their bodies to do what nature intended their bodies to do. The human body is imbued with the power to self heal, if given adequate support.

Enormous damage was done when physicians used forceps to pull babies out of the womb. And for quite some time physicians were (and some still are) vehemently opposed to breastfeeding—the perfect food for an infant! Eventually, mainstream medicine was forced to acknowledge the dangers of forceps however, and admit the benefits of breastfeeding.

There is progress, however. Some hospitals offer a less brutal C-section that allows the baby to stay with the mother and breastfeed sooner. The benefits to mother and baby are astounding. Yet most hospitals still refuse to allow it because it's time consuming and requires a change in staffing practice. I believe the ramifications of this attitude of "efficiency first" is taking its toll and showing up in our infant mortality rates.