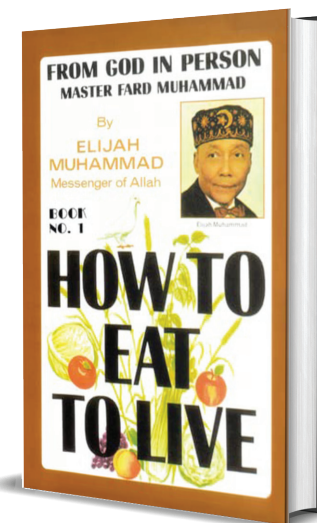


# The Miracle of Breast Milk: Our God-Given Vaccination

“Mothers should feed their babies from their breast milk if they possibly can, as this is the best.”



by Dr. Christina Parks, Ph.D.

trum, the thick, yellow “early milk” commonly called “liquid gold,” which is rich in factors necessary for growth and development as well as immune components, such as antibodies, anti-microbial agents and immune cells. The passive “immune system” that the infant receives from colostrum (as well as from transitional milk, the second stage of breast milk, and mature breast milk, the final phase) is extremely powerful at neutralizing pathogens, especially harmful bacteria. Even though the infant is born

with a fully functional immune system, activation of this immune system is put on hold in order to keep the infant in the anti-inflammatory state optimal for proper brain development. Thus, the mother provides the infant with immune components that destroy harmful pathogens. Another reason why the infant immune system is kept “on hold” may be so that it can tolerate all the life-giving cells and other substances that the mother is giving it.

Breast milk contains a variety of growth factors that work to facilitate the maturing of blood vessels, red blood cells, the immune system, as well as the development of the brain.

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Photo: Pexels

“THE fact about it, milk is our first food—milk from our mother’s breast.”

—The Most Honorable Elijah Muhammad, *How To Eat To Live*, Book No, 2, page 179

“A SICK mother’s milk is better for her baby than a healthy cow’s milk or any animal’s milk. You may give your babies cow milk, but if you can breast-feed them, yourself—as nature intended—then you should do so. You will have a healthier baby and a baby who will love you.”

—The Most Honorable Elijah Muhammad, *How To Eat To Live*, Book No, 2, pages 89–90

**W**e’ve been taught to think that breast milk is merely a source of calories and nutrients for our growing babies that can be easily replaced with formula. Nothing could be further from the truth. Breast milk is a living tissue, extremely similar to blood. It is dynamic and changes daily, and even hourly, to meet the baby’s needs at every level. Thus, unlike any formula ever made, the milk that the child receives is unique for the child’s specific needs at that time. It is designed to nourish and promote ideal development as well as protect and heal this developing human being from environmental insults and disease. Here are just some of the qualities and benefits of breast milk:

The first expression of breast milk that the infant receives is Colos-

# Miracle

Continued from page 8

Breast milk is not sterile. The human body is home to trillions of bacteria and other microbes, collectively known as the microbiome. The body needs a large number of beneficial bacteria in its digestive system to break down the food that is eaten and destroy the harmful bacteria that comes with that food. Modern research shows that the mammary glands become colonized with specific good microbiota, including probiotic bacteria that the mother then passes on to the infant. Thus, breast milk contains beneficial bacteria that colonize the infant's intestinal system at just the right time to promote the optimal development of the newborn's gut microbiome. Bacteriodes, one of the first bacteria to colonize the infant gut, have an anti-inflammatory effect on the infant's body: proper bacterial colonization of the gut reduces the infant's risk of allergies, inflammatory bowel disease, autoimmune disease and brain dysfunction. The bacteria that are transferred to the infant in breast milk also teach the infant's body which bacteria are safe/good bacteria and can be safely ignored by the immune system.

Two milliliters of breast milk can contain up to 80,000 stem cells. Stem cells are cells that can turn into whatever type of cell the body needs in order to heal and repair injured tissues. Stem cells also have anti-inflammatory properties. The transfer of stem cells from both the placenta and breast milk following birth shuts down birth-induced inflammation in the infant and facilitates any healing that needs to be done as a result of the birth process.

Breast milk also transfers many substances whose role is to "program" the DNA of various tissues in the infant. Specifically, breast milk contains microRNAs, which are tiny RNA molecules that regulate the expression of genes. In infants, research suggests that the microRNAs received from breast milk may program the cells of the gut to promote colonization by beneficial bacteria, promote barrier function in the gut (prevent things from leaking through the gut lining),



Vaccine production Photo: MGN Online



**oat**  
open access text

and reduce the expression of inflammatory genes. It is quite possible that these regulatory RNA molecules also travel to other tissues, where they play a key role in regulating proper development of organs. Researchers are just beginning to understand the regulatory role these RNA molecules play in infant and adult bodies.

## Troubling Effect of Man-Made 'Vaccines'

Thus, it is extremely alarming that mRNA technology "vaccines"—which can degrade to form microRNAs—are being used, because vaccine degradation by-products may have the ability to regulate gene expression and affect development. Further, it is likely that the RNA degradation products from the vaccine are preferentially transferred from mother to infant via the breast milk in vaccinated mothers. This will have a slew of unintended consequences that could prove devastating to the health of the infant.

A recent study in the *Journal of Translational Science* on infant health concluded that breastfed, unvaccinated infants were at the lowest risk for disorders such as autism, gastrointestinal disorders, severe allergies, ADD/ADHD; while vaccinated infants that were NOT breastfed were

## 'In children who were vaccinated, breastfeeding reduced the risk of developing autism and other disorders by about half.'

at the highest risk for those disorders. For example, infants who were vaccinated and NOT breastfed were more than 12 times more likely to be diagnosed with autism than those who were breastfed and not vaccinated. While vaccination was the factor that seemed to increase the risk for these disorders most, breastfeeding had an astonishingly protective effect in vaccinated children. In children who were vaccinated, breastfeeding reduced the risk of developing autism and other disorders by about half.

In short, God designed a miraculous substance that can never be duplicated by man. We should never shame mothers who have difficulty in breastfeeding and therefore must resort to bottle feeding. However, we must make it a top priority to support women in every way we can to ensure their babies are able to take advantage of the miracle of breast milk that God has provided.

As the Most Honorable Elijah Muhammad has written in "How To Eat To Live, Book One," on page 67, "Mothers should feed their babies from their breast milk if they possibly can, as this is the best."

*Dr. Christina Park holds a Ph.D. in Cellular and Molecular Biology.*

**Nation of  
Islam  
Research  
Group**

# DePopulation Briefs

**“And when he holds authority, he makes effort in the land to cause mischief in it and destroy tilth and offspring; and Allah loves not mischief.” —Holy Qur’an 2:205**

## The True Cost of COVID Depopulation

**D**r. Paul Alexander, a former official at the U.S. Department of Health and Human Services, wrote:



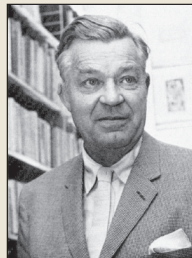
substack.com/@drpaulalexander

**Our governments and their health officials, alphabet health agencies with their incompetent political malfeasant leaders and officials, the legacy swamp media, the medical doctors, academic scientists, television talking heads etc. DID kill. Not the virus. No no no, we lost most not from COVID virus; we lost most due to:**

- (1) denial of treatment for chronic illnesses such as heart disease, cancer, diabetes, metabolic disorder etc., as all beds and clinics were criminally and insanely designated ‘COVID’ beds and services ONLY;
- (2) the ravages of the lockdown lunacy, school closures, business closures etc. Many hung themselves.
- (3) the fraud ineffective and deadly COVID mRNA gene injection;
- (4) and mainly, due to how the medical system treated our elderly and our peoples via DNR [Do Not Resuscitate] orders; denial of antibiotics when most advanced COVID patients had serious bacterial pneumonia needing antibiotics... sedation using diamorphine, midazolam, isolation, malnourishment; dehydration of our elderly locked away in the COVID ‘black hole’ (COVID PROTOCOL) in the back of the glass-windowed rooms of the hospital; administering deadly Remdesivir (kidney and liver toxic), intubation and then put on the deadly ventilator that blew up lungs.

## DEPOPULATION in HISTORY

**“When [whites] think in terms of a long span of future generations, the valuation that the Negro should be eliminated is almost completely dominant. And as we shall presently see, all white Americans agree that, if the Negro is to be eliminated, he must be eliminated slowly so as not to hurt any living individual Negroes. Therefore, the dominant American valuation is that the Negro should be eliminated from the American scene, but slowly!”**



—Swedish sociologist Gunnar Myrdal in his 1944 book *American Dilemma: The Negro Problem and Modern Democracy*

## History of Medical Race Hate

**T**he *Wall Street Journal* observed several years back, “It hasn’t been a good time for scientists who experiment on people—or the people they experiment on.” This is a masterpiece of understatement, especially if you consider the recent history of medical research with African Americans.

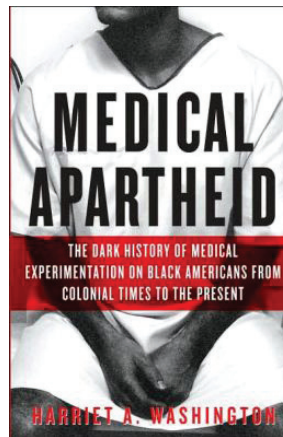
The Office for Protection from Research Risks (OPRR) has been busily investigating abuses at more than sixty research centers, including experimentation-related deaths at premier universities, from Columbia to California. Another important subset of human subject abuse has been scientific fraud, wherein scientists from the University of South Carolina to MIT have also been found to have lied through falsified data or fictitious research agendas, often in the service of research that abused black Americans.

Within recent years, the OPRR has also suspended research at such revered universities as Alabama, Pennsylvania, Duke, Yale, and even Johns Hopkins.

Many studies enrolled only or principally African Americans, although some included a smattering of Hispanics. Some research studies specifically excluded white subjects according to the terms of their official protocols, the federally required plans that detail how research studies are conducted. However, in other human medical experiments, the recruitment of blacks and the poor is a tacit feature of the study because they recruit subjects from heavily black inner-city areas that tend to surround American teaching hospitals. American university research centers have historically been located in inner-city areas, and accordingly, a disproportionate number of these abuses have involved experiments with African Americans.

These subjects were given experimental vaccines known to have unacceptably high lethality, were enrolled in experiments without their consent or knowledge, were subjected to surreptitious surgical and medical procedures while unconscious, injected with toxic substances, deliberately monitored rather than treated for deadly ailments, excluded from lifesaving treatments, or secretly farmed for sera or tissues that were used to perfect technologies such as infectious-disease tests.

[excerpt from Harriet A. Washington’s book *Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present* (New York: Knopf Doubleday, 2008)]



## Group Launches PETITION to get Hidden CDC Vaccine Injury Data

**I**CAN, the **Informed Consent Action Network**, is revealing that the very agency most people believe is protecting the health of the citizenry, is actually hiding safety data about vaccines that may show that they do more harm than good. The CDC—a taxpayer-funded agency—keeps a database of reported ADVERSE REACTIONS from vaccines but won’t release it to independent scientists or to the public. So, ICAN, which has brought several lawsuits against corrupt and recalcitrant government officials, has started a petition to force the release of the data. They write:

**“It is high time that independent scientists and the public have access to this data to compare the health outcomes between unvaccinated children with vaccinated children. The few such studies conducted to date have found that unvaccinated children have higher rates of chicken pox and pertussis but far lower rates of many forms of chronic health issues. It is critical to further study this issue when the CDC even acknowledges over 50% of children now have a chronic health issue, up from around 12% in the 1980s, and most of the increase are for immune, neurological, or other immune mediated health issues.”**

**“It is time to let the data speak! It is time to release the vaccine safety data to independent scientists and the public...”**

**Learn More Here: [icandecide.org](http://icandecide.org)**



**According to its own policy, the Washington, DC, Reagan Airport DOES NOT require face masks—the discredited COVID-19 policy that had no medical purpose, but helped generate the fear necessary to push people to the deadly vaccine. Yet on June 13, 2023, this employment advertisement was in the terminal—with every person in the ad wearing a mask. What are they psychologically preparing the people for, since the “pandemic,” according to Pres. Biden, is over?**

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**“As I live, my desire is to destroy the so-called medical profession, because it is not a profession of healing; it is a profession of drugs.”**

—**The Most Honorable Elijah Muhammad**

## Pharma Exec: “This is a military operation.”

Former pharmaceutical executive **Sasha Latypova** (in photo) became a whistleblower after she observed the government and vaccine manufacturers veering away from established clinical research and public health protocols. She spoke recently to the *Epoch Times*.

“I became aware of this strangeness with the whole Covid pandemic response very early on, because I worked in the pharmaceutical industry and I had retired before Covid started...But I became suspicious when the health authorities started an overt campaign against hydroxychloroquine, which I knew was a safe drug because I’m from the industry, and I had familiarity with it...I

knew what they were saying about this drug was absolutely not true. More importantly, the regulators knew perfectly well that they were saying things that were not true. That immediately gave me pause. I started thinking, ‘They’re professionals, they know this issue, they know this data, yet they’re saying things that are not true.’ That led me

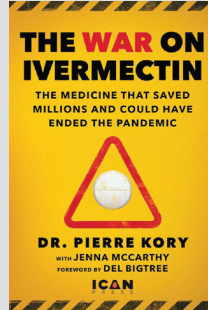
to start questioning the whole thing. If you catch an official or a professional lying about something straight to the public, what else are they lying about?

“What we found is the whole representation of what is happening is a lie. Basically, the U.S. government is representing to the public that this is a health event and the response to a health event. But in fact, what they are doing is a military operation. These so-called vaccines, they’re not really vaccines, but these injections have been manufactured under defense contracts, utilizing the Defense Production Act, other transaction authority, and emergency use authorization under a public health emergency. When these things are used together, then good manufacturing practices do not apply to these products at all.”

“When a public health emergency happens, essentially the executive branch of the government absorbs the power from legislative and judicial. A public health emergency, by various legal amendments and acts over a long period of time, triggers this whole system where the HHS secretary becomes a de facto dictator.

“The HHS [U.S. Department of Health and Human Services] secretary is the sole person who can deploy these products in the United States. The FDA need not be part of it. In the law, it says that HHS secretary, whoever that happens to be—it used to be Alex Azar under Trump, and now it’s **Xavier Becerra** (in photo). They can determine whether these countermeasures can be deployed in the United States based on available data, if available, it does not have to be available, and based on his own determination about the current risk-benefit profile and future risk-benefit profile. Again, he can take advice from whoever he wants to take advice, but the decision is up to him.”

“If the average person knew how bad the average doctor is, they’d probably never go to a hospital again. The reality is most doctors are terrible at using judgment and critical thinking. They like rules and protocols and guidelines and can cite them all on command, even when different approaches make more sense. In my entire career, I would estimate that maybe ten percent of doctors I’ve worked with are the critical thinking kind, and that’s being generous. It also had everything to do with the spiraling Covid crisis we had on our hands.”



## Report finds UK COVID patients with learning disabilities given blanket “DO NOT RESUSCITATE” Orders

The Health Committee examining the United Kingdom’s COVID decisions found that officials issued blanket “Do Not Resuscitate” orders to COVID patients with learning disabilities. The 150-page report found “disproportionately high mortality rates” among people with disabilities and those with autism.

Anonymous healthcare whistleblowers said that they found that DNR decisions were being made for elderly residents without any discussion with the patient, their families or even care home staff who knew them. Steve Scown told the Health Committee: “We had medical staff placing those on medical records without due process. That basically means that if the person becomes ill you do not attempt to resuscitate.” It also means that life-saving treatments were specifically kept from them. “The fact that they were placed on files without any meaningful conversation with families or any other professional is, frankly, disgraceful,” said Scown.

Of course, this adds to the proof that the real aim of the COVID “pandemic” planners was population reduction and the elimination of the “unfit.” Certainly, the mother of the eugenics movement, **Margaret Sanger**, would have been pleased with the UK policy. She advocated compulsory sterilization and “find[ing] effectual means of controlling & limiting the propagation of the mentally unfit, including feeble-minded, psychotic & unstable, mentally retarded individuals.”



## “Plandemic 3” Documentary Released

**THE GREAT AWAKENING**

A Documentary Experience from the Creators of Plandemic

When documentarian **Mikki Willis** (in photo) released *Plandemic* in May 2020, it became an instant sensation—viewed over 1 billion times, despite being universally censored. “Plandemic Part 2” was next, with more than 200 million views. The film series posits that the “COVID-19 pandemic” was and is a planned false-flag event by a wicked cabal of world leaders. Willis says, “It’s really about ultimately creating a state of dependency, through which you can then control the human population. We’re going to go deeper and really show the trail on how that works, the history of that, and how it’s led us to this moment right now. Psychological diversion has literally brainwashed a great deal of our population into fighting for these very wicked forces, unknowingly, unwittingly.” “Plandemic Part 3” delves into that plan to show the history behind it and how it has led to our current condition of societal collapse.

Watch *Plandemic* at [plandemicseries.com](http://plandemicseries.com)

**“Safe and Effective” is not a lie—it’s 2 lies.**



**Dr. Aseem Malhotra** @DrAseemMalhotra · Jun 1

We’re getting very close to the point where these mRNA jabs will be suspended globally pending government inquiry. There’s no place for complacency. Must keep fighting for truth, transparency & humanity. We’re fighting to rid the world of corporate tyranny. We can do this 🙏🙏



**Robert F. Kennedy Jr.** @RobertKennedyJr

Yesterday, President Biden announced Dr. Monica Bertagnolli as his intended nominee for Director of the NIH. Guess what? From 2015-2021, Bertagnolli received more than 116 grants from Pfizer, totaling \$290.8 million. This amount made up 89% of all her. research grants. #TheRevolvingDoor #Kennedy24



**Suneel Dhand MD** @DrSuneelDhand · Jun 20

“If you take this VACCINE, you will get free burgers, fries, and donuts”

That line alone should immediately DISQUALIFY public health agencies from any credibility whatsoever.

Every current US PUBLIC HEALTH leader should be FIRED and barred from any public position again.



**Dr. Syed Haider** @DrSyedHaider · Jun 20

Medicine destroys mind and body.

Avoid like the plague on humanity that it is.

The snake oil salesmen took over long ago and drove the real healers out.