

New book explores how culture and traditions influence breastfeeding practices

Author Modia Batterjee chronicles her experiences as a lactation consultant in the Middle East in *A Fading Art*

JEDDAH, Saudi Arabia – *A Fading Art: Understanding Breast-Feeding in the Middle East* by Modia Batterjee, D.H.A., is a personal account of breastfeeding practices in the Middle East, specifically Saudi Arabia.

In *A Fading Art*, Batterjee seeks to reveal that while breastfeeding is expected in the Middle East, most women find it difficult to feed their babies. “As a lactation consultant in Saudi Arabia, I experienced firsthand how the local culture encourages breastfeeding but doesn’t support it,” she says. Batterjee examines how women decide to feed their infants and what effect external influences have on that decision, including the community and how it works or doesn’t work to help support families. “Interlaced within chapters on breastfeeding during Ramadan and birthing practices are my own experiences with prenatal education and breastfeeding counseling,” Batterjee says.

Furthermore, Batterjee investigates the sociology, medical implications and current health findings of breastfeeding in Saudi Arabia while presenting a review of the proven benefits of breastfeeding. Aiming to give breastfeeding a renewed image, Batterjee hopes to encourage future generations to consider what she feels is the ultimate feeding practice for infants.

A Fading Art: Understanding Breast-Feeding in the Middle East is available for sale online at Amazon.com and other channels.

About the Author

Modia Batterjee holds a doctorate degree in health administration. She is an International Board Certified lactation consultant and a member of La Leche League International, World Alliance for Breastfeeding Action, International Lactation Consultant Association and International Baby Food Action Network. She, along with her family, runs a breastfeeding resource and women’s awareness center in Saudi Arabia.

MEDIA CONTACT:

Modia Batterjee

E-mail: modiab73@gmail.com

Phone: +966504396983

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