

# Conference: **Breastfeeding in Sardinia and in the world: Restoring the continuum**

## Program:



9.30: Registration participants

10.00: Opening remarks of the institutions: **Ivan Piras, Mayor Dolianova**

10.10: What happened with breastfeeding in Sardinia and in the world? **hilda garst**

10.30: Increasing networks on the 5 continents to rediscover and reprotect the primal health-continuum of Pregnancy-Birth-Breastfeeding: **Svetlana Demianova-Ponomarenko:**

**Co-founder Project "Miracle in the heart- Blessed conception and Natural Childbirth"- Ukraine**

11.00: The crucial "microbiome-discovery and the discovery that we are *"more mammalian than we thought"*  
**Loredana Onidi, mother, teacher, biologist specialized in medical microbiology.**

11.30: Why breastfeeding peer counselors activate for better Birth Protection?

1) activating in the campaign "Breaking the silence" and in the Video Inquiry about the donation of cordblood "Sangue del Suo Sangue" of Angelo Loy and Amyela Garnaoui

**Michela Cerizzo: peer counselor "La Goccia Magica" –Genzano di Roma, member of the "Seven point plan for a breastfeeding friendly community", Healthdistrict "ASL 6 Rome"**

2) activating for the protection of the basic needs of human species in the primal continuum  
**Hilda garst, activist for the rediscovery-protection of human needs in childbirth-breastfeeding and whole Primal continuum- mothergroup "Nascita-Allattamento-Salute Primale-Serdiana"**

12.45: Questions and debate

13.15: **Lunch break : Shared lunch with foods and drinks brought by everyone...**

14.30: Activisms in whole Sardinia of mothers and professionals to rediscover. reprotect, rephysiologize and regain trust and autonomy in birth, breastfeeding, mothering, health...  
**Oristano, Cagliari, Sassari, Olbia, Nuoro, Villacidro, Carbonia, Iglesias, Capoterra, Teulada, Alghero, Serramanna, Lanusei, Sinnai, San Sperate, Dolianova, Serdiana, Solanas etc etc**

17.00: *"No paradigm shift without language shift"* (citation dr Michel Odent)

From the *"help-encourage the mother"* language and approaches towards those of

*"all help each other to restore/protect the breastfeeding continuum in human species"* – **Hilda garst**

17.15: Questions and debate

17.45: Conclusive considerations, assignment of certificate of attendance

**With the musical intermezzo of Francesca Puddu and Teresa Solinas**  
***"Sardinian lullabies: mother-baby and mother-earth language..."***

**Participation fee (to finance the costs of the event): 10 euro**

Initiative of the mothergroup **Nascita-Allattamento-Salute Primale-Serdiana** in collaboration and with the free patronage of the Municipality of Dolianova (South Sardinia-Italy)

**"Nascita-Allattamento-Salute Primale-Serdiana"** is a group of citizens who operates with the goal to share information, awareness and activism for the rediscovery and reprotection of the basic needs of the human species during birth, breastfeeding and the whole primal continuum

For further information or subscription: [hildagarst@hotmail.com](mailto:hildagarst@hotmail.com) , tel 0039-3488650315