

What a Body Knows: Does Healthcare Have Anything to do with Health?

Written by Kimerer LaMothe, PhD

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The other day, an article on breastfeeding caught my eye. Apparently, some celebrities have recently boasted about breastfeeding's bulge-burning benefits. The article offered a response, aTassing anecdotes from women, asking: Is it true?

On the one hand, as someone who might qualify for professional-breastfeeder status, I warTened to the article's positive pose. A mother of five, I have nursed for a total of more than ten years—a full quarter of my life—and haven't stopped yet. It works for me, my kids and our family.

On the other hand, however, the article made me shudder—and not just because it appeared in

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