

Speaker 1 ([00:21](#)):

[Inaudible].

Dianne ([00:21](#)):

Hey, welcome to the badass breastfeeding podcast. This is Diane, your lactation consultant.

Abby ([00:26](#)):

And I'm Abby, the bad-ass breast feeder and today's episode is brought to you by fair Haven health fair Haven health brings you the milk saver on the go, the mini version of the wildly popular original milk saver that collects your leaking breast milk and we'll hear more from this about this product after our review of the week.

Dianne ([00:46](#)):

Yeah, our review of the week is from Lucy 44 89 and she says that she love, loves that we keep it simple. I'd love your podcast. I've been listening for a couple of months now. My son is almost 18 months and I truly wish I found you guys earlier. When I first had him, I had so much show up breastfeeding because of a true tongue and lip tie. I had it revised to eight weeks and it saved my breastfeeding journey. We'll stay. We're still nursing. At 18 months. Prior to his revision, I had met with at least six or seven lactation consultant and la leche league until finally someone said it was a tie. I exhausted all my other options before revising. So that was it. All right. Back to praising you guys. You ladies are amazing. I love that you guys take all the crazy complicated breastfeeding advice you hear and Uncomplicate it.

Dianne ([01:37](#)):

You remind us every week that breastfeeding is nature. It's simple. Society is truly complicated. It. I've been looking into becoming a lactation consult because of how much passion I have for the field. I relate to both of you so much. You both have the same sense of humor as I do. More moms should listen to the podcast. It truly has made a difference because of you guys. The number one piece of advice I give new moms is trust your body. Thank you. Aw, that's so great. It's really cool. Yeah, that is really cool. Thank you. And I mean there are days I am not even kidding or I go through life and I'm like, why is everything being made so hard for these mothers? Everything is so I think we have a weekly text conversation. It drives me crazy. It's like inevitably like one of us will run into, we'll get a message,

Abby ([02:23](#)):

We'll run into some piece of information that just like makes us so angry and then texted each other and then, and then Diane is like, we have to do something about this. We need to give, we need to just do all these things to change the world. And I'm like, Oh my God, I'm so tired.

Dianne ([02:39](#)):

I know, I know. But it's, I get so frustrated with this to the point where I'm just like, what am I wrong? Like are we wrong or is it, no, I think it really that hard. It's just that hard the of hand, I mean it is out of hand. It is out of hand. Yeah.

Abby ([02:57](#)):

The just, the nonsense is just insane.

Dianne ([03:00](#)):

Yeah. So we're glad that you guys found us and we love to be able to try to like simplify things a little bit for you if we can.

Abby ([03:08](#)):

I feel like that has to be like really, I mean I know obviously evidence-based is first and foremost, I feel like the best thing you can do for people who are trying to get through life and trying to be successful with breastfeeding is to take that and turn it into like practical things that you can be doing and that can help you be successful. Like I used to work at, I used to work at a residential facility. I was a therapist there and we would have all these clinical meetings and all these clinical discussions about these kids and I'm like this doesn't help the staff or the kids, you know like this is all very important for us to kind of come up with a treatment plan and overall picture of this child. But we need to be able to talk to the staff about what to do when the child is upset, what to do.

Abby ([03:53](#)):

You know, when, when things are getting out of hand or when they're starting to become escalated or and like talk to the child about like how to deal with this in real life. Like, I don't know, I just really feel like I want to do that with this podcast to make it user friendly. Right? Yes. I'm there. I'm in. Yeah. Right. Yeah. Yeah, yeah. That's what I, I hope that's what, I don't know if that's what I hope my goal is. Cause I feel like you can find so much stuff. You can find things that are very like Mmm shallow and not very practical. And then you can find things that are very clinical and very sciency. And it's like where is the like what do I do? You know? Like somebody just tells me what to do, what's the right information and what do I do

Dianne ([04:38](#)):

Right. And it really like some of the things that we get, you know, there are definitely some complicated situations like you're saying, but overall, like when we get situations where people say, Oh well, you know, my doctor said that I'm not eating enough and that's why I don't have enough milk. It's like that's the kind of thing where I'm like, dad is not happening. This has nothing to do with the food you're eating. And this is why we're complicating things because we're telling mothers they're not doing the right thing and we're telling them this based on nothing. So that is where the frustration lies. And just as like, why are we making this so hard? This has been going on for a million years. People have been breastfeeding since life began. So why are we making it now so difficult.

Speaker 4 ([05:25](#)):

I dunno. [inaudible]

Abby ([05:27](#)):

I know. Yeah. That's crazy. Well and we can get into why it's so dumb. Why we're making it so difficult for people who are trying to breastfeed. If we want to have another society talk about how we treat parents and women and all that. Yes. But that doesn't even want the podcast is about this. It's not fine. Whatever the topic at hand. At hand. We do have a good one though. Even a good topic. Yeah, we do. Why don't you tell him what, what it is? Cause I don't think we even decided which one we were going to do first. Oh wow.

Dianne ([05:58](#)):

All right. I'll go fully prepared to talk about both. I don't know which fork to go down right now. So I think, I think we should talk about the dental thing. And I think that because I almost just brought it up a second ago because of why people are making things so difficult. Yes. Let's do this one. Yes, this is awesome. Yeah. So I don't know if anybody has listened in the past to our first episode that we did about cavities and I can't remember when it was that we even did that one.

Abby ([06:24](#)):

It was a while ago now. Cause I actually post that to people quite a lot and I, and I'm always, I mean time flies, but I'm always like, wow. So while ago it's a really good, we really should bring this back. So,

Dianne ([06:35](#)):

But now we have more to add to that and we can go off on that for another half an hour. So it's, we always like it when we can, you know, repeat the same topic twice with new information.

Abby ([06:45](#)):

Yeah, totally. And this time we have the most complicated, expensive and, Oh, just over, over budget, like possible, like actual scientific study and experiment that was done that we can tell you about. I mean, I was just blown away at how much they put into this study.

Dianne ([07:08](#)):

Totally being sarcastic. I know what I sent it to you. Was that the first time you saw it? Yeah. Yeah. Oh my God. Well, I'm in the first time. Yeah, it's, I mean, it's fascinating. The results are fascinating, but the fact that they actually had to go through all this.

Abby ([07:20](#)):

I know. And then the results are, I mean it's just awesome. Let's, let's tell, let's do it cause it's awesome.

Dianne ([07:25](#)):

It is. So this study, I'm going to pull up the thing right now. This study was done and this was done last may. So this is, so really, it's not even a year old, and I'm going to read the thing. In a study conducted in may of 2019 scientists took baby teeth and soak them in breast milk formula and a probiotic containing formula for one week and then measured the change in the minerals. They found soaking baby teeth in breast milk substantially increased, increased the amount of calcium in the teeth and slightly decreased their amount of phosphorus. But the teeth soaked in formula lost significant amounts of both minerals. A systemic review of the literature on cavities and breastfeeding in July of 2019 concluded that the highest level evidence indicated that breastfeeding for more than 24 months did not increase the risk of cavities for children.

Dianne ([08:23](#)):

Did not. And a 2014 study found that children were more likely to have cavities by five years old if they breastfed for less than six months than if they breastfed for at least six months. The current, yeah. The current theory is that the rich microbiome of human milk helps to establish oral and intestinal Flores and this may provide protection against the development of cavities. And then they had the links to the studies, which we'll put in our show notes. And that way if anybody else is like geeks out on this research stuff like we, you can totally look it up, but this, I love it because they put the teeth, the actual

baby teeth in the substances in the milk, in the formula and a formula with probiotic and they still saw even the stuff that's added to, Oh, we add all this stuff to formula because it's just to make it just like breast milk to make it give the same benefits of breast milk. It's all the same. Now. Don't even worry about it. Blah, blah, blah. Mess those teeth up, man.

Abby ([09:28](#)):

My favorite part is picturing a bunch of researchers in white coats and this big discussion going on for decades about whether breast milk rots teeth. And then finally one of them being like,

Dianne ([09:40](#)):

Guys,

Abby ([09:41](#)):

I've got an idea. Why don't we just take the teeth and soak it?

Dianne ([09:46](#)):

Oh cool.

Abby ([09:47](#)):

Soak one in breast milk and one in formula. See what happens. Like I just love that. I just, I just can't stop laughing at thinking about that now. It's like, it's like, duh. Why didn't, why didn't we do this from the beginning?

Dianne ([09:59](#)):

Right now? Of course people can already, it wasn't a huge sample size, but whatever. And I mean I know that when it you're researching stuff, whatever, that's the scientific word for more read, more research will come down. Right, exactly. And I know that kids basically aren't keeping their teeth soaked in, you know, formula or breast milk or whatever for a week at a time. So it's excessive, but it shows that over time, constant, constant introduction of these chemicals is going to erode your teeth

Abby ([10:37](#)):

And that breast milk doesn't. This is the thing that's being told to so many people. You have to stop breastfeeding at night. You have to stop when they get teeth. You have to do all this stuff because breast milk will rot their teeth. And I said it in the last episode, but I was at a conference with dr Jay Gordon who was taking all these questions from the audience and somebody asked about cavities and he was like, look, we would be a dead branch on the evolutionary tree. If human milk rotted human teeth.

Dianne ([11:08](#)):

Wait.

Abby ([11:09](#)):

It doesn't make any sense that the milk that is made from our bodies for our babies is rotting their teeth and causing all this damage.

Dianne ([11:18](#)):

No, there's no reason why that, why we should even believe anything like that. But when a dentist or your pediatrician or you know somebody else, hence go back to last week's episode and listen to that, tells you this, you kind of, you're like, okay, well they've been to school for a zillion years and the clinical and you know, do this every day of their life. So they must be right. This is my first baby. How do I, how would I know? So I better do what they say.

Abby ([11:52](#)):

I mean, nobody's thought about whether breast milk is rotting their baby's teeth out before. No one's ever thought about that. So you're not going to be like, Oh, well of course that's not true because you know, breast milk came from my body and it's natural and it wouldn't do that. Like those aren't your thoughts. Your thoughts are just like, Oh crap, my baby has cavities. It's cause my breast milk. Oh no, maybe I'm doing it wrong. You know, I gotta do this differently, I'm doing it wrong

Dianne ([12:14](#)):

And I want all moms out there. Like if you're listening to this and you're like, Oh my gosh, but you know with my first baby I did or with this baby, that's what they told me. So I did stop. That is not your fault. No, I mean that is not your fault. You know like we are just saying like this is, this is society. Like this is how we get on our soapbox about society all the time because this really horrible information is being put out there and we believe it. I mean not just even with babies, like we believe all sorts of stuff. I'm sure there's stuff that I do all the time, especially when it comes to like food and diet and my kid, like you just, somebody says one thing and you're like, Oh yeah, I better, you know that must be true. That must be right. And you just follow it. You know, it's not your fault if you, if you happen to follow their advice and then you learn later on, okay, maybe that wasn't the best advice to follow. It just happens.

Abby ([13:09](#)):

But yeah, I mean, the misinformation out there that's screwing up everybody's breastfeeding relationship is like not our fault. It's not, it's out there. That's why we're, that's why we do this. That's why we do this. So that, you know, people that are people right now can know for the future. And people, I mean, yeah, next week we'll talk about, then what happens when, you know, you look back and you're like, Oh, I did something wrong. And then you feel bad about it, but they mean join the club.

Dianne ([13:35](#)):

Oh God. From now until the end of time for parenting. Right, exactly. You know, it really, the, the thing, I don't even know really where it got started. I know when we did the dental thing a couple of, well, whenever the last episode was, I was gonna say a couple months ago, but I have no idea when it was. It was just because of that. Yeah. It was longer than, I have zero sense of time, I'll tell you that. So when we did it, I remember like looking up the American dental association and even in their guidelines they say keep breastfeeding, keep breastfeeding. It's recommended. The dental association recommends breastfeeding, blah blah blah. So I don't even know where that got started where people were like, Oh it rots teeth.

Abby ([14:14](#)):

I know, I mean like I've got my, you know, my conspiracy theories about all this breastfeeding information. But when it comes down to these little things like breast milk is rotting baby's teeth. It's just like why and how, how did this start? Like what is this nonsense and why only at night, why doesn't

it wrap up the day? That's my favorite thing too. You know, you have to stop at night, you know, cause at night. Why is it suddenly just at night when your breast milk turns into this like toxic waste acid that's burning your baby's mouth away and like how, well, it's not like that during the day. It's just, you know, it's like something that just comes out at night. Like it doesn't, and if we

Dianne ([14:52](#)):

Really think about it, you know, like at the time when people say this stuff to us and sometimes it isn't even like I'm throwing dentists under the bus, sometimes it is even that sometimes it's like your mom or you know the babysitter or whoever might say, Oh but isn't that bad for their teeth? And you are, Oh I don't know, is it bad for the teeth? But you don't even think to question at the time like why would it be, why would it be bad? You know, it's like those are things that you think about way later on and you realize, okay, that doesn't make any sense.

Abby ([15:22](#)):

Right, because it doesn't, yeah. I mean I think that like when you think of like you know, I'm old wives tales and like certain like, you know, legends and stories that get passed down in different like cultures and stuff. When we think of ourselves as like being kind of distanced from that in this like really industrial kind of world that we live in here in the West. So distanced from the, from nature and from like there was a sense of community and villages, you know and stuff like that where where information is generally where that information used to be and still is in those communities pass down. But we still have it. We still have that like stuff is being passed down and passed around all the time and a lot of it is just not, I mean a lot of it's just not true. Not true at all. It's just this thing, you know like you're going to go outside with wet hair, you're going to get pneumonia, pneumonia. That's what I used to hear. You get double pneumonia. What does that double number? What is double pneumonia? Nothing.

Dianne ([16:23](#)):

How did it get doubled? Is it in both lungs? What happens there?

Abby ([16:27](#)):

I don't know. But it doesn't go happen when you go outside with wet hair. I really don't think.

Dianne ([16:31](#)):

No because, and we are also told for ever, if you go outside without a coat and you're going to get sick. So you know, I mean I grew up,

Abby ([16:38](#)):

Yeah, being sick has nothing to do with germs. It just has to do with like how cold you are.

Dianne ([16:44](#)):

Well that's what we always heard forever. And it's like when you really think, and I honestly like I get really upset sometimes about things that carried on through my whole life and I really learned like where it came from or how it started and how it has nothing to do with anything. And I'm like, Oh my gosh, that's crazy. That is crazy that we believe that these things change. Practice. We change our whole lives around this thing. And it's not even a thing,

Abby ([17:13](#)):

Right? It's not, even when I was young, I was on, I was a swimmer and I would get ear infections like we do. And my mom would be like, okay, here you have to lay down on the side with your ear, the ear, the sore ear, like on the couch with like a heating pad. And so, you know, I do that and then I'd be like whining and crying cause it hurt. It's horrible. And, and like, I don't know, I remember it was like recently, like in the last couple of years I was talking about putting a heating pad on an ear infection. And my mom was like, what? And I was like, well that's what you told me when I always got infection. She was like, Oh, I just told you that. So you would stop whining. Oh my gosh. But I mean, I thought it was a real thing.

Abby ([17:57](#)):

Oh God. I just found out now she's just like, Oh, it was just trying to like manage you. You know, like I just wanted you to like shut up already quiet, go to sleep or whatever. But I would have, if she had never told me that I would have been having my kids lay down on the couch with their ear on a heating pad for no reason. Oh my gosh. See it's old wives tales. Yeah. And it's not even, she totally made it up on the spot. She didn't even hear it from anybody. It wasn't even like a, you know, an old romantic thing. It was just like, Oh gosh, that's how easy it is to do. Yup. That is how easy it is. I mean you always, yeah. You think about just the experience of kids growing up constantly talking about all the things that they heard from their parents and we should talk more about it after a word from our sponsor.

Abby ([18:51](#)):

Today's episode is brought to you by Fairhaven health. The milk is milk saver on the go is a mini version of the original milk saver. Loved by so many. The original milk saver is perfect for using on the opposite breast while breastfeeding to collect the letdown, but what about in between feedings or when you're out and about? The milk saver on the go is a discreet breastmilk milk collection system designed to collect leaking breast milk when you are not feeding so you don't waste any more breast milk to a breast pad. The breast shells can be tucked right inside your shirt and then place your nipple right into the hole. The unique oblong shape allows you to collect more milk than other brands. Each shell holds one ounce of milk and people are collecting several ounces a day to add to their stash. It's not a pump.

Abby ([19:35](#)):

There is no work for you to do. It also helps protect your sore nipples from rubbing and chafing while they heal. Head to fair Haven health.com that's F a I R H a V E N health.com and use promo code bad-ass for 10% off of your purchase and these all have our sponsor links and the promo codes that go with them can be found at badassbreastfeedingpodcast.com along with all of our breastfeeding resources, all of our other episodes, our show notes with links and further information about this episode and information about scheduling your lactation consultation with Diane and I have today's this week's breastfeeding tip of the week. I love these. I know, I think they're fun. They are and I think this one is really sweet. Justine, Nicole Singleton from Facebook.

Abby ([20:32](#)):

She says, my husband with our first son said, you can do it. The first day is the hardest. The second day came and he said, don't give up. The second day is the hardest. Every day that I wanted to give up, my husband would tell me I could do it and that that day was the hardest. We made it 22 months. I love that level of support is so cute. It's just so sweet that somebody is just there cheering you on every day,

telling you that this moment right now is going to be the hardest and that you're going to get through it just like you did yesterday. And the moment will pass.

Dianne ([21:11](#)):

It's fantastic because everybody needs that kind of cheerleader especially. Yes. Especially in parenting. Yeah. Well that is really great. Congratulations Justine. That's awesome.

Abby ([21:25](#)):

Yeah. And so I post it on Facebook and Instagram. I'll post every couple of weeks. A little just a little question that people can answer and then when, if you put your answer there, will we go through and we'll pick our favorites and yeah. Read them on breastfeeding tip of the week.

Dianne ([21:45](#)):

So I hope that everybody follows us. So Abby is on Facebook as the badass breastfeed her and I am on Facebook as Diane Cassidy consulting and Abby is on Instagram as the same thing. And I'm on Instagram as the same thing. So definitely follow us if you're not already following us because we put out really good information and tips and give away old giveaways. Like there's tons of stuff. So if you're a social media person, although lately I hate Facebook. Me too. And I told him I'm still there. I know that's the only reason I only do my business stuff. Like I'm trying not to even like look at my personal page as much because people are pissing me off. But I really, really love that we can spread information, good information, true information this way.

Abby ([22:38](#)):

Yeah, it's true. It's a good way to reach people. And so it's the podcast. I mean, this is, we're kind of everywhere.

Dianne ([22:44](#)):

Yeah. And we're taking over and we always share the podcast on these, you know, on social media. So if you have a friend that you're like, Oh, Hey, let me send you this link. Like, I actually did that for a friend of mine today. His son and daughter in law just had a baby two weeks ago and he was like, send me the link to the podcast. I can send it to them, you know, so it's like, it makes it easy when it's right there in front of you on social media. So

Abby ([23:07](#)):

True. And I'm going to put this on the badass on badassbreastfeedingpodcast.com. I just thought of it, but currently it's only on thebadassbreastfeeder.com. But if you go to thebadassbreastfeeder.com there's a signup tab and you can sign up to have the podcast sent to your email every week. So if you don't want to, if you like forget or you're like, I don't, I can't remember to like find this podcast every week or whatever. You can just sign up and I'll send it to you and you don't have,

Dianne ([23:37](#)):

Yeah, fantastic

Abby ([23:40](#)):



To teeth rotting teeth. They soaked them in breast milk. Oh my, it's genius. It's just genius. I kinda want to do it. I want to take cause I have all my kids' teeth. I mean I wouldn't do this, but I do have my dog's teeth just as a do you really? Oh some of them that I found around the house cause he's a puppy when we got him. So it was like he was teething and his teeth were falling out. So I have a few of them. I kind of want to do it. Like with breast milk, I have some breast milk. I could do it with formula, I could do it with Coke.

Dianne ([24:10](#)):

Oh my gosh.

Abby ([24:11](#)):

You know what happened there? Or like an energy drink, orange juice. You should, you should do it with the kids. Cause he does a lot of that experimental. I totally should. Yes I have as a homeschooler we're always kind of looking for things to, yeah.

Dianne ([24:25](#)):

Yeah. So that brings me to another thing. I have my kid's teeth too. People think that's weird.

Abby ([24:32](#)):

Really. Where are you supposed to throw them away? I think that's what people do with them. No way. My dad still has my teeth. He has my teeth in a plastic bag. And the top of his dresser drawer. Yup.

Dianne ([24:43](#)):

So I still have my kid's teeth, the ones that they lost when they were with me because you know, their father and I were split so sometimes they were with him and I don't know what he did with them. And

Abby ([24:52](#)):

Well that is just like such an image of like living between two homes. Oh my gosh. Even your baby tees are split between two parents.

Dianne ([24:59](#)):

It really is just terrible. But if anybody else has gone through that, I can help you. If not just to say I feel, yeah, cause I get it. We split when they were very, very, very young before they were even losing their teeth. We split up. So I do have their teeth and they even think it's weird. They're like, what? Like yeah, I couldn't throw them away. I just couldn't, I couldn't throw them away. No way. I would never throw them. No. I have their hair from their first haircut, you know, just like all those things and I just couldn't, I don't know. I just couldn't get rid of that.

Abby ([25:32](#)):

Yeah, you can make stuff with them too. Or you can have like people that make that breast milk jewelry and stuff, which we have a sponsor coming that makes breast milk jewelry. Milkies. They they make breast milk jewelry and you can add like blocks of hair, their teeth. That is so cool. Umbilical cord. Yeah. You can add all kinds of stuff.

Dianne ([25:55](#)):

Oh, it is really just so cool. Well I know we keep getting out of tirade, but the, the teeth thing, like if you hear this somewhere along the way, please feel free to educate people because it is not a thing. It is not something that happens. A lot of the dental stuff is genetic. It's totally, you know, it's genetic. If kids start getting cavities, like look into your history, look into your partner's history. You know, it just, it's really difficult thing. And then we was want to pinpointed on something. We'll, we can't pinpoint. We can't blame. We can't find the blame for every little thing that happens.

Abby ([26:36](#)):

No, no, no. I mean, I have such terrible teeth. I have cavities. All the time. My husband's never had cavities. Is it because I was breastfed and he wasn't? No, that's not even he was breastfed.

Dianne ([26:48](#)):

It just,

Abby ([26:48](#)):

Yeah, it doesn't, that's not related.

Dianne ([26:51](#)):

No, but if you like genetics, definitely. So it just, you know, and I, I try to tell my kids that all the time, like me and my sisters all have really good teeth. My ex husband does not. I remember his mom saying she didn't all of them having dental problems all along. And I kept telling my kids from a very young age, like, it's in your history, it's in your genetics. You got to take care of your teeth, you know, but there's only so much you can.

Abby ([27:20](#)):

Well, and yeah, and you can, if it's, if you're, if you have bad teeth passed down to you, you can do all that you want and you still might get cavities.

Dianne ([27:28](#)):

But I feel better now, like seeing the study going, okay, I did something to help them. So I, I mean I always knew of course that it wasn't bad for you to breastfeed, but I didn't know it actually made the teeth stronger here. It makes sense substantially increase the amount of calcium. So what you're doing is making your baby's teeth stronger by breastfeeding, not taking away. You're adding to them,

Abby ([27:55](#)):

Right? I mean, but it makes that's logical, logical that this stuff that your body makes for your baby would be like doing all these good things, not ruining everything,

Dianne ([28:06](#)):

Burning

Abby ([28:06](#)):

Holes in you and like taking nutrients away from you. And it doesn't make any sense.

Dianne ([28:12](#)):

It doesn't. It doesn't. And I know every once in a while we all like, we hear this bad stuff and we're like, all right, is that really true? And you just need somebody to say, you know that that's not true. No. That, that's not, and this is why, and this is one of those things somewhere in your breastfeeding relationship, especially for your moms who are just starting out. Maybe you just had your baby yesterday. Somebody will probably tell you that your baby teeth will have cavities. If you brush your teeth. Tell you something. Well, we're going to tell you a lot of things.

Abby ([28:45](#)):

Yeah,

Dianne ([28:45](#)):

It is like crazy. Now your dentist, didn't you say that you had a dentist that told you that about the kids?

Abby ([28:54](#)):

Yes. So yeah, we had I don't even remember which done. Oh yeah. The very first dentist that we went to that we never went back to was like Oh. So you have to be careful with the breastfeeding because got a lot of sugar in it and so it can cause cavities and I'm just like, okay, breast milk and a Hershey's bar. Like

Dianne ([29:13](#)):

Yeah, that's not the, it's not the same thing. I know lady. No it's not. And sometimes they'll say, you know, it's the bottle or it's you know, nighttime cause it's pooling in their mouth. It's like no it's not. No, maybe isn't laying there with milk. Yeah. They're not laying there with milk pooled in their mouth by the way. Who sleeps liquid in their mouth? Nobody. And who,

Abby ([29:32](#)):

Who have you ever seen the we should put a picture of this on the website, like an you know, the image of like the end like cut, cut image of like inside of a baby's mouth. How far the breast is pulled back is being pulled to the back of their mouth to the top of their throat. Does that even touching their teeth?

Dianne ([29:56](#)):

And if your dentist or doctor thinks that you're breastfeeding and the nipple is at their teeth, then we need to go back to day one breastfeeding because that's not going to feel good for anybody.

Abby ([30:09](#)):

No, no. Yeah. You would know that was happening.

Dianne ([30:13](#)):

Yeah. It's none of it's logical at all. None of it is logical.

Abby ([30:24](#)):

Ex Lee's here excellent. Has pretty good teeth. Right. Although has had a few cavities, but I will say that I, the past couple of dentists that we've seen have not, they've asked, but they have not handed out the random kind of just like, well, that's why he has cavities. Like, and that's the other thing is like your job is to fix their teeth. Right. I don't need, you know, all of the, all of your opinions about where it possibly

came from, you know, your job as a dentist is to just fix their teeth. So that's it. We can move on with your opinions. Right.

Dianne ([31:07](#)):

The judging is I've had enough of the judging. It's not okay. And I remember like even a few years ago, you know, my kids, my boys had braces and they're supposed to wear their retainers and didn't, and then, you know, they're only, they were were only at my house half, you know, part of the time they're at my house way more now. And they rarely sleep at their father's, but at the time when they were younger, they would sleep there, you know, a couple of nights a week and stuff. And he didn't really look at it and you know, nobody really knew what was going on with the routine or situation. And my oldest son's teeth, mu actually, both of them, their teeth moved and the judgment and the freaking lecture that I got from the orthodontist, I like, I never went back. Yeah. And I mean really, maybe you should stand there in front of my 14 year old and watch him sleep and make him put a retainer in and make him wear all the time when you're only with him part of the time like,

Abby ([32:09](#)):

Right, right. Yeah. And I don't, I don't understand why, how the like medical professional role in our life has become this one of just, you know, authority and you know, judgment and disdain, you know, like why aren't we partners? Why aren't we like, you know, why is it like, I'm in charge and you need to listen and I'm going to talk down to you. Like, you know, agreed. I think it's strange.

Dianne ([32:40](#)):

Yeah. So going forward, your breast milk does not have too much sugar in it and I'm even going to say I'm going to go out on that limb of the tree branch that's dead or whatever the guy, the doctor said, you have the dead branch on the [inaudible]. I'm going to go out on that dead branch and say that even if you eat a Hershey bar, your milk is still not going to be too sugary. Pretty sure. Oh my God, no. Yeah. Oh yeah. If you eat a lot of candy, your breast milk gets sugary or wow. I mean, c'mon. That only makes as much as, I mean I can, I can see people really jumping on that one. Yeah, no. So don't even worry about it. You'd all Hershey bars you want have fun. Absolutely. And thanks for listening.

Speaker 1 ([33:28](#)):

Bye.