dianne ([00:00](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=0.45)):

Hi, welcome to the badass breastfeeding podcast. This is Dianne, your lactation consultant,

abby ([00:25](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=25.97)):

And I'm Abby, the badass breastfeeder. I'm here. Don't worry. Today's episode today's episode is brought to you by Ceres chill. Never worry about safely storing your breast milk or formula again. Ceres Chill was invented by a mom for moms and offers guaranteed convenience with their double walled stainless steel container. And then today's episode is also brought to you by Fair Haven Health. Fair Haven Health is introducing a new product. Well it's already been introduced, but it's probably one of their newest, the Sage personal moisturizer and lubricant. And we will hear more about that and our sponsors and all of that later on. Um, but, uh, please head to badassbreastfeedingpodcast.com because these sponsors make this podcast possible. Um, check our sponsor page if you ever need anything and see if you can, um, give them any of your business. Uh, and while you're there, scroll down and enter your email address and we'll send our episodes right to your inbox every Monday. And now Dianne has our review of the week

dianne ([01:31](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=91.55)):

And it comes from Ginger. She sent this to our Instagram. Well, your Instagram, maybe we don't, we don't have a joint Instagram, but it came to Abby's Instagram. She's sent it onto me, says, all right. So I got to say, I absolutely love your podcast. I'm on a mission to listen to all the episodes right now. So my son is currently nine months. He's been having some diarrhea lately. I am doing, she put EC, which is elimination communication with him. And so he hasn't been telling me, and it's been coming super fast, but that's not, but that's a little abnormal for him anyways, not the point. So my husband told me it was because of my breast milk. Is this true? Is my breast milk causing digestive issues. I personally think that's false, but my husband seems to believe everything he reads on the internet or what his mom says about nursing. And first of all, thank you so much for loving on the podcast and for listening to the episodes. And we're really glad you found us congratulations on breastfeeding for nine months. You're doing awesome. Um, but this is leading right into our myths episode today. Oh yeah. That is false and false.

abby ([02:44](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=164.42)):

I feel like that just goes right along with my first one.

dianne ([02:46](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=166.88)):

Oh, really?

abby ([02:47](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=167.63)):

Yes. So we should just do it,

dianne ([02:50](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=170.33)):

just get it Started right to the Myths.

abby ([02:52](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=172.55)):

and thank you for your reviews and leave them on iTunes please. And thank you.

dianne ([02:55](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=175.49)):

Yes, please. And thank you. They don't have to be myths. They could be anything You want them to be.

abby ([02:58](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=178.251)):

so yeah. Or any your questions and stuff. Yeah. Yeah. So my, I told you about this already is I got a message from somebody similar to this, um, in my Instagram a few weeks ago. And it was the complete opposite that, that she was told. And I think it was by her doctor that because she didn't have enough fiber in her diet, the baby had was constipated.

dianne ([03:27](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=207.46)):

So dumb. That is so like, and that's a new one. I haven't heard that one yet.

abby ([03:34](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=214.3)):

Yeah, I know I've and I feel like, you know, breastfeeding information, all that stuff is getting out there and all that. But I feel like it's not like it's not getting better with this misinformation. It's still so much out there.

dianne ([03:52](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=232.89)):

All right. So this is like, we're doing the best we can here. So listeners, you guys got to set this straight. If people tell you something that is blatantly a myth, you gotta tell them this is, that is not accurate. Or show me some, do you have any research on that? That's like the nice way of saying you're full of shit. Do you have any research on

abby ([04:15](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=255.21)):

Yeah. Oh, where did you read that? Yeah. Oh, what studies did you read that found that I would love to read them.

dianne ([04:19](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=259.68)):

I'd love to know more about that because this is like, we got to fix it, Us and us alone. We're going to fix it.

abby ([04:27](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=267.12)):

Right. I mean, who else is going to do it?

dianne ([04:28](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=268.771)):

I Know, but yeah, thats crazy.

abby ([04:29](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=269.791)):

no one else is doing it. We've got this machine pushing in the other direction.

dianne ([04:34](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=274.89)):

Um, but thankfully that mom sent you a message and said like, Hey, is this right? Because a lot of people would just go, oh, okay. And then like start eating all this fiber or stop breastfeeding. Right.

abby ([04:48](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=288.18)):

Well, yeah, that happens. Yes. And that's why, yeah, this is one of my biggest things. Cause I see a lot, I saw a post, um, that was like, I can't remember where I saw it. It was one of these, I dunno, it was like in my news feed or something, but it was, you know, uh, like a big page. That was just, that said something like, you know, breastfeeding is just too hard for some people. So you just shouldn't do it. Like if you don't want to do it, you shouldn't do it. And like, I, you know, if you don't want to breastfeed, then don't breastfeed. Like I totally agree with that part. But the thing is, the thing is here's the thing is that we are told all of these things about breastfeeding. And so therefore we think it's too hard when those things are not true. Right. You're, you know, you can't do this, you can't do that. You have to do this, you have to do that. It's not true. And so people are like, that's too hard. And I'm like, yeah, I agree. That's too hard. Except you don't have to do any of that. Like that is false. This is, uh, this illusion is, this is an illusion. It's not true. So people feel like this misinformation is like, not just, it's not just like a funny thing to talk about. It really does stop people from breastfeeding. It stops when they want to, it stops people. It makes people stop breastfeeding before they want to stop because they feel like they're not giving their baby enough for what they need. And then like, it's insane. I mean, my dad, my dad is like, I don't know. He's like famous in our house for having just like the worst digestive tract. And one day ...I feel like I told the story one time, I don't know. There are like these weird crackers in the closet. And I was like, what are these? And my sister walks by and she goes, those are dads, poop, crackers.

dianne ([06:40](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=400.01)):

Maybe like fiber crackers??

abby ([06:41](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=401.45)):

Yeah. They were like, you know, and people think like, oh my baby, you know, like, um, you know, like when you're a grown person who like, doesn't have breast milk, whatever, you're like, oh, I'm constipated. Yeah. I'll have like some, you know, fruit or like fiber cracker or whatever, prune juice, whatever and juice. Yeah. You've got all these tips and tricks, whatever. But like, this is not what we're talking about with the baby. This is not for first of all, how do you know the baby's constipated? Like if the baby's breastfed, it's probably not like it's gone a couple of days without pooping. Doesn't mean that he's constipated.

dianne ([07:21](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=441.65)):

No, that's normal. And pediatricians should know that that should be information that they can easily pass along to you. They should be able to say to you, oh, breastfed babies. Sometimes don't poop every single day. That's very normal. That's I feel like that's pretty.

abby ([07:40](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=460.76)):

Yeah. I know. But not only do they not know that they're telling people to have more fibers.

dianne ([07:47](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=467.03)):

That's ridiculous.

abby ([07:50](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=470.42)):

I will say one thing that I see more than I have with listeners that I've, that I've than I did before was they'll they'll write to me and they'll say like, Hey, somebody told me this that's not right. Is it? I love it. Like they know, they know they're like...hmm I have a feeling this is wrong. Like I heard it before, or I've just learned so much about breastfeeding. That, that feels like that wouldn't be logical. And I'm like, you're not you're right.

dianne ([08:17](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=497.84)):

I love that. 'cause you know what it used to be like when I used to get more of would be, uh, I needed to, I need to take this medication. I was told I can't breastfeed. Um, so I stopped breastfeeding.

abby ([08:29](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=509.21)):

Yeah. Like 6 months ago. Shit!

dianne ([08:29](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=509.78)):

You didn't have to do that. Exactly. Like, oh, I didn't like, no, you didn't have to do that. I didn't think so. But that's what they told me. So that's what I did. You know? I was like, follow your instinct with this.

abby ([08:42](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=522.56)):

I know we have all these like smart people around you that are like, yeah, you got to do this. Yeah. You totally, you gotta do this. And it's a doctor. Like, you know, you should be able to trust with a doctor says,

dianne ([08:52](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=532.88)):

Yeah, I love it. When people say that didn't sound right to me. So I just wanted to double check. Yeah, absolutely. You're right.

abby ([09:00](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=540.56)):

You're right. It's so much. It's so easy because you're Right. You know, like if it sounds wrong or you think it's wrong, like I guarantee you it's wrong. So just sending a message and being like, that's wrong. Right. Someone even was like, I should flush that right? She heard that episode what to flush down the toilet. Yeah.

dianne ([09:20](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=560.06)):

Yeah. Flush it. Yep. So, so that's your first one. My first one,

abby ([09:26](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=566.54)):

Are we done? Is the podcast over. Cause we riffed for 10 minutes. I know that it's not done.

dianne ([09:33](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=573.86)):

I know right? About fiber

abby ([09:34](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=574.43)):

Don't get Me started about fiber!!!

dianne ([09:37](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=577.91)):

Got the fiber crackers. So mine actually came up on my, I have a breastfeeding support group. We call it breastfeeding bootcamp. It's where I do my support group every Monday. But I also have a private Facebook page that goes along with it. So if anybody wants to join, you can send a little, um, like request to join or whatever. Cause it's not a, it's not a public page. So it's breastfeeding bootcamp and with Dianne Cassidy, but on there, somebody posted just yesterday, I'm breastfeeding my 18 month old. And my midwife told me I need to wean in order to get pregnant. What's everybody else has experienced on this because I'm really pretty sad about it. And I, I posted back and I said, that's I it's a big fat false is what I said. That's a big fat false. And I said, do you have your period back? And she said, yes, I got it back at like eight months, but it's irrregular. So was like, you have your period back and they're still telling you, you can't get pregnant.

abby ([10:42](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=642.05)):

Yeah. 18 months. I was like such a, not no.

dianne ([10:45](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=645.74)):

Plus You have your period

abby ([10:48](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=648.65)):

And your cycles back. You're like literally cycling.

dianne ([10:51](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=651.2)):

Yeah. And she's like, but you know, it's, it's not, you know, whatever, it's not regular.

abby ([10:56](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=656)):

Neither is mine.

dianne ([10:57](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=657.72)):

Right? Yeah. Join the club for everybody after pregnancy. Right. And uh, one of the other members in the group, like a couple of them that, oh, I got pregnant. I got probably, you know, and one of them put up, you know, I ended up doing acupuncture so that my cycle would be more regular so that I could get pregnant. And I was like, that's a great suggestion. You know? Like, if you want to go, you know, try to do something like that. But to say like, oh, you're going to have to wait. Oh, you want it? You've been trying to get pregnant. It's not working for you. You're going to have to wean them. So what if you wean off automatically your, your period's going to be completely normal every 28 days again.

abby ([11:30](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=690.2)):

Yeah. Basically what the person is saying is that breastfeeding is a reliable birth control up until I guess, forever.

dianne ([11:39](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=699.26)):

Right. False.

abby ([11:40](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=700.971)):

That is so not true at all. How do you think all these babies are here? I mean, like you see all the tandem nursing pics, like how did you, how did those babies here?

dianne ([11:53](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=713.95)):

And that's what makes it very confusing for mothers because that's one of them she's like, I know people breastfeed through that. She even put that in the post. I know people breastfeed through pregnancy, so why am I getting this information? What does everybody else experience?

abby ([12:08](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=728.44)):

And people think, oh, it's just a freak thing. It's like, it's like, when those people, when you know people, when those freak things happens, like people continue to get their period through pregnancy. You know? Have you heard about that? Like, it's very rare. You know, it's just like a weird thing that happens. Like getting pregnant while you're breastfeeding is not a weird, random thing that happens now. That's a thing. It's just happens.

dianne ([12:29](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=749.56)):

But I mean, this is reasons why people would wean early.

abby ([12:33](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=753.88)):

Right? Exactly.

dianne ([12:36](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=756.37)):

Oh, you want to have another baby? Well, you better stop breastfeeding. And then they ended up weaning earlier than they planned

abby ([12:41](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=761.17)):

Right. And they're like, oh, I was going to just, I wanted to breastfeed toddlerhood I wanted to just let them wean, when they wanted to, or I wanted to tell, but yeah, but I want to have another child. So forget that I have to just wean, even though everybody else around me, I remember asking these questions and I remember somebody saying to me was like, get your priorities straight. Like, do you want to like, do you want to continue? Do you want this breastfeeding relationship with your child? Or, or like, what's more important that, or having another baby, I was like, why the fuck do I have to pick? Right. I'm asking you for information like in you. And by the way, I got pregnant while I was breastfeeding and went on to tandem nurse for years because yeah, you can. Yeah,

dianne ([13:19](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=799.68)):

You can. There's absolutely. It's like Abby said it's not magic. Like it happens

abby ([13:26](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=806.34)):

All the time. Yeah. It just has to do with you ovulating. That's how you get pregnant. And that's when it happens. Everybody gets their cycle back.

dianne ([13:34](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=814.59)):

And I really don't think that her breastfeeding and I'm not, you know, an expert in hormonal things, I don't even know about my own, but the, her breastfeeding is not impacting her. Like it's not keeping her from having her period. You know what I mean? Like I

abby ([13:53](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=833.31)):

She has her period.

dianne ([13:54](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=834.12)):

She Has her period. I really feel like her cycle would still be irregular if she wasn't breastfeeding.

abby ([14:01](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=841.4)):

Yeah. Cause that's not about breastfeeding. Right? That's about like having a baby and your cycle coming back after you have a baby, which takes time to regulate whether you're breastfeeding or you decided to formula feed from day one. Right. It's the same.

dianne ([14:15](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=855.89)):

Yeah. So yeah. So that was my that's that one for me. So

abby ([14:22](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=862.46)):

I'm trying to decide if I should bring up my big one before or after the break

dianne ([14:28](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=868.13)):

Do it after.

abby ([14:29](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=869.12)):

Okay. So here's one that actually, we just got into it on my page, on the badass breastfeeder page yesterday, I posted this meme that said, um, nursing, your baby to sleep is not a bad habit. Yeah. So, you know, good. Okay. So that's number one. That's the beginning of the myth that I want to talk about. It's not a bad habit. It's biologically normal and no, it doesn't interfere with their ability to fall asleep. It actually helps them learn how to fall asleep. But then the conversation that all the ways comes up when we talk about this, always is, well, I did that and my baby got cavities. Ah, well, you need to be careful with that actually. No, no, no. Be careful because your baby, you know, you can get your baby's teeth can decay and I've said it before, but I haven't said in a while, so I'm going to say it again, that I was at a conference where Dr. Jay Gordon, who's this doctor who is a big breastfeeding proponent proponent. Is that the word?

dianne ([15:32](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=932.63)):

Yes.

abby ([15:33](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=933.17)):

There is all kinds of consonants coming out of my mouth. And I'm like, which ones are right. Um, and he said, somebody asked this question while he was speaking. And he said, we would be a dead branch on the evolutionary tree. If human milk rotted human teeth. It's a very good point. And I love it so much because it doesn't make logical sense. So your baby was born to breastfeed. Your body was made to breastfeed. This breast milk was tailored for your baby, but oh, oops. It also rots your teeth. And then somebody, and I replied with our, actually our episode about, um, about that. We have a separate episode where we talk about that in the research and stuff. Um, and, and somebody said, I'm not talking about breastfeeding. I'm all for breastfeeding. I'm talking about breastfeeding to sleep. And I'm like, no. And I still say the same thing. That breast milk is not rotting your child's teeth.

dianne ([16:29](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=989.12)):

Well, why is... Because they're asleep they are going to get cavities?

abby ([16:33](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=993.8)):

I don't know. Cause it's sitting in their mouth longer, which isn't true. But do you remember? I said that during our last, when we did that episode, I was like, why is it different at night? During the day? Right? It's like the same milk. Oh, just rots your teeth at night. Huh?

dianne ([16:49](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1009.93)):

Yeah, because I think you said it must turn to Kit-Kat bars after 10:00 PM or something. Right.

abby ([16:55](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1015.84)):

Well, I don't understand. Yeah. I mean doctors, dentists, dentists all the time, all the time. We're telling people, you need to wean, you need to stop nursing at night because it's rotting our kids' teeth. No, it's not. I guess, because they think it pools in there and it sits in there, which isn't true. If you don't understand the mechanics of breastfeeding, it does not pool in the mouth like bottle feeding does, you know, they pull it. I don't think people even understand how far your nipple goes into their mouth. Right. It goes all the way to the back of their throat.

dianne ([17:28](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1048.2)):

Cavities happen. If it's that's more genetic, I was going to say generic

abby ([17:33](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1053)):

That is totally generic in genetics.

Speaker 2 ([17:37](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1057.68)):

Yes. That's a genetic thing.

abby ([17:39](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1059.69)):

Like it is. And it's really hard. Cause you know, and then people are always confused. They're like, oh yeah, we'll have with one kid. And not my other kids. I don't understand it because it doesn't have anything to do with the breast milk. Right. Nothing. And there's actually research that, you know, they're studying like the, the, um, the qualities that actually protect the breast, the teeth, which would actually make more sense. Wouldn't it? Right. Like evolutionarily speaking and biologically speaking,

dianne ([18:06](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1086.36)):

They didn't, we do, in that episode, I have to link the episode. I'll definitely link it in the show notes. But there was, remember we talked about it. There was that recent study that came out that they put, they put like children's teeth in, in, um, you know, obviously it fallen out of their mouth. They didn't like extract them or anything, but they put them in a, they put them in a dish of breast milk and a dish of formula and the formula one, like totally eroded them. And the breastfeeding ones were fine. They were

abby ([18:36](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1116.49)):

Right. The same as they went in. Yeah. Yeah. Yeah. Just makes sense. But we got to take a break.

dianne ([18:44](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1124.52)):

Okay. Then we get the big one. Right?

abby ([18:46](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1126.3)):

Got the big one. Yeah. I'm really excited to talk about this cause I actually don't think we ever Have.

dianne ([18:49](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1129.83)):

Cool. And then I've got a good one too.

abby ([18:51](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1131.3)):

Okay, good. So we'll be right back. Today's episode is brought to you by Ceres chill. Never worry about safely storing your breast milk or formula again. Ceres Chill was invented by a mom for moms and offers guaranteed convenience with their double walled stainless steel container. A little bit of water and ice is all you need to keep your breast milk, safe or formula safe for 20 hours, no more lugging around chunky coolers and dozens of containers you can pump and double pump all day into one sleek container. The chillers are dishwasher, safe, airport friendly, and last a lifetime. Use it for wine coffee, or any of your favorite beverages or even snacks when you're done breast or bottle feeding, head over to Ceres chill.com. That's C E R E S C H I L L.com or check them out @cereschill on Instagram for more details about the company and you, cause they actually have a couple of other little containers. So check them out. Um, and use code badass breastfeeders 25 badass breastfeeders 25 for guess what? 25% off of your purchase. And today's episode is also brought to you by Fair Haven Health. Fair Haven Health is excited to introduce Sage personal moisturizer and lubricant, the newest product in their vaginal care and comfort collection products designed to support vaginal health through every stage of life. Sage is designed to replenish your natural lubrication and provide temporary relief from vaginal dryness. While vaginal dryness is most common in older women, there are a handful of other factors that lead to vaginal dryness, breastfeeding, antidepressants, some fertility and cancer medications, stress, and even exercise as with all their vaginal care products. Sage is made without estrogen parabens, glycerol or coating oils, check out Sage and all the other vaginal care products@fairhealth.com. That's F a I R H a VE Nhealth.com and use code badass 15 for no, just use badass it's just badass and you will get 15% off of your purchase. Um, and our sponsors and these promo codes can be found in our show notes under this episode at badassbreastfeedingpodcast.com and I bet at badassbreastfeedingpodcast.com, you will also find, um, our breastfeeding resources page, um, our other episodes and information about scheduling your very own one-on-one online lactation consultation with Dianne.

dianne ([21:24](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1284.61)):

So I can't wait, what is it?

abby ([21:26](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1286.05)):

Okay. I want to talk about smoking smoking cigarettes. Now we're not talking about smoking marijuana, although I've gotten so many messages. I know everybody is waiting for us to talk about it and we will talk about it. We're going to get all of our ducks in a row first, because I know that you rely on us for really reliable information. So are going to get ourselves like chock full and ready of good information on that. But I am ready right now to talk about cigarettes. And the thing with cigarettes is that first of all, it's so taboo now it's everybody's people are so feel so shamed about smoking. And I think that's gotta be one of the bigger ones where people go, oh my God, I smoke. And I just shouldn't breastfeed. You know, I shouldn't do it because it's bad for the baby. Well, of course the best thing you can do for your health, let's even put the baby down for a minute. The best thing that you can do for your health is to stop smoking, but that's not news to anybody. Of course we know that. And probably before you got pregnant, you were trying, if you were successful at quitting, cool, you are in the minority. Most people that are addicted to smoking have a really hard time quitting. I mean, it's one of the hardest things to quit is smoking. And if you cut down good job, awesome. You are so awesome. You know, to even just cut down, cutting down is, um, you know, is the next best thing to quitting, but do not choose people think, okay, well, you know, there's chemicals, there's smoke and all of this that gets into the breast milk, that's going to hurt my baby. So I should formula feed. That is not true. That is not true. It is recommended that you continue to breastfeed and there are some things that you can do, easy things to minimize, um, you know, just your exposure to your, to your baby. And so one of those is if you're smoking smoke outside, smoke away from the baby, you know, smoking in a different room, different rooms, you know, better than next to the baby outside is like best. Um, you can even get like a robe or something, you know? So the, you know, so when it sticks to your, you know, cause it gets on your clothes and all that stuff, you could wear like a jacket, have a little, some have a fancy smoking jacket, you know, be that guy, you know, who's got that. Um, and then take it off, wash your hands when you come in and just do have be a mom or a parent. And um, and you can also, um, in order to, you know, some people will smoke right after they nurse. So that by the next time that they nurse, you know, some of its worked through their system. Um, that's, that's hard to predict when your baby's going to nurse. And it's kind of hard to predict when you're gonna need to go outside, have a cigarette.

dianne ([24:24](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1464.48)):

So that about 90 minutes, nicotine has been shown to leave the system and about 90 minutes. So kind of keep that in the back of your head because you might be able to work around that a little bit.

abby ([24:36](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1476.42)):

Yeah. But if it's been an hour, it's okay. It's just nurse your baby, right. It is okay. You are still doing the very best thing for your baby. It's not better. It is not better or healthier for your child to switch to formula. It's just not, that's not what the research shows us.

dianne ([24:55](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1495.29)):

No, in fact, because I remember doing a lot of...in fact I did a, um, a training for, uh, health department last year and put together a whole thing on like smoking and, um, opioid use, stuff like that. And the and vaping, because a lot of people too will, um, you'll quit during pregnancy, but you still need like something, right? Like you need something or you're fine. You know, getting through pregnancy, it makes you sick to smoke, whatever, but then you have the baby and you're like, okay, I'm stressed out. I need something.

abby ([25:31](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1531.47)):

You're a smoker. If you haven't quit, it's still a system and you're still smoking. And like, don't be ashamed of it. Breastfeed your baby. And like follow these workarounds.

dianne ([25:40](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1540.95)):

We know that formula is very highly associated with asthma and respiratory problems. We know that it's research-based so your breast milk, even if you are a smoker, your breast milk will help to combat some of that, that the baby might be exposed to with your smoking, smoking and formula feeding. That's a double whammy. So this way, they're at least still getting some of those protective factors. Right?

abby ([26:11](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1571.67)):

Exactly. They're still getting the protection even from the smoking. Yup. And one last thing about that. I mean, you can say all the things that you want to say about it, but one last thing for me is don't share a bed with your baby if you're a smoker. Cause that will, um, it inter you know, it, it, it makes it more difficult for you to wake up and to, to it's one of the, um, risk factors for bed sharing. So just sleep on a separate surface from your baby, but give them the breast milk. Go ahead with the nursing relationship, if that's what you want. Yeah.

dianne ([26:43](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1603.68)):

Just be smart about it. Wash your hands, wear a different jacket. Like Abby said, wear, you know, wear a different shirt or whatever. Don't smoke around them, if you can help it. And yeah. And the same thing, like it's still the best thing better. It's still better. So yeah. So that's a good one. We haven't talked about that.

abby ([27:00](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1620.96)):

I know. And I was like, oh, maybe we should do a whole episode, but I don't know if we need a whole episode on that. Unless there's like lots of really interesting, like, you know, research or something we could go through, but

dianne ([27:10](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1630.74)):

I'll have to, I'll look through and see if there's enough to fill in half an hour.

abby ([27:14](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1634.4)):

Anybody smoking, listening to us. Hopefully that you're just, cause I know people, I get emails sometimes from people asking about this and they are like, please don't post this, please don't tag me. Like, you know, I'm so embarrassed. People are so embarrassed about,

dianne ([27:27](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1647.48)):

Yeah, I know. I know it, but it's, you know, we have our habits. I have habits that I'm not real proud of either, but they're there and I'm going to put them on the front lawn for everyone to see. Dammit. That's it. Okay. So mine, this one. So I looked on, I took a little little trip onto Pinterest, which I have found that Pinterest is the best source for really bad info.

abby ([27:56](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1676.88)):

Okay. That's the only good for recipes, right? I mean, because, oh my God,

dianne ([28:00](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1680.48)):

That's the best source for really bad breastfeeding information. And as we go out, like in the next few weeks, we're going to do, we plan to do an episode on diet because I really, I told Abby I'm like, I am going to go on for half an hour about the freaking posts I've seen about diet out here. Abby had to reel me in

abby ([28:19](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1699.68)):

Well, I could totally do like that in detail. And there's so many things to cover with that. But anyway, go ahead.

dianne ([28:24](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1704.63)):

So stay tuned for that. But this what I did find, all right, is everybody ready?

abby ([28:32](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1712.03)):

I have to swallow it. I just took a drink. Are you going to make me laugh? I don't want it to come up my nose it's kombucha. That'd be so gross. Oh my God.

dianne ([28:38](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1718.04)):

Okay. Wait. So the title of it is do larger breasts produce more milk than smaller breasts. Right? And we know the answer to that. Right? Right. It's no, no, no. Right. That's the title. Fact number one size does not matter. It says that right in here. Fact number one size does not matter. Fact number three, big breasts have more storage capacity. False.

abby ([29:03](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1743.72)):

What??

dianne ([29:04](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1744.71)):

myth! That's what it says in here. So first it tells you size doesn't matter, but guess what? Bigger breasts have more storage capacity really right there. It's, it's totally contradicting and it's nonsense. It is total nonsense. It does not matter the size of your breasts. That should have been it for the whole blog. Like that should have been Done.

abby ([29:24](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1764.3)):

Should've been a title and a blank page

dianne ([29:28](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1768.17)):

That should have been it because it does not matter. It does not matter. Number four, large breasts are prone to clogged milk ducts. False. Yeah, no. Um, like it just let me see if there's a, no, those were the two big ones. So the two big ones that were totally wrong. And then there was only two other ones and those were ridiculous too. But those were the, those, those were the biggest ones I took out of this. Like it does not matter the size. I have met women with really small breasts that make more milk than anyone. And then I met people with bigger breasts who don't make that much milk storage capacity, go back to our storage capacity episode that can affect everybody differently. In fact, sometimes women with bigger breasts have less storage capacity because there is more fatty tissue with those bigger breasts.

abby ([30:19](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1819.78)):

Right. The milk's not coming from the fat tissues.

dianne ([30:23](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1823.38)):

So this was ridiculous. I was just like, I can't with this. This is ridiculous. I can't even with this big breasts have more storage capacity. No they don't. What do they think is just an empty balloon. That's what I was picturing

abby ([30:35](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1835.23)):

Like. Yeah. That's what people think.

dianne ([30:37](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1837.27)):

Yeah. It's just empty in there until you put some milk in there

abby ([30:40](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1840.54)):

Until you get pregnant and then they blow a balloon up with milk and then yeah.

dianne ([30:46](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1846.39)):

Yeah, absolutely. So that was, that was one of mine. Do you have more or was that

abby ([30:50](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1850.2)):

Um, yeah. Yeah. I think I do well, the back of my, oh my God. I went on a whole thing through our message thing. I know. Um, yeah. Well, so this is a little bit about diet. Um, but, but not necessarily well, so, but it's something that you see all the time. And I feel like all of these articles say the exact same thing. They start off with like, you know, eat a healthy diet, drink, drink plenty of water. You need to drink, you know, whatever, 5,000 ounces of water a day, because you know, the more water you drink, the more breast milk you make lie, which is so not true. I think the water thing is like, people are obsessed with the water thing. And I see lactation consultants that I follow on Instagram. Say it. I see people that should know better. Say it constantly. Oh, are you drinking enough water? Make sure you drink enough water. Otherwise you're not gonna make enough milk. No, this is not how it works.

dianne ([31:55](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1915.12)):

It's not. And I still, like as many times as we put it out there still have people that'll contact me and be like, I'm drinking all this. I don't know what's going on with my milk supply drink at least a gallon of water a day. I'm like, that has not,

abby ([32:06](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1926.01)):

They are just like drowning themselves in water, pissing away, all the nutrients their body is making.

dianne ([32:12](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1932.04)):

It's just crazy. But you do not have to.

abby ([32:14](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1934.98)):

I know. I remember the one, the thing that the lactation consultant that I contacted when Jack was born and we were supplementing with formula and I was trying not to anymore. That was one of the, I didn't even ask her. She just threw it in there. She said, drink to thirst. Like you might be more thirsty because that is something that happens when you're breastfeeding. And like, you suddenly, you're just like, oh my God. Ah, and then, so you don't drink water, drink water when you're thirsty, drink water like you normally would. You don't have to drink extra.

dianne ([32:42](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=1962.17)):

No. And a little fun little fact, I don't know if I've ever said this on the podcast before, but when you, when you put the baby to breast or when you pump actually too, it can happen. It's that stimulates your oxytocin release, right? That nipple stimulation of the baby latching to the nipple and starting to suck. If the pump is pulling the nipple that releases oxytocin in your system, that wonderful hormone, one of the side effects of oxytocin is thirst. That is a side effect of oxytocin. So that is one of the reasons why you feel so thirsty while you are breastfeeding. And people will even say sometimes, oh my God, as soon as the baby gets on, or as soon as the milk lets down, I feel thirsty. And that is why it's that oxytocin release. It's not because the baby just sucked every ounce of fluid out of here.

abby ([33:26](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=2006.75)):

Well, yeah, I know. I don't know if that adds to it too. It's like, oh my God, I feel so thirsty. I must be dehydrated. No, you're not. You know, who is dehydrated people in concentration camps who breastfed, who breastfeed their babies and had full milk supplies. And they were like dying. Right. You know they weren't being fed regularly for crying out loud or given lots of water. That's not what Nazis were doing. No, you're not. Um, so yeah, that's, that's put that into perspective there. Um, your body is going to go to every single great length to get your baby what it needs and you can trust that it will

dianne ([34:07](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=2047.42)):

Absolutely. Um, I have one more that I want to say, this is also something I saw on Pinterest and I wanted to blow it up, but that you have to start pumping right away, right away start. Especially if you're planning to go back to work, you should start pumping right away to ensure you have a good supply or people that think that are told they have to pump in order to keep their supply. That breastfeeding the baby. Isn't enough. You have to also pump in order to keep your supply. This pumping thing is getting out of Control.

abby ([34:41](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=2081.47)):

It's totally out of control.

dianne ([34:42](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=2082.67)):

It Is everywhere. People are putting down their babies to pump when it's not necessary. If it's necessary, talk to a lactation consultant there, get you on the right path. If it's a necessary thing, if it is not necessary, don't worry about it. But I can tell you when it's not necessary, if you're coming back from the hospital or are you just had your baby and the baby's feeding fine and they're doing fine and you're doing fine, that is not necessary to pump. And a lot of these blogs are out there saying, or a lot of this information on the internet is saying, start pumping. As soon as you want to start pumping. As soon as you can, you do not have to do that.

abby ([35:18](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=2118.58)):

Well, not only do you not have to do it, but I can cause a whole bunch of problems,

dianne ([35:22](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=2122.93)):

It can! Not to mention It's just another thing who, who has the time?

abby ([35:26](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=2126.2)):

I know who wants to think about that.

dianne ([35:29](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=2129.44)):

So you do not need to be a pumper in order to sustain a milk supply that is not necessary. So definitely talk to a lactation consultant before you start pulling that stuff into your routine, because it could be that it's really a, an unnecessary thing for you to do. It's not like a one size fit all. Oh, you're breastfeeding. Make sure you start pumping now. Yeah. Cause you're not going to make it. If you don't, these pumps have not been around that long and people breastfed just fine.

abby ([35:59](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=2159.79)):

Oh yeah. What you need to do is put your baby to your breasts. That's what they're going to. They know what to do.

dianne ([36:04](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=2164.56)):

Yeah, exactly. Exactly. Yeah. So that's mine.

abby ([36:09](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=2169.87)):

Good. Well, that was great.

dianne ([36:11](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=2171.61)):

Yeah. It goes quick. Our myths episodes are always like,

abby ([36:14](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=2174.19)):

I know. Cause we just really go off.

dianne ([36:15](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=2175.9)):

lots to talk about.

New Speaker ([36:16](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=2176.8)):

Let us know if you heard any myths so that we can add them to our next episode because I know you've heard them. I know you have let us know so we can tell everybody

dianne ([36:26](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=2186.1)):

That we can make fun of them. Thank you for Listening.

abby ([36:28](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=2188.99)):

Thank you for listening. Bye

Speaker 1 ([36:39](https://www.temi.com/editor/t/-y-AAwTP9JwjAesjyU66s9asYiGL55xP_3H-yS28c-pz3Kpw6xXp6p2AtaAXeLwe91-H2XK5cjegzlmJNhkRt3I_nb4?loadFrom=DocumentDeeplink&ts=2199.48)):

[inaudible].