

My Book is Finally Here!

I've found that the biggest hurdle most clients have is the Diet Mindset that's taken hold of them. They've been stuck hating their bodies and fearing "bad foods" for so long that they don't know any other way!

So I took all of the important mindset work I do with clients and compiled it into an epic resource of a book for you. *It is a complete guide to repairing your relationship with food*, so you can finally get rid of those diet-mindset shackles and find peace with food for good!

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Does Breastfeeding Help to Lose Baby Weight?

Does Breastfeeding Help to Lose Baby Weight?

Something that tends to be on many women's minds after having a baby is "How do I lose the baby weight?" I want to preface this post with the caveat that I do not think that it necessarily SHOULD be a topic on our minds at that time, but it is very common for it to be something we think about. It

certainly rolled around in the back of my own mind after having my son last year! Breastfeeding is often talked about as one thing that can really help us to lose the baby weight. But is that really true? that it necessarily SHOULD be a

topic on our minds at that time, but it

Research on Breastfeeding

It is important to realize that breastfeeding is *incredibly* difficult to do. It is a very individual experience in many ways. How exclusively a woman breastfeeds, and for how long, are affected by a multitude of factors. Even if a

Research on Breastfeeding

amount of time, things may happen that prevent that. Since every woman's studying breastfeeding is *incredibly* experience is so different, it's difficult to do. It is a very individual experience in many ways. How exclusively a woman breastfeeds, and for how long, are affected by a multitude of factors. Even if a woman *intends* to breastfeed, there are also a TON of other confounding variables that come into play. It's hard to isolate breastfeeding as ONE thing that's different in a mother's life, making it difficult to say conclusively that it's responsible for anything. Mothers who breastfeed may also be more or less likely to do other things in

relation to their parenting and overall lifestyle choices, so *isolating* the breastfeeding *isn't really possible*. Additionally, the research is observational, not experimental. This makes sense, since you can't

very well sort pregnant women into groups and assign them to either breastfeed or formula feed (or any combination thereof) as you would in an experiment. That's neither practical OR ethical!

Does Breastfeeding Help to Lose Baby Weight?

That said, there is research out there on this, along with the baseline knowledge that breastfeeding burns calories. It takes energy to produce and something that tends to be on many women's minds after having a baby about "How do I lose the baby weight?" I want to preface this post with the caveat that I do not think that it necessarily SHOULD be a topic in a calorie deficit and should lose weight. But for it to be something we think about (it certainly rolled around in the back of

An overview of what we know

When looking at the research on breastfeeding and weight loss, the term they use is actually Postpartum

Research on Breastfeeding

Weight Retention (PPWR). It's a measure of how much Gestational Weight Gain (GWG) is kept on after the baby is born. It's important to realize that studying breastfeeding is incredibly difficult because it's associated with a very individual experience in many ways. How exclusively a woman breastfeeds, and for how long, are affected by a multitude of factors. Even if a woman meant to breastfeed that breastfeeding is associated with reduced PPWR.¹⁻³ Other studies don't show an association.⁴ Remember, correlation does not equal causation. Just because some studies show that women who breastfeed have less weight

retention, it doesn't necessarily mean that the breastfeeding *caused* the weight loss. (Even studies that compile the data from a bunch of breastfeeding as ONE thing that's different in a mother's life, making it answer. Remember what I wrote,

above: studying breastfeeding is

pretty darn hard.

Does Breastfeeding Help to Lose Baby Weight?

A few things do seem to be related to PPWR (postpartum weight retention):

1 – How much weight was gained in pregnancy (GWG). It makes sense that the more weight a woman gains, the more weight will have to be lost to return to the pre-

pregnancy weight. When we gain a lot of weight, it is understandably harder to lose all of it, and thus these women with higher GWG tend to have higher PPWR ^{2,3,5-8} with the caveat that I do not think

that it necessarily SHOULD be a topic that plays a big role, but it is true that some women who have healthy lifestyle behaviors are able to buck the trend and have lower PPWR. Breastfeeding often talked about as something that really helps us have a bigger impact on our baby weight. But is that really true? It happens in the kitchen!

Research on Breastfeeding

High pre-pregnancy BMIs is associated with higher PPWR, as well as a lower likelihood of breastfeeding (as having less experience initiating breastfeeding is a possibility and for how long are affected by a multitude of factors. Even if a woman meant to breastfeed exclusively for a certain amount of

When we boil this down, it actually ends up being a pretty common sense answer

time, things may happen that prevent that. Since every woman's experience is so different, it's difficult to answer people into groups in order to study them well. Breastfeeding is wonderful, but it's not magic. Weight loss is weight loss. There are also a TON of other confounding variables that come into play. It's hard to isolate breastfeeding as ONE thing that's different in a mother's life, making it difficult to say conclusively that it's

king. Just like the saying “You can’t out-exercise a bad diet,” so too can you not out-breastfeed a bad diet. If you’re breastfeeding, you’re making up for the calories you’re putting into your baby. Just like “You can’t out-exercise a bad diet,” so too can you not out-breastfeed a bad diet.”

Does Breastfeeding Help to Lose Baby Weight?

Something that tends to be on many women’s minds after having a baby is, “How do I lose the baby weight?” I want to preface this post with the caveat that I do not think that it necessarily SHOULD be a topic on our minds at that time, but it is something we think about. It’s pregnancy over weight or obese. While pregnant, women who gain the appropriate amount of weight have less PPWR than do women who gain more weight. After pregnancy, women who eat well and exercise are more likely to reduce their PPWR than are those who don’t engage in those healthy behaviors.

Research on Breastfeeding

It is important to realize that studying breastfeeding is *incredibly* difficult to do. It is a very individual experience in many ways. How all of the situation. If we want to lose weight, regardless of when in our lives we’re looking to do it, we need to address our overall lifestyle, habits, [skills](#), and behaviors. Any mamas out there want to share their experience? As always, I’d love to hear from you. And please share this post with the other mamas you know!

There are also a TON of other confounding variables that come into play. [The Xi Zhan, et al. Breastfeeding and the risk of different weight retention in women: a difficult-to-control study that is](#)

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Something that feeds into the minds of many

women's minds after having a baby is "How do I lose the baby weight?" I want to preface this post with the caveat that I do not think that it necessarily SHOULD be a topic on our minds at that time, but it is very common for it to be

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and how long/late affected by a multitude of factors. Even if a woman meant to breastfeed exclusively for a certain amount of time, things may happen that prevent that. Since every woman's experience is so different, it's difficult to categorize people into groups in order to study them well.

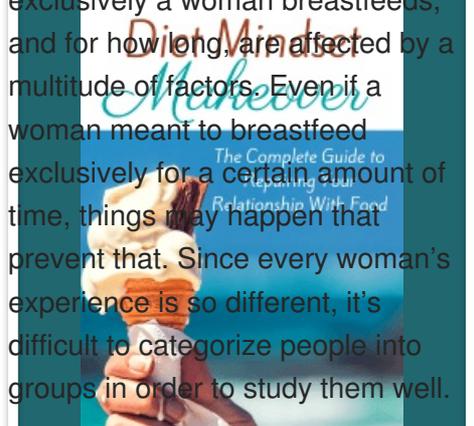
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Kara Beutel, MS

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07 Mar, 2017

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Comments are closed



Hi, I'm Kara!

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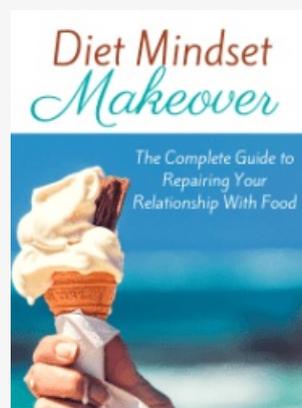


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that was my... BabyCenter moms talk about losing those leftover pregnancy pounds and feeling good about your shape after having a baby. Postpartum fashion: Styles that work best with your new shape. Does breastfeeding help you lose weight? Serena Williams doesn't think so – here's what scientists say. Breastfeeding is widely touted as a means of weight loss, but even though it's a hungry business as far as the body is concerned, there are several reasons why simply sitting back and letting baby suck away the calories often doesn't cut it. On average, women lay down 4kg (9lb) of fat during pregnancy and to lose each kilogram, they will need to create a 7,700-calorie deficit. Exclusive breastfeeding eats up about 595 calories a day during the first two months of a baby's life, increasing to 695 calories a day as the baby gets bigger. [\[1\]](#)