

## **HOW DOES BREASTFEEDING HELP YOU LOSE WEIGHT**



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### **How Does Breastfeeding Help You Lose Weight**

If you want to lose weight during breastfeeding, just feed your baby and do not overeat. A strict diet, as well as intensive exercises, are very undesirable for nursing mothers. The fact is that serious physical stress and lack of nutrients can lead to a sharp decrease in the production of hormones which are responsible for lactation prolactin and oxytocin.

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### **Will breastfeeding help me lose weight BabyCenter**

After you have your baby, however, if what you eat is varied and well balanced, breastfeeding can help you lose your pregnancy weight without compromising either your health or your baby's by dieting. And you naturally burn calories to make breast milk every time you nurse.

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### **7 Smart Ways to Lose Weight While Breastfeeding TheBump**

Think before you snack. Instead of reaching for the Doritos, pop some popcorn. Instead of having packaged cereal, make a batch of steel-cut oatmeal. Oatmeal is a great breakfast for a breastfeeding mom who's trying to lose weight. It keeps you full for a long period of time and keeps insulin levels stable, Ritchie says.

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### **Breastfeeding Helps Moms Lose Weight WebMD**

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### **Can Breastfeeding Help You Lose Baby Weight**

Yes and no. Research does support that breast-feeding can help new moms lose weight, says Tanya Zuckerbrot, M.S., R.D., author of The F-Factor Diet.

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### **Does Breastfeeding Help You Lose Weight Well maybe not**

Does Breastfeeding Help You Lose Weight? I think every mom has heard it at least once: Breastfeeding makes you lose weight! It's the best diet! The truth is breastfeeding does burn calories. However, this doesn't mean it will automatically make you lose weight.

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