



Breastfeeding baby helps burn calories

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When Jessica Jochim returned to work after her three-month maternity leave, she was the envy of her co-workers. Jochim, who had gained 40 pounds carrying her first child, steadily slimmed until she was a size 4 again. Yet, exercise was a pre-baby relic. She wasn't dieting, either. In fact, every two hours, she snacked as if on cue.

What was her secret? Breastfeeding her newborn on demand, and using a breast pump to take milk home to him. "All the ladies at work started joking they were going to go in back and pump so they

could start losing weight like I was," said Jochim, a mother of three from Washington. "I had a baby suckling 600 calories a day out of me."

That breastfeeding gives mothers an edge shedding baby weight has long been suspected. But lately, a parade of celebrities has attributed their postpartum slimming to nursing, bringing this age-old topic back into the spotlight. Adding to the belief is a large study that suggests that weight loss through breastfeeding is not a myth.

Earlier this year, Rebecca Romijn, who wore a shrink-wrapped outfit in 'X-Men', called breastfeeding her new twins

Regrowing breasts after cancer op?

Australian scientists have developed a surgical technique that may allow cancer-suffering women to regrow their breasts after having a mastectomy, with human trials planned to start within three to six months. The procedure involves inserting a breast-shaped chamber, containing a sample of the woman's fat tissue, under the chest skin. A blood vessel is then connected to the fat tissue allowing it to grow to fill the chamber within six to eight months. The Melbourne-based Bernard O'Brien Institute of Microsurgery, which pioneered the procedure, said on Thursday that it hopes to develop a biodegradable chamber within 24 months, which would mean the chamber would dissolve once filled. Marzella said the procedure relies on the body's own behavior of filling internal voids, but a gel-like substance can also be injected to stimulate fat growth. REUTERS

"the very best diet I've been on". After Angelina Jolie posed for the November 2008 cover of 'W' magazine nursing one of her twins, she said that it had helped

her regain her figure.

These days, a mother is expected to bounce back from pregnancy and be a "yummy mummy" in no time. Skin-care

lines like Mama Mio target mothers with firming creams like Boob Tube. Nursing mothers can buy form-fitting tops so they can flaunt their shape.

But does breast-feeding actually speed weight loss in postpartum women? It depends.

Last year, a study of 36,000 Danish women found that the more a mother breastfeeds, the less weight she retains six months after birth. A few factors determined how much she lost: whether a woman was overweight before pregnancy, what she gained while expecting and duration of nursing, said Kathleen Rasmussen, an author of the study and a professor at Cornell. NYT NEWS SERVICE