

Don't Mess With a Nursing Mom!

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U.S. News & World Report:

Breast-feeding mothers protect their babies and themselves more aggressively than mothers who bottle-feed or women without children, researchers say.

The study of 18 nursing mothers, 17 formula-feeding mothers and 20 non-mothers also found that aggression in breast-feeding moms is associated with reduced blood pressure.

This suggests that breast-feeding helps lower the body's typical stress response to fear, which gives women extra courage in defending their babies and themselves, according to the authors of the study in the September issue of the journal *Psychological Science*.

Read the full story: [U.S. News & World Report](#)