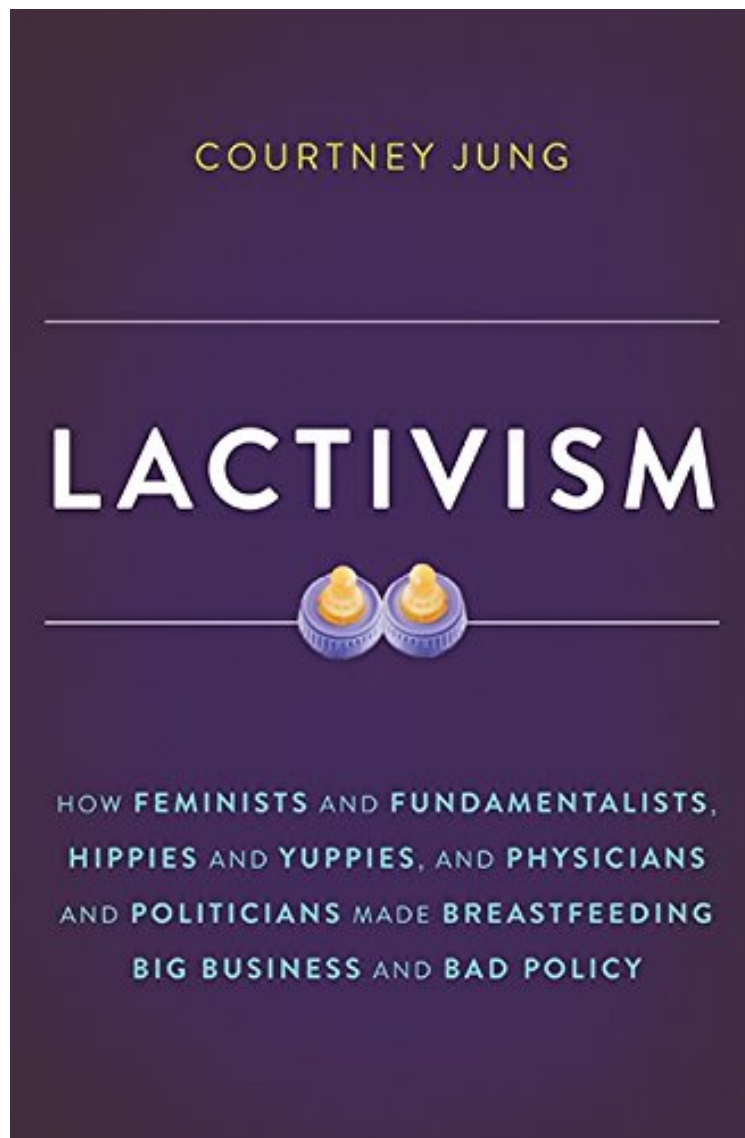


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Lactivism: How Feminists and Fundamentalists, Hippies and Yuppies, and Physicians and Politicians Made Breastfeeding Big Business and Bad Policy

Courtney Jung

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Courtney Jung : Lactivism: How Feminists and Fundamentalists, Hippies and Yuppies, and Physicians and Politicians Made Breastfeeding Big Business and Bad Policy before purchasing it in order to gage whether or not it

would be worth my time, and all praised *Lactivism: How Feminists and Fundamentalists, Hippies and Yuppies, and Physicians and Politicians Made Breastfeeding Big Business and Bad Policy*:

1 of 1 people found the following review helpful. Good read on a subject not talked about
By Sarah Williams I learned so much thanks to this book. It's a definite read
2 of 2 people found the following review helpful. dynamic and useful.
By Milagros Saenz Excellent investigation, fluid, dynamic and useful.
104 of 116 people found the following review helpful. A must book to all to be mothers considering breastfeeding!
By Peas on Earth I've been a victim of lactivism. I have experienced first hand the first world impacts described in this book. I am one of these women that for no known reasons, just doesn't produce milk. To be more precise, I produced about an ounce per about 20 hours of pumping. Yes, you read that right. The message I got from 4 different so called "lactation consultants", including the hospital one, was to try harder. Pump more (6 hours a day was not enough). Take more medicines (I took them all in double doses). Formula feed, but with a "supplementary nursing system" (the device from hell that no men would ever put up with - formula feed through a tube taped to the nipple - and yes, it goes horribly wrong in all the ways you'd expect it to). Three weeks into this hell, where I mostly cried and barely saw my daughter outside of feeding, I shared all with my pediatrician. I am so lucky she was sane, and set me straight. Three formula fed kids later, they're all doing great. Yet I keep meeting women bullied by the lactivists. Not producing enough milk is an extremely common phenomenon, estimated at at least 10%, and probably more like 30%. (Producing none, like me, is estimated at about 5%). But what you'll hear from lactivists, is that these women are just not trying hard enough. HORRIBLE. This book is so important, I wish it could be handed out to every woman in the hospital, along with the newborn hat and binkie. Please please read if you're contemplating breastfeeding. Not because you shouldn't breastfeed - you absolutely should if it's the right choice for you and it works. But because in case it doesn't work, for whatever reason (biological or not), you need to know that your kids will in NO WAY be inferior to breastfed kids, nor would it impact your motherhood "value" in the least. You should NEVER EVER feel guilty or inadequate or depressed about not breastfeeding. It's just NOT THAT IMPORTANT - it's a personal parenting choice in the first world, and that's what this book is all about!

Is breast really best? Breastfeeding is widely assumed to be the healthiest choice, yet growing evidence suggests that its benefits have been greatly exaggerated. New moms are pressured by doctors, health officials, and friends to avoid the bottle at all costs—often at the expense of their jobs, their pocketbooks, and their well-being. In *Lactivism*, political scientist Courtney Jung offers the most deeply researched and far-reaching critique of breastfeeding advocacy to date. Drawing on her own experience as a devoted mother who breastfed her two children and her expertise as a social scientist, Jung investigates the benefits of breastfeeding and asks why so many people across the political spectrum are passionately invested in promoting it, even as its health benefits have been persuasively challenged. What emerges is an eye-opening story about class and race in America, the big business of breastfeeding, and the fraught politics of contemporary motherhood.

Publishers Weekly Jung makes some thoughtful points against seeing the practice [of breastfeeding] as the most or only acceptable option for mothers.... [H]er intersectional perspective, which looks at how feminist concerns mesh with those related to race and class, may encourage advocates to approach new moms with more sensitivity, and to view the ubiquity of breast pumps with a slightly more dubious eye. Shelf Awareness [Jung's] research is extensive.... *Lactivism* illustrates how a woman's choice has become a matter of public health and a socially enforced necessity. A critical look at policies that have cemented poor science and damaged women's rights in the United States. Kirkus s Jung offers readers an inside look at the modern world of breast-feeding, which has undergone transformative changes since its revival in the United States in the 1970s.... Using solid evidence to back her statements, the author analyzes how the simple act of breast-feeding has shifted into a mechanical process through the use of breast pumps, with a salable commodity: the breast milk.... A levelheaded, well-researched analysis of the many trappings of contemporary breastfeeding culture. Lori Gottlieb, *The New York Times Book Review* The truths [Jung] uncovers may make your jaw drop.... But perhaps most interesting is Jung's astute observation that what is being so ardently promoted isn't actual breast-feeding whereby a baby is fed from the breast but human milk as a product, creating pressure for working mothers of all income levels to pump in less than ideal conditions, when what might benefit them and their babies most is paid maternity leave (or simply using formula).... [Jung's] keen analyses and wry humor keep the reader engaged. Wall Street Journal