Obese women may never escape stigma

Excerpt: Obesity stigma is so powerful and enduring that it appears to even outlast the obesity itself.

Unusual uses for breast milk

Excerpt: "Fresh milk has white blood cells in it which fight infection and they go around and chop up bacteria," explains Sullivan.

And they call it that for a reason! True or false: breast milk can treat ear, and eye infections like pink-eye? The answer is true.

"It is liquid gold," says Sandra Sullivan, M.D., a neonatologist at the University of Florida in Gainesville.

The findings, say the authors, demonstrate that residual obesity stigma persists against individuals who have ever been obese, even when they have lost substantial amounts of weight.