

Caesarean births linked to child obesity

New research published in the Archives of Disease in Childhood claims that C-sections may double the risk of childhood obesity. Big news, considering that around one in three babies are born this way in Canada.

The study followed 1,255 mothers and babies between 1999 and 2002. The babies were weighed at birth, six months and age three. Around one in four were C-sections, and those babies tended to weigh more than those from vaginal births.

According to researchers, there is the "difference in the composition of gut bacteria acquired at birth between the two delivery methods." Apparently babies born by C-section have more Firmicutes bacteria and fewer Bacteroides bacteria in their guts. (Obese people have higher levels of Firmicutes bacteria.) It is believed that gut bacteria influences insulin resistance, inflammation and fat deposits.

Another good reason to avoid elective, non-emergency Caesarean births.

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Bear, Tupac and Chardonnay are just a few of the wackiest baby names from last year. ISTOCK IMAGES

Weird baby names get even weirder

The folks at Nameberry compiled the hundred wackiest monikers from the last year.

We're talking weird — from the future troublemakers Capone and Juvenal, to Mother Nature's son, Cougar, Fox and Bear. Not to mention the badasses, Tank and Notorious, Marvellous, Famous and Tupac.

For cultural trends, it's Mad Men all the way, with six Draper kids released into the world. Homage to the late Dirty Dancer, Swayze. And Elvis is back (if he ever went

away), as are the corresponding names Graceland, Presley and Memphis.

The Royal wedding appears to have left its mark, as the absurdly conjoined Princewilliam, Princemichael and Sircharles will attest.

While the calendar has historically provided baby name inspiration (April, June), it saw some new twists, including Tomorrow, Evening and Future.

Oh, and intoxicants featured, too: Tequila, Chardonnay and (I kid you not) Abeer. **JULIE GREEN/YUMMYMUMMYCLUB.CA**