



UPPING PRODUCTION: Lactation stimulates cells in the pituitary gland to produce the hormone prolactin **1**, which, in mice, binds to beta cells in the pancreas **2**. This leads to a signaling cascade that increases the cell's production of serotonin **3**. Serotonin binds to a separate receptor on the beta cells, stimulating them to proliferate and produce more insulin **4**, and also serves as an antioxidant that protects cells from free radicals. Researchers propose that these mechanisms explain why women who breastfed their children have reduced long-term risk of developing type 2 diabetes.