

# Celebrity Baby News: 'Real Housewives' Star Kandi Burruss Gets Real About Tackling a New Baby



*Real Housewives'* Kandi Burruss sat down with Dr. Oz yesterday to talk about her new [celebrity baby](#), her marriage and her body.

## Check out what Kandi had to say

# about tackling a new baby:

**On her post baby body, Burruss shares:**

“Breast feeding is a major contributor, but also, I did not drink anything but water, no juice, no soda, nothing for the first month and a half. And no sweets because I’m a sweet eater, I love sweets; I can eat dessert after every meal. So I didn’t eat any sweets. It was extremely hard, but typically I give up something in the beginning of the year, every year anyway, as a prayer fast, but this year doing that with breast feeding, it just made the weight come off. And I’m actually smaller now than I was before I got pregnant.”

**Related Link:** [‘Real Housewives of Atlanta’ Star Kandi Burruss Is Engaged](#)

**On how she communicates in her [celebrity relationship](#), Burruss says:**

“That’s on his part, he’s helping me to be a better communicator because I am not the greatest at, you know, expressing my feelings. Like, I’ll shut down easily. So, sometimes I’ll just hold it in or keep it to myself and then when I’m done with something I’m just done. I don’t want to talk about it anymore. But he won’t allow me to do that. He forces me to talk which is a good thing.”