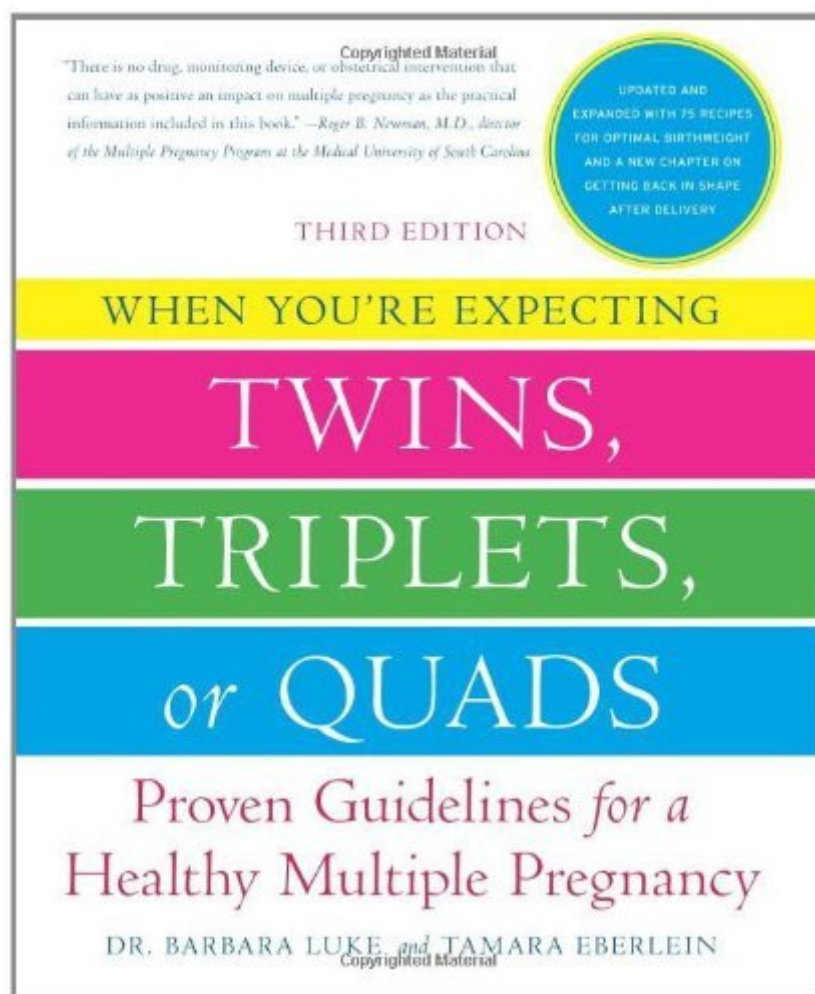




The book was found

When You're Expecting Twins, Triplets, Or Quads 3rd Edition: Proven Guidelines For A Healthy Multiple Pregnancy



Synopsis

When YouTMre Expecting Twins, Triplets, or Quads by Dr. Barbara Luke & Tamara Eberlein is the revolutionary, nutritionally based prenatal program for the growing number of women pregnant with multiples. Revised and expanded for an era when multiple births are on the rise, the third edition of When YouTMre Expecting Twins, Triplets, or Quads includes updated diet and exercise recommendations for the postpartum mother as well as twenty-five new recipes.

Book Information

File Size: 9717 KB

Print Length: 512 pages

Publisher: William Morrow Paperbacks; 3 edition (December 28, 2010)

Publication Date: December 28, 2010

Language: English

ASIN: B003V1WTXQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #86,291 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5 in Books > Parenting & Relationships > Family Relationships > Twins & Multiples #51 in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Parenting > Child Care #53 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Women's Health > Pregnancy & Childbirth

Customer Reviews

I thought this book was the single most useful book I read during my twin pregnancy. I have not found such a clear, concise and well-organized source of information on such topics as how much weight is necessary and healthy for an expectant MOM (mother of multiples) to gain, what a NICU is, who works there and what they do, premature babies and the problems they might have, EXACTLY what to expect if you have a surgical delivery, and most importantly, the special precautions that expectant MOMs should take throughout their pregnancies. Reading this book helped me take the best possible care of my unborn babies and myself, not to mention making the most of my prenatal appointments, by educating me in detail on topics that other twin books only

brushed across. When complications occurred I was prepared for them, I knew what was going on, and so I didn't panic. I did develop some potentially serious problems, gestational diabetes for me and IUGR for one of my sons (and no, I didn't develop diabetes from eating junk food; I have a family history of Type II diabetes). Despite these difficulties, I carried my identical twin sons to 37 weeks, and they weighed 5 pounds 5 ounces and 7 pounds 3 ounces at birth. My doctor later told me that overall, I had one of the healthiest twin pregnancies she had ever seen-normal blood pressure, no anemia, very few preterm contractions, no bed rest, and two healthy babies who were discharged to go home with me. I think the crash course in high-risk obstetrics that I got from reading this book is one of the chief reasons why. I have read two major criticisms of this book from fellow reviewers. The first is that the tone is unnecessarily frightening. The second criticism was that the book offers advice on diet that is not, shall we say, orthodox.

[Download to continue reading...](#)

When You're Expecting Twins, Triplets, or Quads 3rd Edition: Proven Guidelines for a Healthy Multiple Pregnancy When You're Expecting Twins, Triplets, or Quads, Revised Edition: Proven Guidelines for a Healthy Multiple Pregnancy When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy Everything You Need to Know to Have a Healthy Twin Pregnancy: From Pregnancy Through Labor and Delivery . . . A Doctor's Step-by-Step Guide for Parents for Twins, Triplets, Quads, and More! Expecting Twins, Triplets, and More: A Doctor's Guide to a Healthy and Happy Multiple Pregnancy When You're Expecting Twins, Triplets, or Quads, Revised Edition When You're Expecting Twins, Triplets, or Quads: A Complete Resource (Harperresource Books) Magical Multiple Moments: Parents of Multiples Share Stories and Advice on Raising Happy, Healthy Twins, Triplets, Quads, and More! The Multiple Pregnancy Sourcebook: Pregnancy and the First Days with Twins, Triplets, and More The Everything Twins, Triplets, and More Book: From pregnancy to delivery and beyond--all you need to enjoy your multiples The Everything Twins, Triplets, and More Book: From pregnancy to delivery and beyond--all you need to enjoy your multiples (Everything's®) Pregnancy: The BEST Pregnancy Handbook For First Time Moms And Dads: Pregnancy, Motherhood, Childbirth, Pregnant, Healthy Kids, Healthy Children, parenting, toddlers ... diet, Breastfeeding, Newborn, Infant Care) My Twin Pregnancy Week by Week: The Ultimate Planner for Moms Expecting Twins Your Pregnancy Quick Guide: Twins, Triplets and More Dad's Guide to Twins: How to Survive the Twin Pregnancy and Prepare for Your Twins The Panic-Free Pregnancy: An OB-GYN Separates Fact from Fiction on Food, Exercise, Travel, Pets, Coffee, Medications, and Concerns You Have When You Are Expecting Having Twins And More: A Parent's Guide to Multiple Pregnancy, Birth, and Early Childhood The Everything

Twins, Triplets, And More Book: From Seeing The First Sonogram To Coordinating Nap Times And Feedings -- All You Need To Enjoy Your Multiples (Everything's®) The Everything Twins, Triplets, And More Book: From Seeing The First Sonogram To Coordinating Nap Times And Feedings -- All You Need To Enjoy Your Multiples The Everything Twins, Triplets, And More Book: From Seeing The First Sonogram To Coordinating Nap Times And Feedings -- All You Need To Enjoy Your Multiples (Everything (Parenting))

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)