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The Nursing Mothers Companion: 5th Edition

By Kathleen Huggins

ReadHowYouWant.com Ltd, Canada, 2012. Paperback. Book Condition: New. [Large Print]. 254 x 196 mm. Language: English Brand New Book ***** Print on Demand *****.The 5th edition of this best-selling, widely acclaimed guide for nursing mothers has been completely revised and updated to reflect the needs of today's nursing moms. Dressed up with a new 2-color interior, this reassuring, accessible, and comprehensive book has been helping new mothers nurture their babies for a generation. Still here are Kathleen Huggins's indispensable Survival Guide sections to help troubleshoot each stage of breastfeeding - now set off by colored bands on the pages, making them an even quicker and easier reference for nursing mothers. Updated and expanded topics in this edition include nursing older babies, feeding babies only pumped milk, correcting a low milk supply (for women working away from home), inducing lactation, and bed sharing with babies. The sections on breast pump models, environmental pollutants (such as mercury), and resources for nursing women are fully updated. There is also all-new information on vitamin D supplementation in breast-fed babies and the effects of Reynaud's Syndrome on breastfeeding. The special appendix on drugs and their effects on lactation and on breast-fed babies,...



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Reviews

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-- **Olga Ledner MD**

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-- **Shayne O'Conner**

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