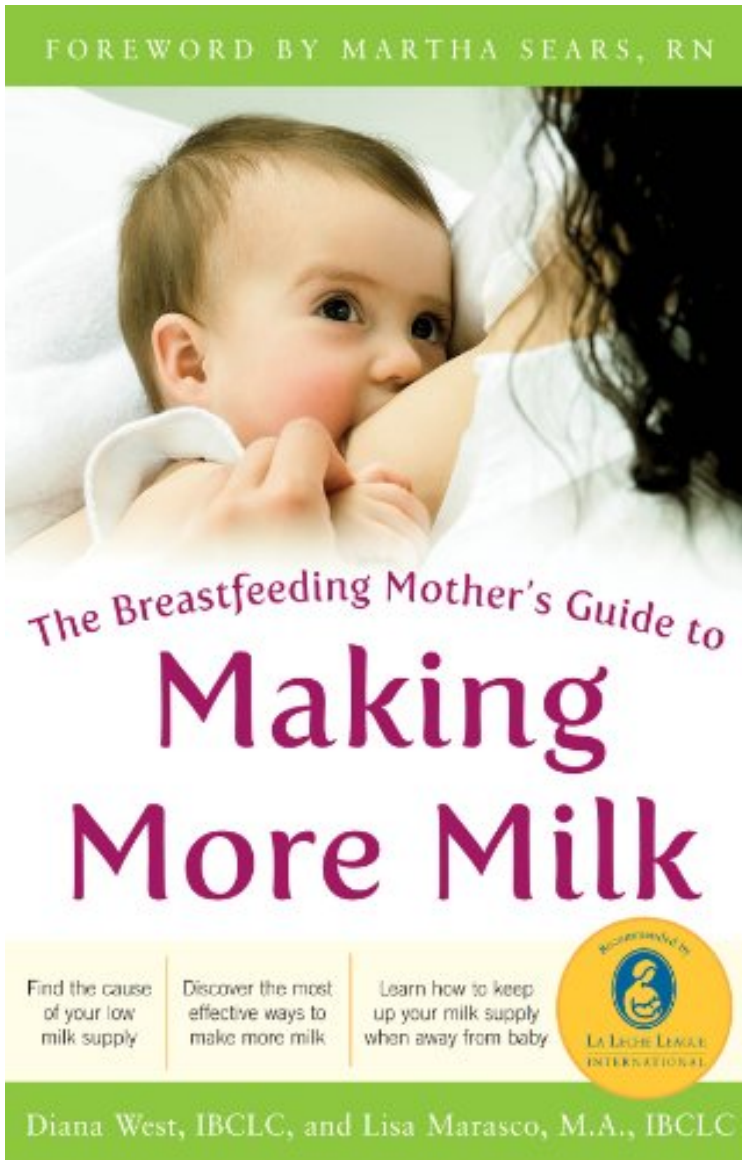


[Pdf free] File size: 61.Mb

The Breastfeeding Mother's Guide to Making More Milk: Foreword by Martha Sears, RN



*Par Diana West, Lisa Marasco
ebooks | Download PDF | *ePub | DOC |
audiobook*

Dtails sur le produit Rang parmi les ventes : #279328 dans eBooksPubli le: 2008-10-25Sorti le: 2008-12-07Format: Ebook Kindle

[Pdf free] The Breastfeeding Mother's Guide to Making More Milk: Foreword by Martha Sears, RN

Par Diana West, Lisa Marasco : The Breastfeeding Mother's Guide to Making More Milk: Foreword by Martha Sears, RN before purchasing it in order to gage whether or not it would be worth my time, and all praised The Breastfeeding Mother's Guide to Making More Milk: Foreword by Martha Sears, RN:

 **Download**

 **Read Online**

Description :

Prsentation de l'diteurConcerned about making enough milk for your baby? Wondering how to make more? Two lactation experts are here to help. Separate fact from fiction with help from this comprehensive book about improving low milk supply. Written by two leading experts who have been there themselves and officially recommended by La Leche League International, The Breastfeeding Mother's Guide to Making More Milk incorporates the latest research and discoveries about causes of low milk supply, the way your body makes milk, and how babies contribute to your milk production. Best of all, you'll find valuable

suggestions for both time-honored and innovative ways to make more milk. Learn the facts about:

- Determining if baby is really getting enough milk
- Supplementing without decreasing your supply
- Maximizing the amount of milk you can make
- Identifying the causes of your low supply
- Increasing your supply with the most effective methods, including pumping, herbs, medications, foods, and alternative therapies
- Making more milk when you return to work, exclusively pump, have a premie or multiples, relactate, or induce lactation

Présentation de l'auteur Concerned about making enough milk for your baby? Wondering how to make more? Two lactation experts are here to help. Separate fact from fiction with help from this comprehensive book about improving low milk supply. Written by two leading experts who have been there themselves and officially recommended by La Leche League International, *The Breastfeeding Mother's Guide to Making More Milk* incorporates the latest research and discoveries about causes of low milk supply, the way your body makes milk, and how babies contribute to your milk production. Best of all, you'll find valuable suggestions for both time-honored and innovative ways to make more milk. Learn the facts about:

- Determining if baby is really getting enough milk
- Supplementing without decreasing your supply
- Maximizing the amount of milk you can make
- Identifying the causes of your low supply
- Increasing your supply with the most effective methods, including pumping, herbs, medications, foods, and alternative therapies
- Making more milk when you return to work, exclusively pump, have a premie or multiples, relactate, or induce lactation

Biographie de l'auteur Diana West, IBCLC, is a board certified lactation consultant in private practice and author of *Defining Your Own Success: Breastfeeding After Breast Reduction Surgery*. Lisa Marasco, M.A., IBCLC, is a board certified lactation consultant both in private practice and for WIC and contributing author to the *Core Curriculum for Lactation Consultant Practice*.