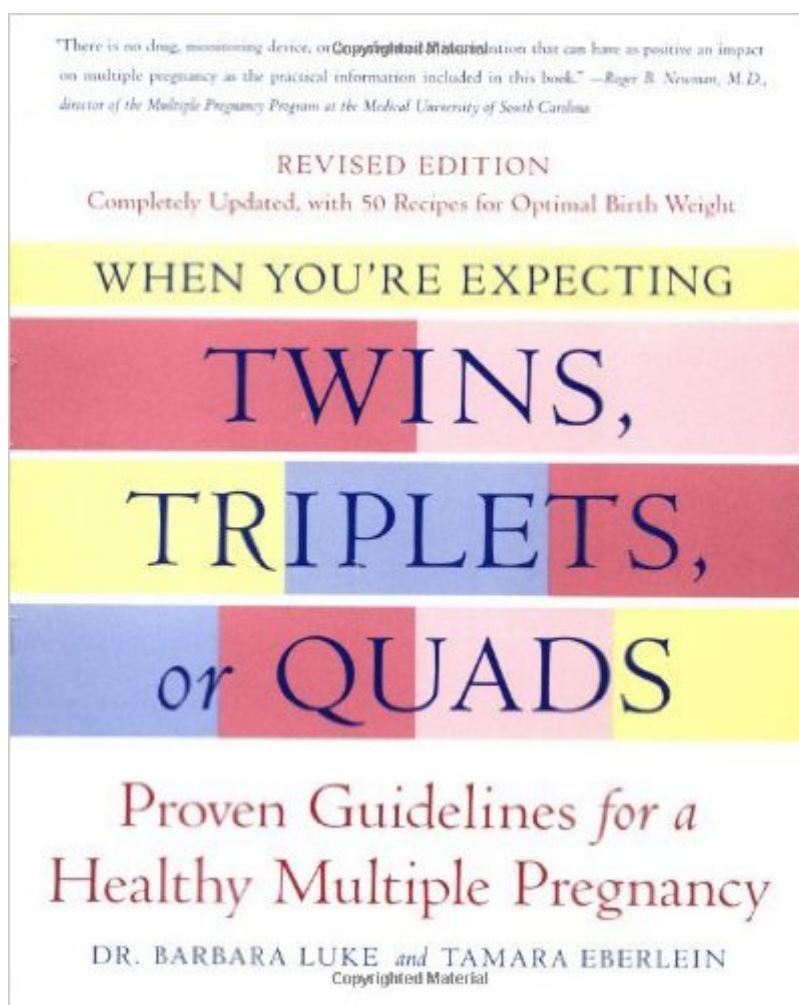


The book was found

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



## Synopsis

A Clinically Proven Program for Women Pregnant with Multiples Completely Updated, with 50 Recipes for Optimal Birth Weight You're expecting more than one baby? Congratulations! In *When You're Expecting Twins, Triplets, or Quads*, Dr. Barbara Luke's practical, nutrition-based program has been proven to lower complications, resulting in much healthier babies. This revision offers more nutritional information, 50 recipes to maximize birth weight, and new guidelines on nutritional needs and vegetarian options. It also includes updated information that reflects the most current obstetric and pediatric practices, such as expanded safety information on exercise and reducing your risk for complications.

## Book Information

Paperback: 432 pages

Publisher: Harper Paperbacks; Revised edition (June 1, 2004)

Language: English

ISBN-10: 0060542683

ASIN: B006G8JIBW

Product Dimensions: 7.4 x 1.1 x 9.2 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (477 customer reviews)

Best Sellers Rank: #1,816,445 in Books (See Top 100 in Books) #83 in [Books > Parenting & Relationships > Family Relationships > Twins & Multiples](#) #2671 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#) #16185 in [Books > Deals in Books](#)

## 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, Revised Edition: Proven Guidelines for a Healthy Multiple Pregnancy  
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: 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!  
When You're Expecting Twins, Triplets, or Quads, Revised Edition  
Expecting Twins, Triplets, and More: A Doctor's Guide to a Healthy and Happy Multiple Pregnancy  
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 a Parent's Best Friend)  
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 a Parent's Best Friend)  
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))

[Dmca](#)