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

*"There is no drug, monitoring device, or any obstetrical intervention that can have as positive an impact on multiple pregnancy as the practical information included in this book." —Rita E. Norman, M.D.,  
Director of the Multiple Pregnancy Program at the Medical University of South Carolina*

REVISED EDITION

Completely Updated, with 50 Recipes for Optimal Birth Weight

WHEN YOU'RE EXPECTING

TWINS,

TRIPLETS,

or QUADS

Proven Guidelines *for a*  
Healthy Multiple Pregnancy

DR. BARBARA LUKE *and* TAMARA EBERLEIN



## Synopsis

The classic pregnancy guide from Dr. Barbara Luke and Tamara Eberlein, newly revised and expanded, *When You're Expecting Twins, Triplets, or Quads* is the revolutionary, nutritionally based prenatal program for the growing number of women pregnant with multiples. These proven guidelines for a healthy multiple pregnancy include updated diet and exercise recommendations for the postpartum mother and twenty-five new recipes.

## Book Information

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## 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.

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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)  
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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

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