



# When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy, 3rd Edition

By Barbara Luke, Tamara Eberlein

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*When You're 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 You're Expecting Twins, Triplets, or Quads* includes updated diet and exercise recommendations for the postpartum mother as well as twenty-five new recipes.

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- Sales Rank: #25035 in Books
- Brand: imusti
- Published on: 2010-12-28
- Released on: 2010-12-28
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .82" w x 7.38" l, 1.48 pounds
- Binding: Paperback
- 512 pages

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### Editorial Review

#### Amazon.com Review

The double whammy of successful infertility treatments and an increase in the number of women having children later in life has resulted in a staggering--but perhaps not surprising--phenomenon: a tremendous increase in twin, triple, and quadruple births. *When You're Expecting Twins, Triplets, or Quads* is an outstanding, much-needed addition to the pregnancy genre for women who face the alternating joy, terror, and ambivalence associated with carrying, delivering, and coping with young multiples.

Subjects like nutrition, mom's changing body and emotions, fetal development, potential complications, and labor and delivery take on new meaning when you add another baby or two to the standard equation. With the goal of minimizing risk factors associated with multiple births, Dr. Barbara Luke and her team of writers cover each subject with a buoyant determination to tell it all and tell it well--avoiding the typical "how to name and dress your twins" issues. Accompanying the detailed medical perspective of Dr. Luke are personal experiences gathered from the journals of a few articulate moms, making each subject as real as it is educational. Simple illustrations, valuable charts (including one to plot and monitor fetal growth in grams or pounds), specific menu examples (like how *can* you consume 4,500 calories if you're expecting quads??), and lots of reassurance make this book a winner. --*Liane Thomas*

#### From the Back Cover

You're expecting more than one baby? Congratulations!

Effective, encouraging, and up-to-date, *When You're Expecting Twins, Triplets, or Quads* is essential for you and your babies.

Like all mothers-to-be, you're experiencing the full spectrum of human emotions: joy, fear, confusion, and excitement—maybe all at once. As a woman pregnant with more than one baby, you're feeling all these things . . . only more so!

In *When You're Expecting Twins, Triplets, or Quads*, Dr. Barbara Luke, an acknowledged expert on the prenatal care of multiples, outlines a practical, nutrition-based program to keep you and your babies healthy, and she offers a comprehensive tour of what you can expect during your unique pregnancy and childbirth experience. Women who follow this program have significantly fewer complications during pregnancy—and their babies are born weighing 20 to 35 percent more than the average twin, triplet, or quad. Included is crucial information on:

- Finding a qualified maternal/fetal medicine specialist
- Dietary guidelines for maximizing birthweight
- Safe limits on exercise, physical activity, and work
- Taking a leave from your job and negotiating the best deal
- Reducing your risk for pregnancy complications
- Recognizing the signs of preterm labor and what to do about them
- What to expect during and after delivery
- Feeding and caring for your newborns . . . and yourself

- Getting back into shape after delivery

#### About the Author

Barbara Luke, Sc.D., M.P.H., R.N., R.D., is a professor in the Department of Obstetrics, Gynecology, and Reproductive Biology at Michigan State University. She has published numerous research studies on multiple pregnancy through the University Consortium on Multiple Births, with colleagues from universities around the country. She is also the author of *Every Pregnant Woman's Guide to Preventing Premature Birth* and coauthor, with Tamara Eberlein, of *Program Your Baby's Health*.

Tamara Eberlein, an award-winning health journalist, has published hundreds of articles on health, parenting, and psychology. She is the author of four books, including *Sleep: How to Teach Your Child to Sleep Like a Baby*. She is also the mother of twins.

#### Users Review

##### From reader reviews:

##### Andrew Drake:

Reading a guide tends to be new life style within this era globalization. With reading through you can get a lot of information that can give you benefit in your life. Together with book everyone in this world can certainly share their idea. Publications can also inspire a lot of people. Plenty of author can inspire their own reader with their story or even their experience. Not only the storyline that share in the textbooks. But also they write about the knowledge about something that you need example of this. How to get the good score toefl, or how to teach children, there are many kinds of book that exist now. The authors on earth always try to improve their skill in writing, they also doing some exploration before they write to their book. One of them is this *When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy, 3rd Edition*.

##### Lula Estes:

In this period of time globalization it is important to someone to get information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information easier to share. You can find a lot of personal references to get information example: internet, paper, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. The actual book that recommended for you is *When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy, 3rd Edition* this publication consist a lot of the information with the condition of this world now. That book was represented so why is the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. The actual writer made some analysis when he makes this book. Honestly, that is why this book appropriate all of you.

**Patrick Bergeron:**

Many people spending their time period by playing outside together with friends, fun activity with family or just watching TV all day every day. You can have new activity to pay your whole day by examining a book. Ugh, do you consider reading a book can really hard because you have to take the book everywhere? It all right you can have the e-book, delivering everywhere you want in your Cell phone. Like *When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy, 3rd Edition* which is having the e-book version. So , try out this book? Let's observe.

**Katherine Hood:**

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