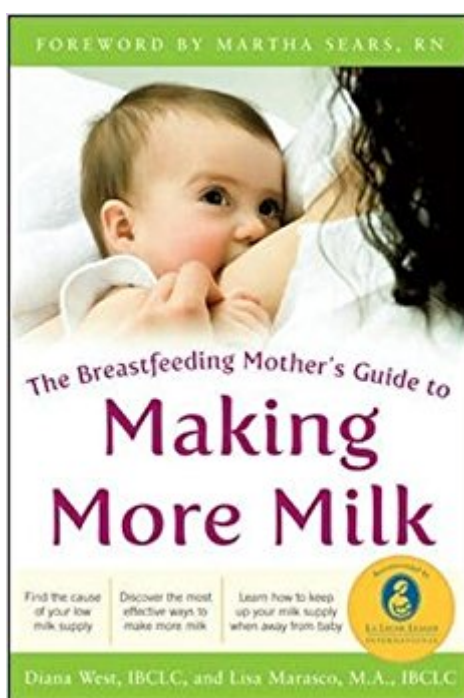


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# The Breastfeeding Mother's Guide To Making More Milk: Foreword By Martha Sears, RN (Family & Relationships)



## Synopsis

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

## Book Information

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## Customer Reviews

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*.

This book covers all of the likely causes and possible solutions for low milk production. It finally consolidates the fragmented information that you can find across the Internet and adds much more, including an understanding of the bio-mechanisms involved.

This book gave me additional information that I haven't received from my lactation consultants in hospital. I found this book very encouraging. I had a preemie so production has been very difficult but I am determined! This book gave me a few tips I hadn't tried, and it worked to bring my milk back at the 5 month mark. I highly highly recommend this book worth every penny and more!

My wife had some issues with her milk supply and after discussing with several lactation consultants, stumbled on this book. She absolutely loved it, successfully increased her supply and wishes she had read this before our daughter was born so that we could have been better prepared in the first few weeks.

I like this book but hindsight is twenty twenty and I wish I had read it before I had the baby. Many suggestions are for implementing before birth. So it is not just a how-to manual for after the baby is born and you discover issues with milk supply.

I learned things from this book I didn't from other breastfeeding books. I struggled with milk production my first and now nursing my second I produce about 60 ounces a day which is amazing. I wouldn't be at such a nice production rate if it wasn't for this book a must read for sure.

The best book you can buy to know about how to produce more milk. I have twin girls and after reading this book I felt so much more confident I could drop their 1 bottle formula supplement I was giving them. Definitely best buy

I have four kids, for my first three I've never had enough milk and drop breastfeeding at two months old. Now for my fourth child I prepared reading this book, taking the medicine and the herbs that were recommended and totally worked! She is five months old and I'm still breastfeeding and without any supplementation.

Wish I had read this before the baby came. Excellent info and tips to increase production.

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