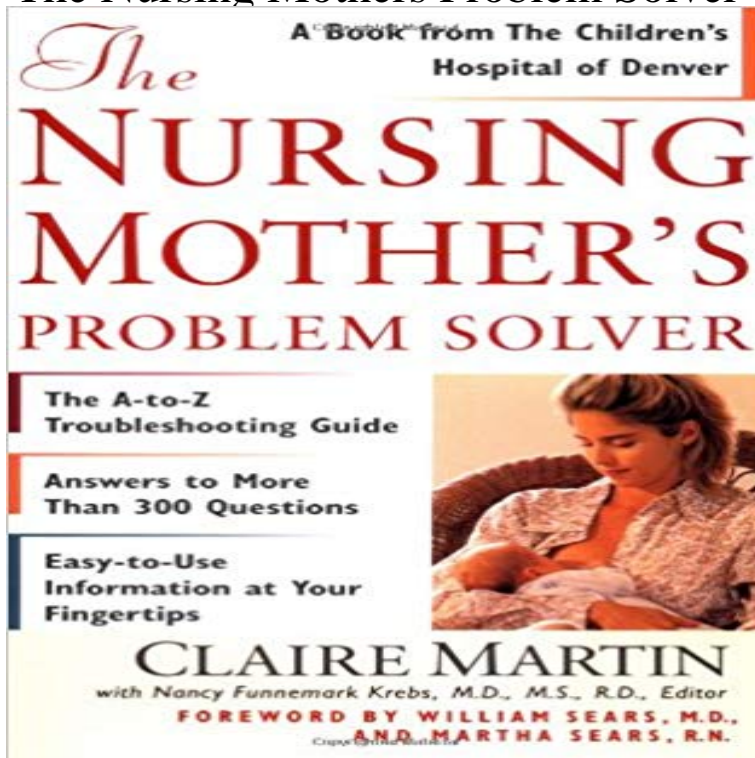


The Nursing Mothers Problem Solver



Finally! Answers to your most urgent questions in an easy-to-use format! Based on questions posed by thousands of real mothers, this A-to-Z guide has a practical, realistic view of how nursing fits into a modern woman's life. First-time mothers and breastfeeding veterans will find answers to more than 300 questions -- from the most common to the most particular. How to know the effect of what you eat and drink on your breastmilk -- from antihistamines and antidepressants to spicy food, wine, or caffeine. How to use natural remedies like fennel tea, cabbage leaves, and brewers yeast to combat your own and your baby's discomforts. How to accommodate your child's particular nursing style, be she fussy, sleepy, overeager, or uninterested. How to breastfeed children with special needs -- like a cleft palate and Down's syndrome -- as well as adopted babies and twins. Cross-referenced for easy, immediate access to information, supplemented with listings of resources such as videos, Web sites, and support groups, this volume is the most comprehensive collection of nursing advice available.

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