



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

By Barbara Luke, Tamara Eberlein

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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.

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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!

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!

*When You're Expecting Twins, Triplets, or Quads* outlines a practical, nutrition-based program to keep you and your babies healthy, and provides 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 healthier, 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 recommendations, menus, and 75 recipes for maximizing birthweight
- Safe guidelines on exercise, physical activity, and work
- Reducing your risk for pregnancy complications?
- Recognizing the signs of preterm labor and what to do about them?
- How twin type (fraternal vs. identical) affects prenatal care
- 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 Professor of Obstetrics, Gynecology, and Reproductive Biology at Michigan State University. She has published numerous studies on multiple pregnancy. In 2005

she received the Agnes Higgins Award from the March of Dimes for distinguished lifetime achievement in maternal-fetal nutrition. Dr. Luke is the author of *Every Pregnant Woman's Guide to Preventing Premature Birth*, and coauthor of *Program Your Baby's Health* and *Multifetal Pregnancy: A Handbook for Care of the Pregnant Patient*. drbarbaraluke.com

**TAMARA EBERLEIN**, an award-winning journalist, has published hundreds of articles on health, parenting, and psychology. She is the author of *Sleep: How to Teach Your Child to Sleep Like a Baby* and *Whining: Tactics for Taming Demanding Behavior*. She is also the mother of twins.

**ROGER B. NEWMAN, M.D.**, is Professor of Obstetrics and Gynecology and Maas Endowed Chair for Reproductive Sciences at the Medical University of South Carolina (MUSC). A past president of the Society for Maternal-Fetal Medicine and expert in high-risk obstetrics, Dr. Newman has directed the MUSC Prenatal Wellness Center Multiple Pregnancy Program since 1987. He is the author of numerous scientific paper and two medical mystery novels, *Occam's Razor* and *Two Drifters*.

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#### Jose Jones:

In this 21st century, people become competitive in most way. By being competitive today, people have do something to make these individuals survives, being in the middle of often the crowded place and notice by surrounding. One thing that at times many people have underestimated that for a while is reading. Yeah, by reading a reserve your ability to survive boost then having chance to stand than other is high. In your case who want to start reading the book, we give you this particular When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy book as nice and daily reading publication. Why, because this book is more than just a book.

#### Stuart Rosado:

The knowledge that you get from When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy will be the more deep you excavating the information that hide in the words the more you get serious about reading it. It doesn't mean that this book is hard to understand but When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy giving you excitement feeling of reading. The writer conveys their point in a number of way that can be understood simply by anyone who read the item because the author of this reserve is well-known enough. This particular book also makes your vocabulary increase well. Therefore it is easy to understand then can go along, both in printed or e-book style are available. We propose you for having this kind of When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy instantly.

#### Danny Jarosz:

Information is provisions for those to get better life, information presently can get by anyone from everywhere. The information can be a understanding or any news even an issue. What people must be consider any time those information which is inside the former life are challenging to be find than now is taking seriously which one is suitable to believe or which one often the resource are convinced. If you have

the unstable resource then you obtain it as your main information we will see huge disadvantage for you. All of those possibilities will not happen in you if you take **When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy** as your daily resource information.

**Casey Russell:**

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