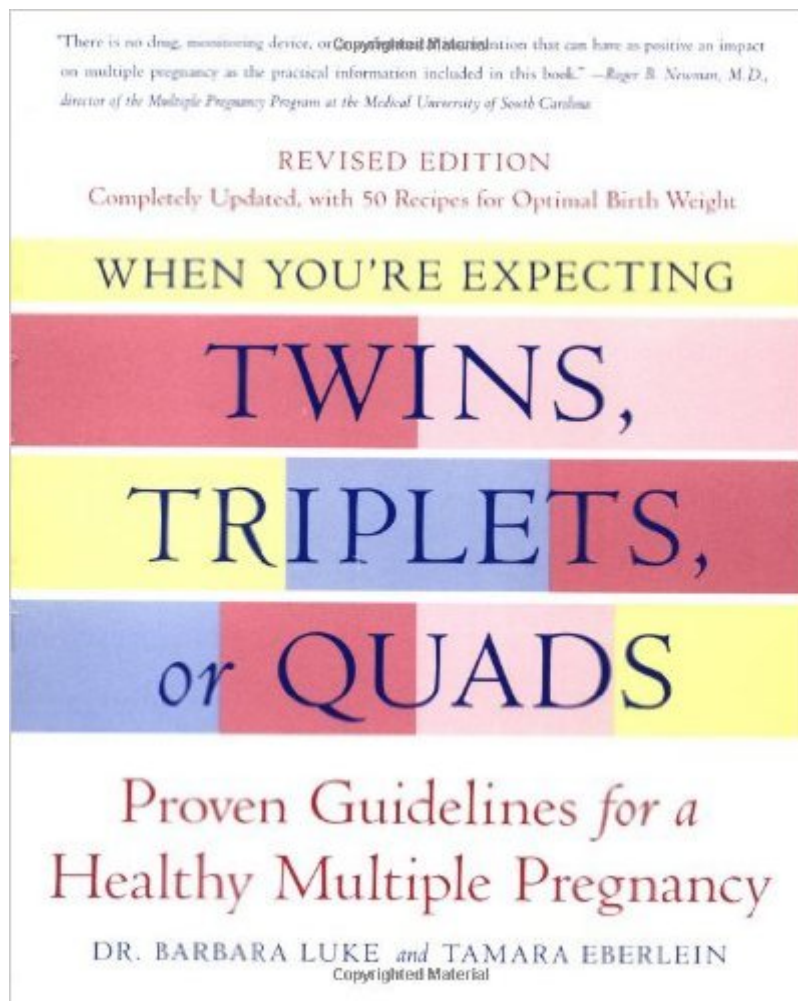


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# When You're Expecting Twins, Triplets, Or Quads, Revised Edition: Proven Guidelines For A Healthy Multiple Pregnancy



## Synopsis

A Clinically Proven Program for Women Pregnant with Multiples Completely Updated, with 50 Recipes for Optimal Birth Weight You're expecting more than one baby? Congratulations! In *When You're Expecting Twins, Triplets, or Quads*, Dr. Barbara Luke's practical, nutrition-based program has been proven to lower complications, resulting in much healthier babies. This revision offers more nutritional information, 50 recipes to maximize birth weight, and new guidelines on nutritional needs and vegetarian options. It also includes updated information that reflects the most current obstetric and pediatric practices, such as expanded safety information on exercise and reducing your risk for complications.

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (477 customer reviews)

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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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