



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

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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