



When You're Expecting Twins, Triplets, or Quads

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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