Mohrbacher N.  
Stock J.  
La Leche League International (USA). [Corporate Author]

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Abstract
An easy-to-use guidebook of basic breastfeeding information. Offers the reader a concise, practical guide on what to do and why in virtually any breastfeeding circumstance. Topics covered include the breast and how it works; babies with special needs; breastfeeding of multiples; relactation and adoptive nursing; pregnancy and tandem nursing; sexuality, fertility, and contraception; nutrition, weight loss, exercise, and personal grooming; nipple problems; breast problems; cesarean birth; mothers' health problems; drugs, vitamins, vaccines, and diagnostic tests; transfer of drugs and other chemicals into human milk; the use of breast pumps and other products; etc.