



The Womanly Art of Breastfeeding: Seventh Revised Edition (La Leche League International Book)

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All parents want the best for their babies, and there's no doubt about the fact that human milk is the ideal food for human babies. What's the secret of successful breastfeeding? For almost fifty years mothers who have been in touch with La Leche League have found the kind of information and support they needed to breastfeed their babies.

In this newly revised edition of *The Womanly Art of Breastfeeding*, you will learn:

- How human milk offers lifetime benefits for your baby
- How to prepare for breastfeeding during pregnancy
- How to exercise and lose weight safely while nursing
- How to find time for yourself while meeting baby's needs
- How to increase your milk supply by using herbs and medications
- How to be sure your baby is getting enough to eat

The Womanly Art of Breastfeeding was the first book of its kind, written for mothers by mothers. Over the years, more than two million mothers have turned to it for information and inspiration.

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Enrique Flora:

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