



The Breastfeeding Answer Book with CDROM (La Leche League International Book)

Nancy Mohrbacher, Julie Stock

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Now available as a set, the revised Breastfeeding Answer Book and Breastfeeding Answer Book CD-ROM are definitive resources for those who are dedicated to helping mothers breastfeed.

The exclusive CD-ROM features a search function for the 2003 text of the Breastfeeding Answer Book; the translation of the 1997 Breastfeeding Answer Book in Spanish, also searchable; and an encrypted link to La Leche League International's Web site, which will provide updates on information and other special features.

Highlights of this revised edition also include new approaches to positioning and latch-on, information on the use of prescription and herbal medications to increase milk supply, new illustrations of breast structure and how the breast functions as reflected in the research of Dr Peter Hartmann, and information on breastfeeding in emergency situations. This guidebook, which also explores controversial issues such as vitamin D supplementation of the breastfed baby and new treatment options for damaged nipples, can be used with confidence to help mothers establish and enjoy a satisfying breastfeeding relationship with their babies.

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