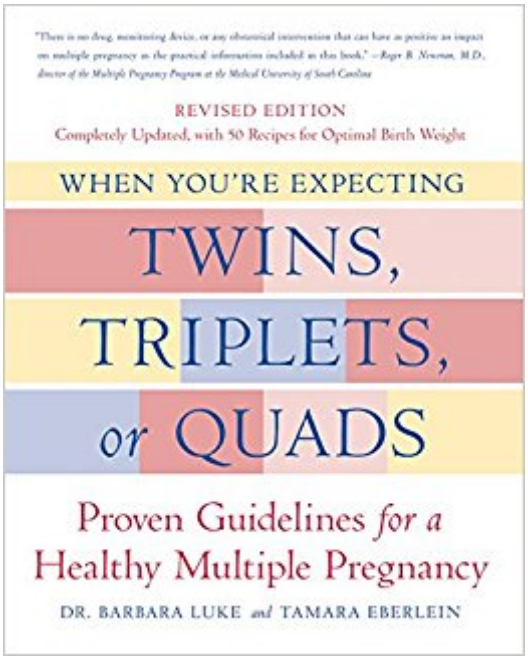
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When You're Expecting Twins, Triplets, Or Quads, Revised Edition



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Synopsis

The classic pregnancy guide from Dr. Barbara Luke and Tamara Eberlein, newly revised and expanded, When YouÃ¢â ¬â„¢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.

Book Information

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Customer Reviews

The double whammy of successful infertility treatments and an increase in the number of women having children later in life has resulted in a staggering--but perhaps not surprising--phenomenon: a tremendous increase in twin, triple, and quadruple births. When YouÃ Â re Expecting Twins, Triplets, or Quads is an outstanding, much-needed addition to the pregnancy genre for women who face the alternating joy, terror, and ambivalence associated with carrying, delivering, and coping with young multiples. Subjects like nutrition, mom's changing body and emotions, fetal development, potential complications, and labor and delivery take on new meaning when you add another baby or two to the standard equation. With the goal of minimizing risk factors associated with multiple births, Dr. Barbara Luke and her team of writers cover each subject with a buoyant determination to tell it all and tell it well--avoiding the typical "how to name and dress your twins" issues. Accompanying the detailed medical perspective of Dr. Luke are personal experiences gathered from the journals of a few articulate moms, making each subject as real as it is educational. Simple illustrations,

valuable charts (including one to plot and monitor fetal growth in grams or pounds), specific menu examples (like how can you consume 4,500 calories if you're expecting quads???), and lots of reassurance make this book a winner. --Liane Thomas --This text refers to an out of print or unavailable edition of this title.

A Clinically Proven Program for Women Pregnant with MultiplesCompletely Updated, with 50 Recipes for Optimal Birth WeightYou're expecting more than one baby? Congratulations! In When You're Expecting Twins, Triplets, or Quads, Dr. Barbara Luke's practical, nutrition-based program has been proven to lower complications, resulting in much healthier babies. This revision offers more nutritional information, 50 recipes to maximize birth weight, and new guidelines on nutritional needs and vegetarian options. It also includes updated information that reflects the most current obstetric and pediatric practices, such as expanded safety information on exercise and reducing your risk for complications.

I ran this book/eating plan past my midwife, mfm, nutritionist, and dietician before beginning and they all approved it. What most doctors fail to mention is that the recommended amount of calories for any pregnancy is supposed to be on top of a 2000 calorie diet, not the 1200-1800 most women eat. In the initial paperwork my dr gave me, the protein lines up with the book, the book just gave me a better outline of how to get it in and more information on micronutrients, which isn't the speciality of most doctors. While the bed rest and napping seemed a little fear mongering, it's made me much more aware of my body so I can lay down before it gets to the point of exhaustion.

This book has saved me! I feel so comfortable now having actual research based findings to help me understand my twin pregnancy and what practical tips I can apply to help my babies grow and develop well. This book has a POSITIVE voice- which has been so hard to find with all other readings focusing on only complications and what to do after. This book is preventative and applicable!

Excellently written book on the nutritional complexities of carrying multiples. Women have been lead to fear gaining weight in pregnancy, when the research done by this doctor and her team clearly shows that it is necessary -- especially in the case of mothers carrying multiples. Very important information I have referred this book to nutrition clients.

This is a great book for the pregnancy portion of having multiples. I am having twins and I was shocked to find out how little information I was getting from my doctor. It has weight gain charts which are very helpful so you know what your goals should be. Also it enforces the idea which your doctor may not be telling you... that your goal is to carry the babies as long as possible so they can be not born too premature. This is a big problem with multiples.Your doctor may not tell you to take it easy, but this book will and it will tell you stories of what happens if you don't. Valuable info! I feel that the doctors are too easy-going about saying this and that is ok, when really it's not - especially if they don't deal with multiples often.Also, it will let you know what to expect as far as bed rest, etc., so you won't get surprised by your doctor telling you suddenly that you need to stop working.The only thing I wasn't really impressed with was the dietary part of the book. It's just way too detailed and complicated to actually be able to follow - although I have found this with many pregnancy books.Overall a good book and I'm glad I bought it.

I purchased this book when I found out I was expecting identical twins (my 2nd and 3rd children). It was pretty anxious during my twin pregnancy (no history of twins in my family, and one of my twins had a 2-vessel umbilical cord and later showed IUGR), and I pored over it every week of my pregnancy until I delivered them. There is a lot of good information, especially the advice about seeking at least an opinion, if not continuing care, from a maternal-fetal medicine specialist (mine caught/monitored a couple of things that my regular OB may not have caught or may have glossed over). There is also quite a bit of good nutrition advice, however, I want to emphasize caution for anyone who is a food addict or a recovering food addict (like I was). I used the nutrition advice to gain the recommended amount of weight by 20 weeks, but then my food habits started to get out of control again (e.g. eating ice cream nearly every night), and I gained more than I needed to by the end of my pregnancy at 36 weeks (my girls ended up being just over 6 lbs and just over 4 lbs at delivery and spend 8 days and 15 days, respectively, in the NICU (feed and grow)). My food addiction continued long after I gave birth, especially because I was nursing/pumping and because I was very sleep deprived for a few months postpartum and used food as a stimulant. 18 months later, I am now just starting to regain control and make efforts to reduce refined sugar and carbs. I also wanted to add that some of the anecdotal stories from non-medical professionals did not help my anxiety levels, worrying about what could go wrong. Finally, I wanted to add that this book does contain good advice for preparing for the arrival of multiples and for scenarios you will encounter after they arrive.

I cannot recommend this book strongly enough. I experienced three miscarriages before getting pregnant with twins and was so nervous given my history that I read everything I could about twin pregnancies. This was the only book I found useful. The weight gain recommendations seem extreme, but I believe they enabled me to carry my twins to 38.5 weeks (I was induced) and give birth to two seven pound babies. I typically am 5’7" and 130 and I gained 70 pounds. Much of it was right out front and I lost all my baby weight within about 8 weeks of giving birth. If you eat healthy (I ate simple proteins for every meal and at snacks, but also lots of veggies, fruit and dairy and very little sugar), then I think the guidelines are reasonable. My twins spent no time in the NICU and our nurses said they were the healthiest multiples they had ever delivered. I didn’t make all of the suggested recipes, but used the concepts and followed the weight guidelines closely. In my opinion, gaining 30-35 pounds in a twin pregnancy is simply not sufficient. I think this is a must read for twin and higher-order pregnancies.

Very informative book. The only negative so far is advice that has conflicted with my doctors when I tell them about this book (obgyns and a perinatologist). I am pregnant with twins and my doctors have said the part about stopping work at 28 weeks, and some parts about bed rest, are outdated and these aren’t their recommendations anymore. They say they won’t authorize stopping work without a medical reason/ complication (even factoring in that I am 40), and otherwise expect you to work until your due date.

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