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I can't honestly fault the Lansinoh Affinity Double Electric Breast Pump, but here are a couple things to remember ... Fully accessorised, it even comes with spares and one of the clearest

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Instructions ...

Lansinoh Affinity Double Electric Breast Pump review

Manual pumps require the user ... so easy to put together that you barely need the instructions and quick to wash," continued Sybilla. Though it's worth keeping in mind that it isn't the quietest pump ...

The best breast pumps – electronic, manual, singles and doubles tested

Lansinoh, the makers of your favourite nipple cream, also produce superbly designed single and double electric breast pumps. Both versions are quiet, powerful, inexpensive and ergonomically ...

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Instructions
What you need to know to have the best birth experience for you. Drawing upon her thirty-plus years of experience, Ina May Gaskin, the nation's leading midwife, shares the benefits and joys of natural childbirth by showing women how to trust in the ancient wisdom of their bodies for a healthy and fulfilling birthing experience. Based on the female-centered Midwifery Model of Care, Ina May's Guide to Natural Childbirth gives expectant mothers comprehensive information on everything from the all-important mind-body connection to how to give birth without technological intervention. Filled with inspiring birth stories and practical advice, this invaluable resource

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Includes:

- Reducing the pain of labor without drugs--and the miraculous roles touch and massage play
- What really happens during labor
- Orgasmic birth--making birth pleasurable
- Episiotomy--is it really necessary?
- Common methods of inducing labor--and which to avoid at all costs
- Tips for maximizing your chances of an unmedicated labor and birth
- How to avoid postpartum bleeding--and depression
- The risks of anesthesia and cesareans--what your doctor doesn't necessarily tell you
- The best ways to work with doctors and/or birth care providers
- How to create a safe, comfortable environment for birth in any setting, including a hospital
- And much more Ina May's

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Guide to Natural Childbirth takes the fear out of childbirth by restoring women's faith in their own natural power to give birth with more ease, less pain, and less medical intervention.

"Mama Natural's Week to Week Guide to Pregnancy is the modern (and yet ancient) approach to pregnancy and childbirth.

"Natural" recognizes that pregnancy and birth are normal, and that having a baby is a wondrous biological process and rite of passage--not a medical condition. This book draws upon the latest research showing how beneficial and life-changing natural birth is for both babies and moms. Full of weekly advice and tips for a healthy pregnancy,

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Grace details vital nutrition to take, natural remedies for common and troublesome symptoms, as well as the appropriate (and inappropriate) use of interventions. Pregnancy, childbirth, health, health and wellness, parenting, family"--

Breastfeeding without Birthing is an essential guide to breastfeeding for mothers through adoption, surrogacy, and other special circumstances. All breastfeeding-without-birthing mothers who wish to provide their own milk for their baby will learn the tools and techniques for inducing lactation without pregnancy and birth.

Block Print Magic is an essential

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guide to the techniques of linoleum block printing, including 17 captivating step-by-step projects and the works and insights of talented printmakers for inspiration and visual demonstration. Block Print Magic is the perfect reference for a wide range of printmaking enthusiasts. The easy-to-follow illustrated instruction takes you through every step of the process, beginning with choosing and caring for tools and setting up a studio, through design essentials, carving techniques, and printing techniques. Those techniques include multi-block printing, reduction cuts, puzzle blocks, and rainbow-roll printing. Advanced carving techniques for creating textures, crosshatching, and

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three-dimensional shading will give you the opportunity to expand and strengthen your expertise. Among the visually stunning projects you'll learn to create: Colorful, multi-block hex sign Reduction cut sunflowers print One-page pocket zine from a single block Fabric wall hanging embellished with embroidery Along with author Emily Howard's own work, artist spotlights feature interviews with and examples of work by five other contemporary artists—Lili Arnold, Jen Hewett, Kelli MacConnell, Derrick Riley, and Aftyn Shah—as a means of clarifying how each technique can be used in different ways. Block Print Magic is a must-have addition to any printmaker's bookshelf.

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In the heart of every woman is a longing to be deeply loved and treasured by another. While this is never fulfilled perfectly in our earthly relationships, believers are promised that heaven is a place of eternal joy with Jesus Himself, who has chosen his cherished Bride. In this ten-lesson study, women will grow to understand how human wedding traditions symbolize the ultimate marriage of Christ—the Bridegroom—and His beloved church. Through images of ancient wedding customs as women of the Bible would have celebrated them, the authors point out spiritual significance for today. Contemporary wedding stories further illustrate the

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Instructions promise of eternal life. As a woman prepares herself for the Bridegroom, she begins to discover an intimacy with Him greater than she ever imagined.

Organized by chief complaint, this comprehensive, pocket-sized handbook for medical students and early residents covers the diagnosis and management of more than 80 common problems found in children, focusing on symptoms, differential diagnosis, laboratory assessment, and various treatment options for each problem. Customers & reviewers note that the major strengths of this book are its readability and ease of use. It contains the perfect amount of detail and emphasizes high-yield

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topics that appear on end-of-rotation and in-service exams and really helps direct one's thinking process.

Providing practical advice on home treatments, this accessible guide explains what can be done to relieve symptoms and, if possible, clear up the problem for many common medical conditions. Illustrated with step-by-step photographs, this book's well-rounded approach includes practical techniques, preventive measures, complementary remedies, and conventional medical treatments for use in the home. An integrated approach to health is increasingly popular among doctors and patients, and Home Doctor helps you use all of

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The information available to treat many common conditions at home. Practical and easy-to-use, it includes over one-hundred-and-fifty common symptoms, illnesses, and injuries with advice on when you can treat them safely and effectively and when to call a doctor. With basic first-aid procedures as well as a quick A-Z reference covering over-the-counter drugs and natural remedies, it's like having your own in-home healthcare provider 24/7.

Featuring 30 types of breasts, The Boob Book is an illustrated celebration of womanhood and the boobs that come with it. Scattered throughout are boob miscellany: a boob personality

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flow chart, boob facts, boob self-care tips, a roundup of bras, types of nipples, a boob doodle, and illustrated ways we show off the goods. This joyful book features breasts of all colors and sizes—from "The Handful" to "The Mom-To-Be" to "The Small but Mighty"—showing women that every boob type is weird, beautiful, and natural. □ An illustrated love letter to a girl's breast friend □ Filled with fun and interactive boob-related miscellany, like a boob personality test (are you a "Chillaxer" or a "Handful?"), boob facts, and breast self-care tips □ Light, celebratory, and a little cheeky—but ultimately sincere Let's hear it for our bosom buddies. Our mammary mamas.

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Our breasts-in-arms. From small and mighty to large and in charge to long, short, hairy, bumpy, or any boobs in between, this book uplifts them all. □ A perfect book for women of all

generations—from friends to mothers and daughters—or anyone who wants to send some extra support and love to their ladies □ Ideal for anyone who needs a boob-size boost □ Great for those who enjoyed Feminist Activity Book by Gemma Correll, Celebrating You: (And the Beautiful Person You Are) by M. H. Clark, and Gross Anatomy: Dispatches from the Front (and Back) by Mara Altman

Milk Supply is a collection of recent articles in one convenient

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Instructions. Health care providers will find the latest insights from thought leaders on the following issues related to milk supply.

"The Magic Number" teaching concept to help mothers maintain their milk supplies while pumping
Breast massage and compression to help mothers increase breast milk yields and overcome breastfeeding difficulties
New, more-conservative guidelines on the use of galactogogues
Fenugreek, milk volume, and prolactin levels in mothers of preterm infants
The safety and efficacy of placenta consumption as a galactogogue
Preparation, cleaning, and sterilization of breast pump parts
Appropriate use of nipple shields to improve breastfeeding outcomes
The

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importance of the mother-infant relationship in babies' growth and development"

An Evidence-Based Reference Book: a Key Resource for Decision Makers and Practitioners.

Exploring the multifaceted, multidisciplinary and complex world of breastfeeding, breast milk and lactation. This book provides a factual, scientifically robust overview of the key topics written by leading experts at the heart of breastfeeding and breast milk. It aims to empower decision makers and practitioners with the knowledge required to increase promotion, protection and support for breastfeeding and the use of breast milk. This book is a compilation of evidence-based

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feature articles covering one of nature's most valuable resources – breast milk. Based in Zug, Switzerland, the Family Larsson-Rosenquist Foundation is an independent charitable organisation that promotes research in breast milk and lactation.

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