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Seven Natural Laws For Nursing Mothers
By Nancy Mohrbacher Kathleen A Kendall
Tackett 2010

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Understanding the seven natural laws of breastfeeding will help you avoid and overcome challenges such as low milk production, breast refusal, weaning difficulties, and every other obstacle that can keep you from enjoying breastfeeding your baby. Breastfeeding Made Simple will help you to:

- Find comfortable, relaxing breastfeeding positions
- Establish ample milk production and a satisfying breastfeeding rhythm with your baby
- Overcome discomfort and mastitis
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This second edition of Breastfeeding Made Simple is an essential guide to breastfeeding that every new and expectant mom should own-a comprehensive resource that takes the mystery out of basic breastfeeding dynamics. Understanding the seven natural laws of breastfeeding will help you avoid and overcome challenges such as low milk production, breast refusal, weaning difficulties, and every other obstacle that can keep you from enjoying breastfeeding your baby.

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~~Natural Laws...~~ ~~By Miriam Mahrbacher Kathleen A Kendall~~

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Breastfeeding is natural, but it's not always easy. It is the biological norm, but it is not the cultural norm. By learning the seven basic principles in this book, mothers can dramatically increase their likelihood of success and make breastfeeding the enjoyable experience it should be.

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~~Breastfeeding Made Simple. In Breastfeeding Made Simple, we describe the Seven Natural Laws of Breastfeeding. These are laws you can use to get breastfeeding off to a good start and avoid common challenges. If you are having difficulties, these laws can help you get back on track. We wish you the best in your breastfeeding and mothering journey.~~

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