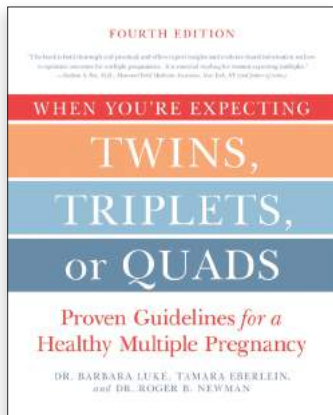


Come visit my website: www.drbarbaraluke.com for nutrition and health consultations, advice on vitamin and mineral supplements, information about how your babies grow week-by-week, order books for parents-to-be, rate your prematurity risks, test your knowledge about twins, triplets, or quads, and find out what to wear when expecting a pair (or more)!



Based on research at Johns Hopkins University and the results from our Multiples Clinic at the University of Michigan, this book provides specific, practical guidelines on all aspects of multiple pregnancy. Women who follow this program had significantly fewer complications, and their babies were born weighing 20-35% more than the average twins, triplet, or quad. Included are menus and dietary guidelines, safe limits on exercise, taking work leave, recognizing preterm labor, what to expect after delivery, feeding your newborns, and getting back into shape. The fourth edition includes completely revised information, the most current obstetrical and pediatric practices, and updated resources for parents, extensive references, and an expanded bibliography. Also included is a new chapter devoted to the special challenges of monozygotic (identical) twins, as well as a new Doctor to Doctor Appendix by Dr. Roger B. Newman addressing the specific clinical situations during pregnancy and delivery unique to multiple pregnancies and recommendations for optimal outcomes.

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BARBARA LUKE

Maternity-for-Multiples

www.drbarbaraluke.com

Our signature fabric is a buttery-soft blend of Lenzing Modal (92%) and Spandex (8%), 10.5 oz. /yard weight, machine wash cold, line dry. Made in the US. Available in small, medium, large, and extra-large.

Essential Maternity Leggings: Available in two lengths (Capri or Ankle), these leggings are perfect with either the wrap or pleated top, or the wrap or pleated dress. Elastic back waistband, front has cross-wise panel that ties above the waist. Capri inseam: 21"; ankle-length inseam: 31". Colors: White, Taupe, Black. Capri, \$30; Ankle, \$35

Wrap Top: The shorter version of our wrap dress, designed to fit throughout pregnancy with a full wrap and curved edges. Back length is 29" from neckline to hem. Ideal paired with our essential maternity leggings. Colors: Taupe, Plum, Black, Berry, and Teal. Sleeveless version: Celadon, Mauve, and Slate. \$50

Pleated Top: The shorter version of our pleated dress, perfect paired with Capri or Ankle-length leggings. Ballet neckline and three-quarter sleeves, inverted front pleats and a smooth back. Back length is 26" from neckline to hem. Colors: Taupe, Plum, Black, Berry, and Teal. Sleeveless version: Celadon, Mauve, and Slate. \$50

Wrap Dress: This wrap dress has three-quarter sleeves and a generous wrap to fit from early pregnancy until delivery. Back length is 40" from neckline to hem. Colors: Taupe, Plum, Black, Berry, and Teal. Sleeveless version: Celadon, Mauve, and Slate. \$60

Pleated Dress: Stylish and flattering, this pullover dress has a ballet neckline, three-quarter sleeves, and a smooth one-piece back. Back length is 40" from neckline to hem. Colors: Taupe, Plum, Black, Berry, and Teal. Sleeveless version: Celadon, Mauve, and Slate. \$60



Slate



Mauve



Celadon



Black



Taupe



Berry



Plum



Teal

