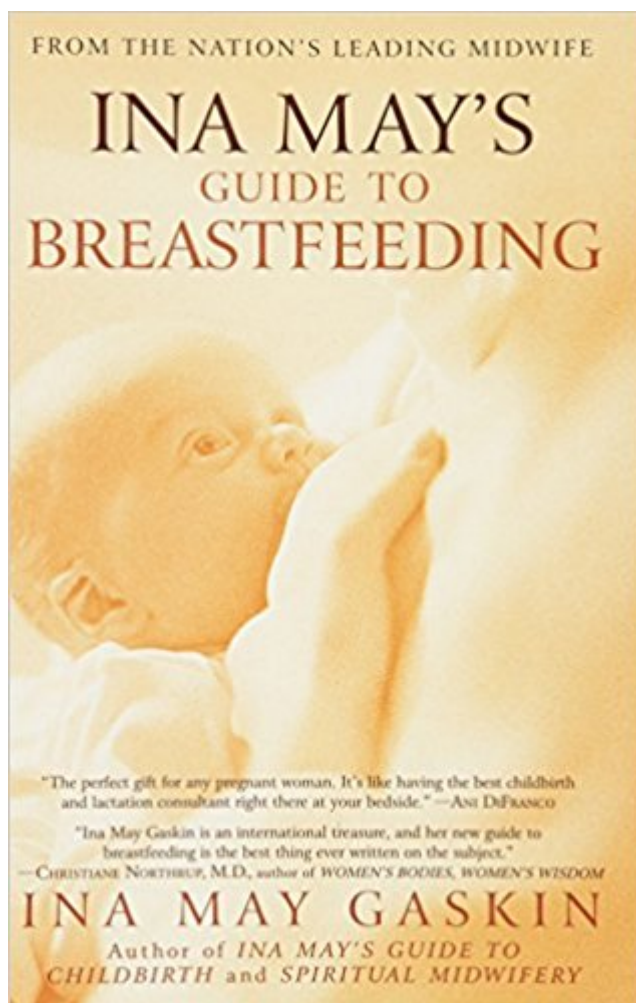


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# Ina May's Guide To Breastfeeding: From The Nation's Leading Midwife



## Synopsis

Everything you need to know to make breastfeeding a joyful, natural, and richly fulfilling experience for both you and your baby. Drawing on her decades of experience in caring for pregnant women, mothers, and babies, Ina May Gaskin explores the health and psychological benefits of breastfeeding and gives you invaluable practical advice that will help you nurse your baby in the most fulfilling way possible. Inside you'll find answers to virtually every question you have on breastfeeding, including topics such as the benefits of breastfeeding, nursing challenges, pumps and other nursing products, sleeping arrangements, nursing and work, medications, nursing multiples, weaning, sick babies, nipplephobia, and much more. Ina May's Guide to Breastfeeding is filled with helpful advice, medical facts, and real-life stories that will help you understand how and why breastfeeding works and how you can use it to more deeply connect with your baby and your own body. Whether you're planning to nurse for the first time or are looking for the latest, most up-to-date expert advice available, you couldn't hope to find a better guide than Ina May.

## Book Information

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## Customer Reviews

"Ina May Gaskin is an international treasure. Her new guide to breastfeeding is the best thing ever written on the subject. A must-have for all pregnant women interested in the best start for their babies." —Christiane Northrup, M.D., Author of Women's Bodies, Women's Wisdom and The Wisdom of Menopause  
"This book is all we've come to expect of Ina May Gaskin—warm, wise, solidly based in real experiences, and sensitive to the needs and lives of women in all their

complexity. It's the only breastfeeding book you'll need."â "Barbara Katz Rothman and Wendy Simonds, authors of *Laboring On*"Simply put, midwife Ina May Gaskin is the most important person in maternity care in North America, bar none."â "Marsden Wagner, M.D., M.S., former Director of Women's and Children's Health, World Health Organization "Breastfeeding is one of life's greatest joys. And there is no better guide to have at your side than the legendary Ina May!"â "Harvey Karp, M.D., author of *The Happiest Baby on the Block* and creator of the DVD "Ina May Gaskin's words of wisdom are a gift to all women. Ina May's *Guide to Breastfeeding* is the perfect informative companion to *Spiritual Midwifery* and *Ina May's Guide to Childbirth*. All of them hold a treasured place in my library and should, no doubt, be part of yours."â "Ricki Lake, coauthor of *Your Best Birth* and cocreator of the documentary *The Business of Being Born*"Eons of accumulated feminine wisdom, having been muddled and dispersed by modern medical practice, have become sadly unavailable to today's woman. In this and each of her books, Ms. Gaskin, one of the world's foremost scholars of such wisdom, puts it concisely and lovingly back into our hands. Ina May's *Guide to Breastfeeding* is the perfect gift for any pregnant woman. It is like having the best childbirth and lactation consultant right there at your bedside. And for non-pregnant women and men alike, may it be viewed as the seminal feminist text that it is, and may the re-empowerment of women with respect to childbirth be seen as central to the work of feminism, and indeed the cause of humanity, in the 21st century." â "Ani DiFranco

Ina May Gaskin, certified professional midwife, has been a midwife for more than thirty years at The Farm Midwifery Center at The Farm, in Summertown, Tennessee.

I enjoyed reading the *Guide to Childbirth* while pregnant, so I picked this one up to answer a few questions about breastfeeding. While the book does give you confidence and explain the how-to's of many aspects of breastfeeding, it did not answer my questions on cluster feeding, overactive letdown, and such. I do recommend every breastfeeding mom to read her books, just remember that they haven't been updated in awhile. Life has gotten more open and accepting to breastfeeding since this book was last published.

I'm obsessed with this book! No, not all of the birth stories touched my very core, however most of them I found very inspiring. I can't lie, some of the stories were a little much for me, but overall the information is fantastic. I found it to be very empowering. The only thing I didn't love, is the negative talk about use of modern medicine and today's intervention strategies. Obviously I chose this book

because I plan to have a natural birth and highly believe that it is the best thing - however, I didn't think it warranted such negative talk (especially since there is no research backing up the claims made in the book) regarding hospital births, ultrasounds, epidurals, etc. Overall, I do recommend anyone wanting to have a natural childbirth to READ THIS BOOK!

I'm a family physician who does obstetric. I recommend this book to my patients. It has realistic and encouraging information that is especially helpful for first-time moms. My only complaint is that it was written in a time where doctors and hospitals over medicalized labor so it makes comments about hospital births that may not be accurate. It also doesn't mention family medicine as an option for your pregnancy. Other than that, the advice is spot on. I use examples from the book even when talking to patients who don't want to buy it read it.

Love this book! Love Ina May. Bought this copy for a friend who was planning to exclusively breast feed. The information is invaluable. Helped me diagnosis my own babies reflux and once we knew what we were dealing with we were able to remedy it without lots of frustration.

This is a very thorough guide, and as a first time mom-to-be I am very glad I read this. I want to breastfeed, and pretty much every recent mother I know has been unable to breastfeed because of one issue or another. This book has armed me with some valuable, practical knowledge that will hopefully help me overcome the barriers that my friends faced. Some of the anecdotes were a bit extreme, sometimes even silly, but when it comes to practical advice this book has it covered.

This is a most own for anyone considering having a child. I remember my wife reading this book in her birthing class and being so excited everyday about what she was learning. She read this book as well as Ina Mays guide to natural birth. I was skeptical at first, but after reading it with her and now seeing the success with our 4 month old. I don't know why every OBGYN doesn't recommend this book.

I'm brand new to motherhood (not even quite there yet, due in March), and decided to keep my mind clear of all the recommendations the internet and books had to offer. On a whim I ordered this book and the other one by Ina May around childbirth and have immediately switched from a doctor to a midwife. I HIGHLY recommend these to be your go to books for new mothers.

I found that as a first time mom I knew more about breastfeeding, and was better prepared than some 2nd or 3rd time moms I had talked too. I credit the thorough covering of this book to helping me to successfully exclusively breastfeed my twins by avoiding mistakes that could damage my supply. As with Ina May's Birth book, I felt that this too was a little overkill with the antidotes, and only made it 1/4 a way through those before I skipped to the more informative 2nd half.

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