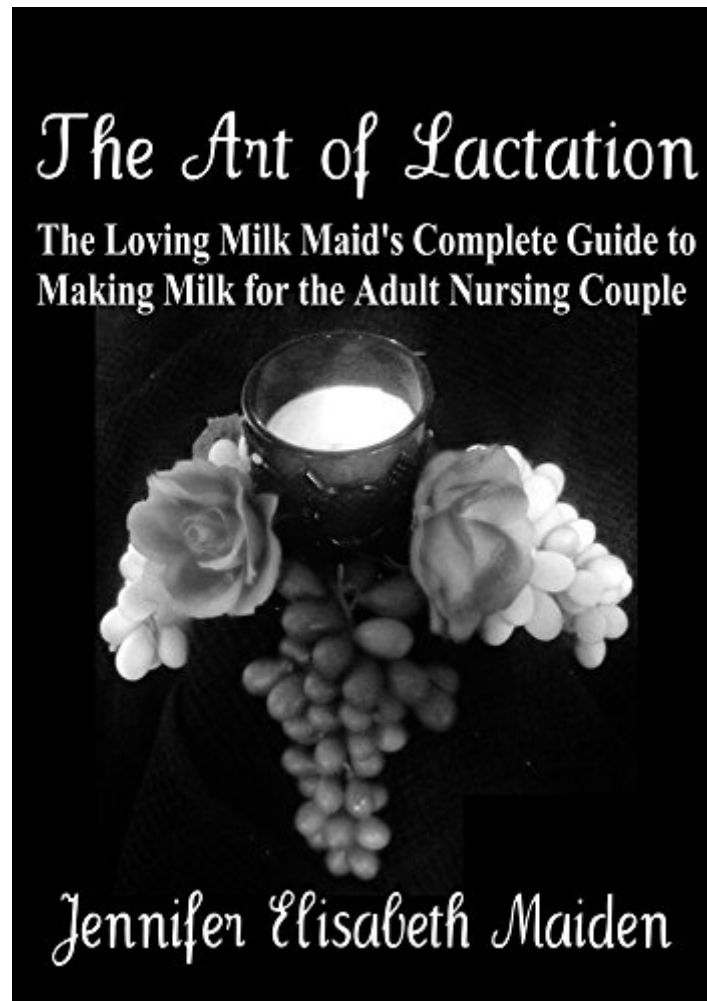


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The Art Of Lactation: The Loving Milk Maid's Complete Guide To Making Milk For The Adult Nursing Couple



Synopsis

In *The Art of Lactation*, Jennifer Elisabeth Maiden, known worldwide to readers as *The Loving Milk Maid*, shares methods to naturally produce and sustain a healthy supply of breast milk--even without the benefits of pregnancy or childbirth. From tried and true lactation inducing techniques and the use of breast-boosting super foods to treating common nursing maladies, the *Loving Milk Maid* discusses them all, and even includes details on how to prepare nursing tinctures and teas, so women can be well on their way to making breast milk within 30 days.

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