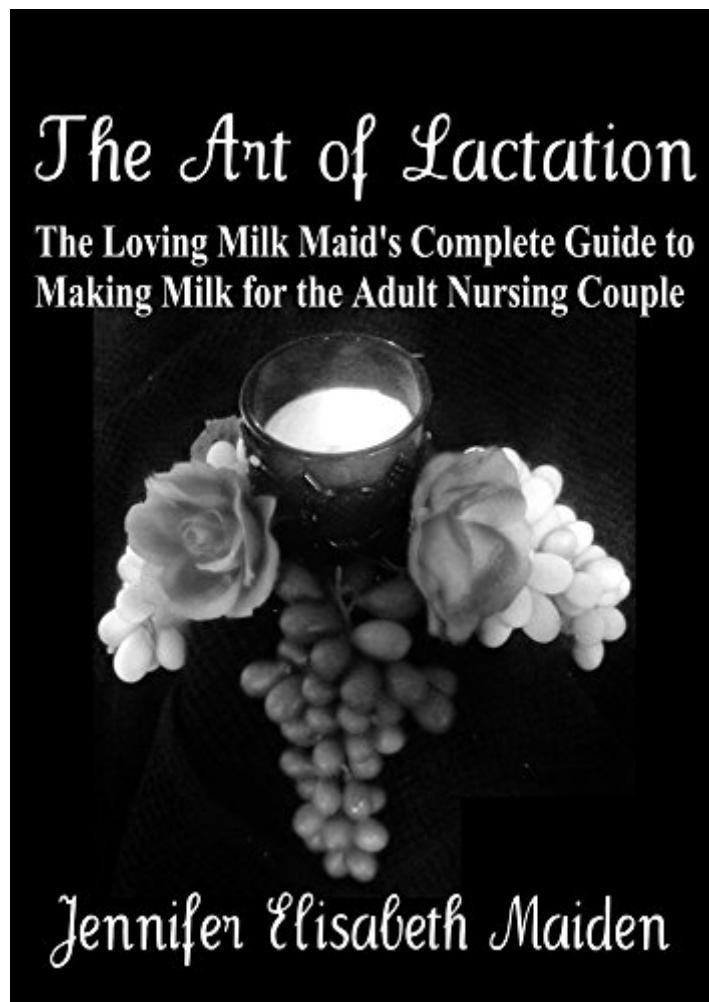


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The Art Of Lactation: The Loving Milk Maid's Complete Guide To Making Milk For The Adult Nursing Couple



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.

Book Information

File Size: 2100 KB

Print Length: 112 pages

Publisher: Bountiful Fruits (July 14, 2016)

Publication Date: July 14, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01II4MI5O

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #159,593 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #45 in Books > Religion & Spirituality > New Age & Spirituality > Sacred Sexuality #290 in Kindle Store > Kindle eBooks > Religion & Spirituality > Other Religions, Practices & Sacred Texts #397 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Relationships > Marriage

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