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Mom365's Free Breastfeeding Guide eBook has all the information you've been searching for. We cover all of it, from boosting milk supply, what to eat and what not to eat, troubleshooting, must-have products, tips and tricks and more! Read it over, and use it as a resource throughout this new and exciting period of your life.

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A booklet about bladder and bowel control during pregnancy and after childbirth, explaining the role of the pelvic floor muscles and how to exercise them. The booklet covers a range of topics including abdominal muscle bracing, sex during and after pregnancy, pregnancy and exercise, haemorrhoids, prolapse and pelvic floor problems after birth.

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