

CHILD HEALTH GUIDE

RANDALL NEUSTAEDTER, OMD

HOLISTIC
PEDIATRICS
FOR
PARENTS



*By the author of The Wellness Guide:
Risks and Benefits for Children and Adults*

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Child Health Guide: Holistic Pediatrics for Parents



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It also provides dietary interventions that reinforce immunity and promote recovery. Child Health Instruction respects parents' options while providing persuasive arguments for building a healthy disease fighting capability by avoiding conventional drugs and stressing natural methods. The book covers the prenatal period through infancy, toddlerhood, and into middle childhood, with emphasis on extended breastfeeding, co-sleeping, a natural foods diet plan, avoidance of toxic chemicals, limited use of vaccines, and treatment of health issues with homeopathic medications and herbs. Child Health Guide offers sensible alternatives to the disturbing tendency, providing the information parents have to make informed decisions about natural healing for their kids and the integration of natural treatments to their children's health care. Using an educational and informative tone, the book discusses preventive medicine, the causes of illness in children, and common foods and chemical exposures that can donate to chronic illness. The number of children taking prescription drugs for every kind of ailment has reached epidemic proportions.



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Great book!. This is not a reserve to keep on the shelf until after your baby exists. I spent a few months doing study online while pregnant and discovered so much valuable and apparently illusive information. His resources are up-to-date and quite vast. I lent it to my pal when she was pregnant. Randall Neustaedter offers parents and caregivers excellent alternatives to prescription medications In his book, "Child Health Guide," Dr. For example, it tells you that they put antibiotic ointment goop in your baby's eyes once they are born, why they do it and assist you to decide if you would like this done at all or if you want to have it delayed. They achieve this much stuff to your baby after birth that you don't actually realize and that frequently you aren't asked about! They clarify the Supplement K injection and tell you about an alternative oral supplement K you can buy and where to get it if you like. This book explains it all and helps walk you through it. when to manage) and flouride (writer says avoid). I cannot recommend this reserve highly enough! Buy it and become an informed parent! The Basics (you won't get from your own doctor) This sort of information could be difficult to get your hands on. This book is a wonderful, informative resource to have and will serve you best if you start reading it while pregnant.. What plastics are secure? Do you need to filter your drinking water and what kind is best? What about vaccines (those the author considers secure & And that's just for starters.. Various other topics consist of: newborn basics, how exactly to co-sleep safely, and how exactly to "wrap" a mattress in food-grade plastic material sheeting to lessen the incidence of SIDS. I found this publication to be ideal for preliminary reference. The title ought to be changed to Child Health Information, Newborn to six months. I was searching for other styles of remedies. Additional pertinent details contains teething, common childhood illnesses (colds, fevers, ear-aches, etc.) with explanations on what and when to treat with homeopathic remedies, along with chapters about each stage of childhood. The publication has so much interesting details that I can't put it down.. The book looked brand new! I possess been browsing for a holistic pediatrician in our area with no luck. Like that it not only offers herbal suggestions ?but also offers acupressure ways to offer symptom relief. Thank you Amazon. For parents who have to give formulation there are many recipes for home-made formulas (milk-based, goatmilk-structured, liver-based, and how exactly to dietary supplement store-bought formulas). Same with teething. Same with other activities. As a mom of a toddler, I found no help in a publication that dealt more specifically with newborns and the first six months of child treatment. Please be aware this is NOT a "granola" book on parenting. That's it. And that section was not very helpful. Furthermore, the majority of the information is stuff I've already heard and read in various other books. In case you are new to holistic child rearing, then perhaps this publication is for you. If you are NOT a novice, i quickly would say this reserve give just a general overview of the topics and there could be better other assets out now there for you. Great Practical Knowledge This is an excellent book for anyone who wants to better understand how nutrition and natural products can help prevent health problems by building a good, healthy immune system right from the start of life. But, like I said, if you are not used to this subject or if you have a fresh baby, then you may find this reserve very helpful. For instance, did you know soy is NOT a proper food for babies? forget all other books- this one first!. Being holistic, I am waiting quite a long time for just one book to bring together so much vital information designed for new parents, I cannot recommend this book more--examine this even before you have a baby and before various other baby books!! I QUICKLY found this book and when I acquired it I couldn't believe just how much of this info was right here in this book--and more. Randall informs you of what testing, vaccines...and steps/methods are and are not vital in those start of your newborn....he tells you about the covering of newborn mattresses!. foods to feed and steer clear of at what age groups (carrots not too early!). There is a tiny small section on Toddlers.. Even more concise and to the point.. What tests are essential for the newborn? I borrowed one from a pal and soon realized I needed my own copy. Not great if you have a toddler This book has RAVE reviews and I hesitate to write a slightly negative one, but here goes..he offers you dishes for awesome infant formulas...in the toxic world we live

in today--this book is crucial!! (his other reserve on vaccines is also essential reading) Four Stars as expected Ok Less info as expected. I understood 80% of that which was in it Received fast and superb condition I received the reserve quickly and in excellent condition! I have an 18-month old. Overall, an interesting addition to your house library, great place to start and many things to think about... My children aren't babies any more, but I came across that very much of the information pertains to our entire family, at any age. My son has had so many ear infections and I hesitate to give him antibiotics for each one, altho our current pediatrician considered it a necessary evil.com to be my "One-Stop-Shop" for everything I'm looking for! I was pretty disappointed and am returning the book at my own expense.a wonderful reference book for fresh moms. It contains information that will help you make the most educated decisions about your child's birth and what alternative choices you can make along with resources. Randall Neustaedter provides parents and caregivers superior alternatives to prescription drugs. "Child Health Guidebook" explores the overuse of prescription medications and information how this epidemic offers impacted children surviving in the United States. Dr. Neustaedter cautiously outlines the important info parents and caregivers want in order to make educated decisions about integrating alternative medicine and natural remedies into their children's health care regime. I include "Child Health Instruction" in the recommended reading portion of Chapter 13: Optimizing Your Kids's Health in my own book, Great Homeopathic Medicinal Reference and Easy Read This is a very helpful book. I like the fact that this is a shorter book.if you can't breast feed. I came across it to be a reserve I could go through, not just pick up to look up symptoms when my kid is unwell. After reading these evaluations I thought for sure I had discovered a remedy to my complications: A book that could give me some information on how to take care of symptoms holistically. Nourishment is covered, including allergies.Must-read while pregnant! Great book!it really is ok. Everyone should have one in their personal library! great read full of information! great hand book to have around.i've not read it all but begins soon! many thanks again for a good book



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