

Revised and Updated

Safe and Effective Relief of Common Childhood Disorders,
Using Nutritional Supplements, Herbs, Homeopathy, Acupressure,
Diet, and Conventional Medicine

Smart Medicine for a Healthier Child



2nd
Edition



A Practical A-to-Z Reference
to Natural and Conventional
Treatments for Infants & Children

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Written by a naturopathic physician, a medical doctor, and a pediatric nurse, this unique book gives parents easy access to current details and advice relating to their children's health and acts as a bridge between time-honored healing systems and mainstream drugs. Part Two contains a thorough A-to-Z lead to the various health problems of childhood, from acne to chickenpox to thumb-sucking. Part One explains the entire spectrum of techniques which can be used to efficiently treat childhood health issues, providing an overview of the history, fundamentals, and uses of typical medicine, herbal medicine, homeopathy, acupressure, diet, and nutritional supplementation. Finally, Component Three offers guidance on utilizing the therapies and procedures suggested in Part Two, from locating acupressure factors to preparing herbal treatments. Revised, updated, and extended to reflect the most recent thinking and information about children's health issues, Smart Medicine for a wholesome Kid enables parents to combine the best of conventional and alternative methods. Illustrated with line art.



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