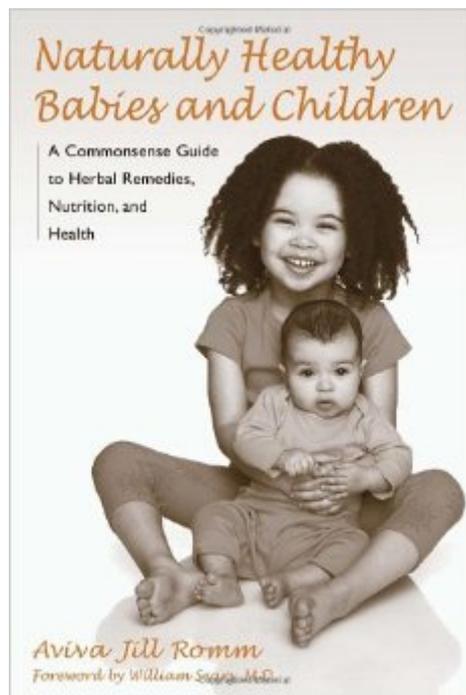


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# Naturally Healthy Babies And Children: A Commonsense Guide To Herbal Remedies, Nutrition, And Health



## Synopsis

Committed to finding natural ways to care for their children, many parents seek techniques that do not require the invasive procedures and medications often associated with Western medicine. In **NATURALLY HEALTHY BABIES AND CHILDREN**, midwife and herbalist Aviva Romm offers a comprehensive handbook that addresses the common health issues of children, from newborns to preadolescents. Aviva's whole-child approach integrates herbal remedies, nutrition, hygiene, and alternative health techniques with supportive, informed parenting. From anemia to whooping cough, each entry includes herbal, dietary, and general recommendations, including tips on when to pursue professional medical care. **NATURALLY HEALTHY BABIES AND CHILDREN** is indispensable reading for families seeking safe, effective ways to practice healing techniques at home.

## Book Information

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## Customer Reviews

You will find more information packed in here than you would in five traditional childcare books. Aviva fills the pages with not only commonsense but easy-to-read-and-understand remedies for a wide array of childhood illnesses and complaints. She also includes a lot of information for expecting moms that are healthy, effective words of wisdom. If you are familiar with using herbals and a hands-on approach to illness, then this book is a refreshing compilation of information that will result in you nodding your head in agreement. It is also wonderful to have all the different illnesses and remedies in one place. No more searching for that stray note or book with one quick blurb about a possible remedy for this or that. If, on the other hand, you are not familiar with using anything but a

regular doctor or over-the-counter medicine for every illness, this book will be comforting for you as well. It is not an anti-doctor approach at all; in fact there are certain areas in which Aviva mentions that using a doctor is necessary. However, she also includes things that the parent can do to accompany the doctor's techniques. Everything in this entire book is very empowering to parents and women who are expecting. Often, the first thing we are told to turn to is an over-the-counter med or a quick trip to the doctor's office, and we are left feeling helpless to comfort our children. Aviva stresses how important and powerful the mere touch of a parent is in the healing of a child, and she supports the idea that there is emotional healing to be done as well as physical healing for any illness. The herb list is extensive and there are many easy-to-follow directions for tonics, teas, washes and other healing ideas that can be made at home, even by a sleep-deprived parent.

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