

## Natural Healing for Babies and Children



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Sri Satguru Publications, 1999. Softcover. Book Condition: New. First edition. Natural Healing for Babies and Children is indispensable reading for parents seeking safe and effective ways to keep their children healthy. This comprehensive handbook includes : 1. An A-Z guide to children`s health complaints-and when to call the doctor 2. Herbal remedies, nutritional recommendations, and other home health care tips 3. Guidelines for giving your child a basic physical examination 4. How To create an herbal medicine chest and an herbal first-aid kit Contents Foreword Introduction How to Use This Book Part A. HERBALISM AND NATURAL HEALING : Chap. I : TOWARD A DEEPER UNDERSTANDING OF Health : 1. Redefining Wellness 2. Teaching Our Children about Wellness 3. Teaching Our Children about Health Responsibility 4. Empowering Our Children 5. Overcoming Our Fears Chap. II : HERBAL MEDICINE : 1. Why Use Herbs? 2. Working with Herbs 3. Herbal Medicine for Children Chap. III : HOME HEALTH CARE FOR CHILDREN : 1. The Basic Physical Examination 2. Common Early Signs of Illness 3. The Six Steps of Healing 4. When to Seek Medical Help Chap. IV : HERBAL PRIMER : 1. A Glossary of Herbal Properties 2. Herb Gathering 3. Herbal Preparations 4. Dosages 5. An Herbal Medicine Chest Part B. NEWBORN AND BABY CARE : Chap. V : CONCEPTION THROUGH BIRTH : LAYING THE FOUNDATION : 1. Eating Well during Pregnancy 2. Connecting with the Baby in Your Womb 3. Herbal Allies for Pregnancy 4. Choosing the Birthplace 5. Dealing with Fears 6. Labor and Birth 7. Care of The Mother after Birth 8. Herbal Allies for the Postpartum 9. Bonding and Breast-Feeding : Keeping the Connection Strong 10. Herbal Allies for Common Breast-Feeding Problems Chap. VI : YOUR HEALTHY NEWBORN : 1. Your Baby`s Body 2. Signs of Illness...

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