



Gentle Healing for Baby and Child: A Parent's Guide to Child-Friendly Herbs and Other

Andrea Candee

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Give your child the gift of natural health

When your children are sick or injured, you want them to feel better -- fast. Although in some cases there is no substitute for traditional medical care, prescription drugs are not always the best answer. Countless parents are discovering that natural, health-promoting substances can often be both safer and more effective. Now, a master herbalist with more than twenty-five years of experience who is also a mother of two shares her natural approach to wellness. Inside you'll find easy holistic therapies for common childhood injuries and ailments, and learn:

- how a banana can remove a splinter
- which herbs help reduce fever
- how an onion helps both bruises and earaches
- why garlic is nature's antibiotic
- how a spritz of rosemary hair juice prevents lice
- why peppermint tea relieves both headaches and stomachaches
- how gargling with lemon juice and table salt can ease a sore throat
- why ginger root can ease motion sickness
- and many other intelligent uses of foods and therapeutic plants -- nature's own medicine -- to alleviate discomforts.

Best of all, this invaluable reference stresses and approach that helps you teach your children the benefits of preventing illness -- not just treating it.



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