



Natural Healing for Babies and Children

By Aviva Jill Romm

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...

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Natural healing and caring for children does not have to be complicated or outdated and out of touch, it is quite simple but so many just don't know where to begin because they were never taught these simple remedies growing up. Parents just run straight for the tylenol and motrin and antibiotics. This is not healing the body and only brings more problems than it solves. Older babies and children can have chilled foods, such as ice pops and yogurt, to help cool the body from the inside out and keep them hydrated. Give your child a lukewarm tub bath or a sponge bath. As the water evaporates from her skin, it will cool her and bring her temperature down. (Ibuprofen isn't recommended for babies under 6 months or for children who are dehydrated or have persistent vomiting.) When giving medicine: Be careful with the dose. Fever is usually a normal part of the body's healing process. But there are complications to be aware of: Febrile seizures. Fevers sometimes cause febrile seizures in babies and young children. They're most common in children between the ages of 6 months and 5 years. The term natural healing, to some degree, could refer to all healing modalities that exist, because humans are part of nature and, by extension, all we "create" is technically part of nature as well. This way of caring for babies and children helps parents get to know their child, to be more sensitive to the well child, and therefore to know more intuitively how to treat the sick child. I applaud the author for presenting the health benefits of massage, good nutrition, and breast-feeding. The body has a tremendous capacity for healing itself, yet sometimes we have to help it along a bit "naturally". Introduction. This book was created for parents who want to care for their children in ways that are natural, safe, affordable, and environmentally conscious.