



## Smart Medicine for a Healthier Child

*Janet Zand, Robert Rountree, Rachel Walton*

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Revised, updated, and expanded to reflect the latest thinking and information on children's health issues, **Smart Medicine for a Healthier Child** enables parents to combine the best of conventional and alternative approaches. Part One explains the full spectrum of techniques that can be employed to effectively treat childhood health problems, providing an overview of the history, fundamentals, and uses of conventional medicine, herbal medicine, homeopathy, acupressure, diet, and nutritional supplementation. Part Two contains a comprehensive A-to-Z guide to the various health problems of childhood, from acne to chickenpox to thumb-sucking. Finally, Part Three offers guidance on using the therapies and procedures suggested in Part Two, from locating acupressure points to preparing herbal remedies.

Written by a naturopathic physician, a medical doctor, and a pediatric nurse, this unique book gives parents easy access to current information and advice regarding their children's health and acts as a bridge between time-honored healing systems and mainstream medicine. Illustrated with line art.

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