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worrisome health issues common in infants, such as colic, diaper rash, and eczema. Author Randall Neustaeder has more than thirty-five years of experience as a holistic medicine specialist and a licensed naturopath; he is also the father of five children.

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Care for Common Health Problems  
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In this post, we review the standard

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newborn procedures, show how many are not evidence-based, and provide natural alternatives. Antibiotic eye ointment. Antibiotic eye ointment, erythromycin, is given to newborns to prevent blindness that is caused by a mother infected with gonorrhea or chlamydia.

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medicine ... Alternative Care For

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This definition of alternative medicine perpetuates the idea that pharmaceutical drugs and surgery is the accepted or “right” way and any



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other form of medicine should be considered alternative. The word holistic is more relevant since it defines a complete form of health care that does not reject conventional medicine, but considers a comprehensive, individualized picture of health and uses safe, effective,

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most appropriate options for  
prevention and healing of the  
individual.

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such as guided imagery, breathing, movement, hydrotherapy, or self-hypnosis in place of, or as a complement to, common options in labor, such as an epidural. But why, with easy access to technology that makes labor more comfortable, might you choose an alternative?

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The holistic label may indicate a wide  
range of complementary or alternative  
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various rehabilitation centers, people may need to do some research into what each specific location advertises as holistic offerings.

Presents holistic treatments for

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Common health issues babies and toddlers experience, including colds, digestive problems, allergies, and asthma, and provides a plan for building a child's immune system to prevent chronic medical problems.

Give your child the gift of natural

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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



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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

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splinter which herbs help reduce fever  
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preventing illness -- not just treating it.

Common Health Problems  
Parents worry about their kids,  
especially when it comes to their  
health. Conventional medicine has its  
place but health conscious parents  
often worry about the serious side  
effects associated with many

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prescription drugs and other conventional treatments. Treatment Alternatives for Children is an easily accessible reference guide that enables parents to look up any number of childhood ailments-acne, ear infections, ADHD ... you name it-and get all of the vital comparative

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information about the most common conventional and alternative treatments. For each side-by-side conventional/alternative comparison, readers get: ?A description of the ailment each treats ?The generic and common brand names of each treatment ?Active ingredients ?How

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each treatment works ? Dosage, where applicable ? Treatment efficacy and timing ? Common mild side effects ? Less common serious side effects

Organized from "A" to "Z," this book also covers a special "spotlight" on various important natural remedies and methods that can be used for a

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variety of ailments. Care For

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concerns as anxiety, fatigue, morning sickness, and stretch marks. She also discusses the components of a healthy diet, with an emphasis on natural foods. New to this edition is integrative health advice based on Dr. Romm's new credentials as a Yale-trained physician, combined with her twenty

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Imagine infants free from painful diaper rash, new parenthood without thousands of dollars wasted in diapering costs, toilet training that is natural and noncoercive, and, most

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important, happier babies and parents  
As Christine Gross-Loh reveals in her  
progressive, enlightening book, all this  
is possible and more. Infants are born  
with the ability to communicate their  
need to "go," just as they  
communicate hunger or sleepiness.  
Gross-Loh, a mother of two children

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who were diaper-free at eighteen and fifteen months, uses the tenets of "elimination communication," or EC, to teach parents how to identify and respond to their baby or toddler's natural cues. Unlike the all-or-nothing approach of some parenting books, The Diaper-Free Baby addresses

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three categories of parents: full-time, part-time, and occasional EC'ers.

Parents can practice EC as much or as little as fits their family and lifestyle.

A support group within a book, *The Diaper-Free Baby* also includes inspiring testimonials throughout every chapter. Parents who have

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Successfully practiced EC identify common struggles, share experiences and problem-solving tips, and provide encouragement for those new to the technique. Their motivational stories together with Gross-Loh's practical advice will appeal to all parents interested in a fresh alternative to

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Alternative Care For  
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motherhood were turned upside down? The Other Baby Book: A Natural Approach to Baby's First Year guides new and expecting mamas on a journey past "shoulds" and "musts," back to the heart of true joy and relationship. Motherhood has been targeted by advertisers, and

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bombarded by opinions masquerading as medical necessities. Massaro and Katz are helping mothers reclaim a simpler, more connected first year with their babies. Readers will find eight fun-to-read chapters filled with baby-friendly practices, along with stories from moms in-the-know. In a soothing

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yet sassy voice, the authors present compelling research on topics like birth, holding your baby, breastfeeding, infant sleep, pottyng babies (yes, really!), sign language, baby-led solids, and self-care for moms. The book also features contributions from leading practitioners

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