

# Smart Medicine for a Healthier Child

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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.

Health-care practitioners are a polarized lot: generally speaking, either they subscribe wholeheartedly to conventional medical treatments, or they eschew them altogether. This can be a great source of frustration to parents, whose natural response to a child's illness is a desire to do everything possible to make that child well. Written by a natural-medicine practitioner, a traditionally licensed doctor, and a pediatric nurse, *Smart Medicine for a Healthier Child* presents an integrated approach to children's health care that allows a parent to do just that. This excellent reference applies a full spectrum of responses to common childhood health problems: conventional medical treatments, dietary guidelines, nutritional supplements, herbal treatments, homeopathy, and acupressure; for each ailment, general recommendations and preventive measures are also offered. The book's authors explain that their approach to health care "considers all treatment possibilities and draws on what works. Sometimes this will be an herb, sometimes an antibiotic, sometimes both." This well-researched, balanced, and clearly written reference belongs on every parent's bookshelf. --Jane Steinberg  
Janet Zand, L.Ac, OMD, has been a practitioner of natural medicine for the past twenty years.

Robert Rountree, M.D., is a board-certified practitioner of family medicine who has done extensive postgraduate work in nutritional and herbal pharmacology. His practice incorporates traditional family medicine, nutrition, herbology, and mind-body therapy. Dr. Rountree is also a certified master practitioner of neurolinguistic programming.

Rachel Walton, R.N., M.S., is a pediatric nurse with a master's degree in child-health nursing.

**Other Books**  
Household Homeopathy, "This practical approach to homeopathy teaches readers how to promote healing in their own homes."--Publisher description.

Ⓜ Ⓜ Ⓜ Ⓜ Ⓜ . The Family Guide to Homeopathy : Symptoms and Natural Solutions . New York , NY : Simon and Schuster Fiteside , 1993 . Lockie , Andrew and Nicola Geddes , The Women's Guide to Homeopathy . New York , NY : St. Martin's , 1994 . "