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## Gentle Healing for Baby and Child: A Parents Guide to Child-Friendly Herbs and Other Natural Remedies for Common Ailments and Injuries

By Andrea Candee

Gallery Books. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.3in. x 5.4in. x 0.9in. 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...



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