



100 Natural Remedies for Your Child: The Complete Guide to Safe, Effective Treatments for Childhood's Most Common Ailments, from Allergies to Weight Loss

Jared M. Skowron

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Americans spend \$34 billion dollars annually on alternative medical therapies and products. Not only are we seeking out natural remedies for ourselves?increasingly, we're also looking for ways to cut down on the amount of medication given to our children.

In *100 Natural Remedies for Your Child*, pediatric naturopath Dr. Jared Skowron shows parents how to prevent and treat their children's illnesses, from common ailments such as upset stomach, headaches, and minor infections to more serious problems like food allergies, diabetes, and asthma. While there is a time and place for conventional medicine, natural solutions, especially diet can be effective strategies for treating many of our children's' ailments.

100 Natural Remedies for Your Child includes:

- **FOODS THAT HEAL:** Dietary change is the core lifestyle modification in naturopathic medical practice. Dr. Skowron shows parents the power of nutrition and reveals how foods can help prevent and treat disease.
- **TOXIC DETOX:** From pesticides to plastics, natural medicine offers safe and proven methods for removing environmental toxins from our children's bodies.
- **SUPPLEMENTATION:** Parents will learn which supplements are helpful for alleviating symptoms or preventing illness and what dosages are safe and effective.
- **ALTERNATIVE REMEDIES:** Instead of heading to the drugstore for an over-the-counter remedy when their child is ill, parents will learn how to use homeopathic remedies that save money and heal their child naturally.

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