



# **Naturally Healthy Babies and Children: A Commonsense Guide to Herbal Remedies, Nutrition, and Health**

*Aviva Jill Romm*

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## **Naturally Healthy Babies and Children: A Commonsense Guide to Herbal Remedies, Nutrition, and Health** Aviva Jill Romm

Committed to finding natural ways to care for their children, many parents seek techniques that do not require the invasive procedures and medications often associated with Western medicine. In **NATURALLY HEALTHY BABIES AND CHILDREN**, midwife and herbalist Aviva Romm offers a comprehensive handbook that addresses the common health issues of children, from newborns to preadolescents. Aviva's whole-child approach integrates herbal remedies, nutrition, hygiene, and alternative health techniques with supportive, informed parenting. From anemia to whooping cough, each entry includes herbal, dietary, and general recommendations, including tips on when to pursue professional medical care. **NATURALLY HEALTHY BABIES AND CHILDREN** is indispensable reading for families seeking safe, effective ways to practice healing techniques at home.

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