



Natural Health for Kids: How to Give Your Child the Very Best Start in Life (Paperback)

By John Briffa

Penguin Books Ltd, United Kingdom, 2011. Paperback. Condition: New. Language: N/A. Brand New Book. Leading complementary medicine practitioner Dr John Briffa, provides easy-to-follow advice for your child's natural health. Whether you need to look up a specific ailment or condition, or you simply want to know more about the basic building blocks of children's health, you'll find all the information you need in a simple, easy to follow format. Includes: * Comprehensive A-Z reference of 150 childhood conditions* Advice on diet, nutritional supplements and natural remedies* Guidance on eating before, during and after pregnancy* How to encourage your child to eat and enjoy a varied, nutritious diet Dr Briffa gives down-to-earth, practical advice on what to feed kids - and how to get them to eat it. Written in a relaxed, chatty style, this is about prevention as well as cure. Independent.

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