



# **Herbs for Children's Health: How to Make and Use Gentle Herbal Remedies for Soothing Common Ailments**

*Rosemary Gladstar*

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Hibiscus tea for colds and flu, nettle for hay fever, raspberry leaf for diarrhea, wild cherry for coughs -- herbal remedies are a safe and effective alternative to commercial medicines that can have unwanted side effects. With renowned herbalist Rosemary Gladstar as your guide, it's easy to make your own natural teas, salves, tablets, and foods to help children fight common ailments, from colic and teething to diaper rash, cradle cap, colds, coughs, sore throats, cuts, burns, conjunctivitis, and much more. Rosemary introduces you to 24 of the best herbs to support children's health and provides simple instructions for preparing and using them, with specific dosage guidelines for kids ages 3 months to 12 years.

## **Herbs for Children's Health: How to Make and Use Gentle Herbal Remedies for Soothing Common Ailments Details**

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# **From Reader Review Herbs for Children's Health: How to Make and Use Gentle Herbal Remedies for Soothing Common Ailments for online ebook**

## **Lily says**

These series of slim volumes by Rosemary and great for laypeople looking for specific recipes for specific conditions or people.

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## **Janis Hill says**

I would like to thank Storey Publishing for allowing me an ARC of this book via Netgalley for an open and honest review.

A comprehensive look at herbalism and dealing with remedies for children.

Despite my interest in herbalism for many years now, I still classify myself as a novice and have rarely used herbal remedies on my children as I was worried about the correct remedies to use and the right dosage. And, quite frankly, there aren't a lot of herbalism books out there that don't encourage herbal health for children. Which is the main reason I wanted to read this book. I was not disappointed.

I would like to start by saying how I find the comments about allopathic medicines, when to use them vs herbs, etc very comforting. It's good to know I'm not the only one who feels the two treatments can work together side by side rather than be a one or the other option. Which a lot of herbalism books try to indicate. This book is a great balance of suggested remedies for mild and basic health issues, and the more important preventative steps to stop the illness even occurring. It then advocates that further assistance from a medical practitioner be sought as needed. So many of my friends freak out when I say I'm into herbalism as they see it as me turning my back on modern medicine and treatments. I'm not, I'm just seeking a gentler method when possible to ensure those antibiotics really work if and when we need them. This book helps encourage you to do the same. Really refreshing to see.

The book was well laid out into different categories and went into enough detail so that a novice like me didn't feel overwhelmed or talked down to. Always important to me! I'm not a dummy so don't talk to me like one.

I can see myself referring to this book again and again, especially for the salves, baths and some of the syrups. It's also going to help me plan out my herb garden a bit better and see if I can grow some of the more commonly useful herbs here, and not just the ones I use in my cooking!

This really is a very helpful and informative book for anyone interested in learning some of the older, more natural approaches to healing and preventing minor ailments in their children as well as in themselves. I highly recommend it.

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### **Meredith says**

a nice little book for getting started making and using herbal remedies for common childhood illnesses. easy to read, straight-forward, a good amount of explanation without overdoing it.

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### **Angie says**

Today's society pushes pharmaceuticals, but there are so many things that can be easily treated naturally, without nasty risks and side effects. This book is very detailed, for example - did you know Stevia (besides being a natural sweetener) is used for pancreatic imbalances and/or diabetes blood sugar regulation. Use this resource for teas, tinctures, rubs, and other combinations of natural herbal remedies for children's health.

\*I received an ARC in exchange for an honest review.

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### **Amy says**

This is the perfect starter book for using herbs. I want to learn how to make herbal treatments with the herbs I'm going to grow.

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### **Maria says**

I enjoyed reading this book. This book gives a lot of free herbal remedies for children's variety of illnesses. This health information is specifically useful for people with no money or little money and also for the people who like herbal remedies.

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### **Justin says**

An excellent herbal resource (as one would expect from Rosemary Gladstar). This book covers a few dozen herbs and their uses. The book also discusses common childhood ailments and relates these ailments to different preparations. Lastly this book covers how to make the different preparations (salves, tinctures, etc). As expected, this book is not a general herb reference and is not intended to replace one.

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### **Bridgett says**

I received a free copy of this book from the publisher via Netgalley in exchange for an honest review.

I have never used herbs for anything other than cooking. I've recently decided to add some more holistic approaches to health to my lifestyle and for my children as well.

I haven't yet tried any of the suggestions in the book, but plan to do soon.

It's a well written guide for beginners.

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### **Yanic says**

It is a good little handbook to have around. Gives you very quick access to lots of information. Very much for people that have very little knowledge about herbal medicine. A bit dry to read. It is missing the passion of her other books.

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### **Audrey says**

I loved this little book! It was simple and easy to read but full of information. No confusion or misunderstandings. A little of the mythical in it, but not so much that you can't learn from and enjoy this book.

The recipes are easy to follow and Gladstar offers several different ways to prepare them, which is helpful since not all children like taking supplements the same way. The chapter on childhood ailments is categorized and easy to find topics in a hurry. The information is short and precise so you can find remedies quickly and start making and administering them.

This delightful little book is my favorite for children's health and herbal remedies!

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### **Laura says**

some great simple home remedies as well as instructions for preparations one to come back to.

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