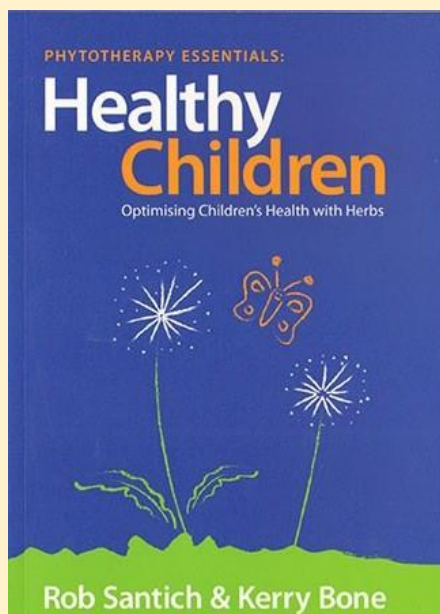


“Healthy Children” by Rob Santich & Kerry Bone



Healthy Children has been written with the special needs of children in mind. The benefits, risks and requirements for herbal therapy in children differ from those in adults. This book outlines the key principles that govern herbal practice for this special patient group. A well-researched text, written by Rob Santich and Kerry Bone who together have almost 50 years clinical practice, this book provides a comprehensive treatise on the common health problems encountered by children. Sound, practical information based on clinical experience as well as evidence-based research, provides a balanced and authoritative approach to children's health.

Key features:

- The first comprehensive text on children's health for the natural therapist
- Contains up-to-date medical and herbal information on all of the major childhood disorders
- A detailed examination of around 40 common children's health conditions
- Tablet and liquid protocols are provided together with relevant case histories

- Written by authors with a combined clinical experience of around 50 years
- Contains approximately 200 pages including a comprehensive index

Phytotherapy Press
First edition 2008

Preface:

“As the father of four children, who at the time of writing are now 25, 22, 18 and 8 years of age, I have seen and treated all of their childhood illnesses. The most serious of these was whooping cough. These first-hand experiences represented a steep learning curve. My undergraduate studies did not include herbal paediatrics and at the time there were no specialised texts on the subject. Those books that did mention the herbal treatment of children seemed to me to be terribly cautious, recommending only the gentlest of herbs. This contrasted starkly with the approach taken by the medical profession. There were no apparent reservations with prescribing newborn babies and children the harshest of drugs.

In my early years of practice the majority of my patients were children, built mainly through referrals from my wife who was and still is a preschool teacher. Over the years I have seen many chronic paediatric health problems completely resolved with the appropriate use of herbal medicines. So when Kerry Bone proposed the idea of co-authoring a book on herbs for children, I thought this would be an excellent opportunity to share these clinical experiences in print as a contribution to the further development of herbal paediatrics. This book represents our endeavours to not only produce an evidence-based practical guide for the herbal clinician, but also a work based on many years of clinical experience.”

Rob Santich

Avalon, Australia, 2008

“In my clinical practice I consult with a wide range of patients. Living in a small country town, I treat the townsfolk as well as people from the land who often travel long distances to see me. I see men and women, young and old and many people whose families are relatively new to Australia and who come with a cultural background of Phytotherapy. I find working with children can be very challenging but at the same time is the parents’ efforts with children’s compliance and I do salute them for their persistence in this area. I have seen some wonderful outcomes with young patients and I hope that this book will assist other practitioners to obtain similar results.”

Kerry Bone

Warwick, Australia, 2008