

Kids Herb Book For Children Of All Ages

Children love to learn about and explore nature. A child as young as three years old will marvel at the different and exciting scents that are available in a fragrant herb garden. Children are delighted to learn that they can grow many of the herbs that you use in cooking their dinner. This book talks about the herb garden and the way to motivate children to learn about herbs.

Revised, updated, and expanded to reflect the latest thinking and information on children's health issues, *Smart Medicine for a Healthier Child* enables parents to combine the best of conventional and alternative approaches. Part One explains the full spectrum of techniques that can be employed to effectively treat childhood health problems, providing an overview of the history, fundamentals, and uses of conventional medicine, herbal medicine, homeopathy, acupuncture, diet, and nutritional supplementation. Part Two contains a comprehensive A-to-Z guide to the various health problems of childhood, from acne to chickenpox to thumb-sucking. Finally, Part Three offers guidance on using the therapies and procedures suggested in Part Two, from locating acupuncture points to preparing herbal remedies. Written by a naturopathic physician, a medical doctor, and a pediatric nurse, this unique book gives parents easy access to current information and advice regarding their children's health and acts as a bridge between time-honored healing systems and mainstream medicine. Illustrated with line art.

Lead children to literacy and learning along the garden path with books and activities designed to spark interest and imagination. Each of these 45 lessons focuses on a specific book about gardening and offers related activities—such as reading, writing, poetry, word play, music, dancing, and dramatics—to enhance creativity and build literacy skills. In addition, this resource lists more books to read with each lesson and concludes with an annotated bibliography of focus books. A great companion to *Beyond the Bean Seed*. Grades K-6.

This updated edition of *The Village Herbalist* provides a complete guide to the art and practice of herbalism, as well as an introduction to the herbalist's role in family and community life. Inspirational profiles of practicing herbalists from across the country add a human touch to the authors' wealth of practical herbal knowledge. *The Herbalist's Way* includes time-honored healing wisdom from many cultures, as well as information on:

- Roles and responsibilities of herbalists in their communities
- Herbal workshops, conferences, and education centers
- Growing, drying, and preparing medicinal herbs
- Learning to listen to clients and recommend holistic treatments for healing and continued wellness
- Licensing, marketing, and other legal and business issues facing modern herbalists
- Comprehensive resources and suggestions for building your herbal library

Raise happy, confident, and resilient children—engaging activities that explore the life lessons that make for a well-rounded upbringing. As our children journey into adolescence, their social worlds begin to expand. While we can't protect them from what other people say or do, or paint them a picture of a perfect world, we can teach them how to handle themselves and difficult situations from the inside out. Teens and tweens crave more autonomy, but they need guidance more than ever. By equipping children with a variety of methods for dealing with different scenarios, we can give them

sick, the doctor tells Gary that his only hope is to find a medicinal herb down in the depths of the dangerous Nether realm. Gary heads down there and is confronted by a bunch of magma monsters, who threaten to jump on him and kill him. Moreover, his search for the cure doesn't seem as easy as it looked at first. And what is up with that strange neighbor of his, who won't tell what kind of profession he has? Find out more about Gary's adventures in this fun and somewhat dramatic story. Story 2: When Randin, Carissa, and Yoshi discover some men in their swamp, they are curious what they are after. The men are measuring and planning what to do with the area. Days later, a battle between the slimes and the construction workers with heavy machines follows, but the consequences are unavoidable. Are Randin and his friends going to accept these intruders or will they fight back and win? Find out by reading more. Story 3: In this somewhat humorous story, Bart the Bat leads his friends to a desirable place without promises that are too big. He warns them in advance that the blood they are after, isn't worth it, but they insist on going. Little do they know this trip takes them past attacking dragons, ugly werewolves, and other creatures, only to discover the irony of their bad listening skills.

A creative blend of information, projects, activities, preparations, colour-in artwork, stories, songs, lore and interesting herbal tidbits. This book will help parents and their children learn about herbs.

Simplified Chinese edition of Knuffle Bunny: A Cautionary Tale

The Simplified Chinese edition of Tap the Magic Tree, a childrens picture book by Christie Matheson.

The Ultimate Resource For Improving Your Health Naturally! Over 1 million copies sold! In its first edition nearly 20 years ago, Dr. Linda Page's book, Healthy Healing, was the only one of its kind. Now updated and expanded, Healthy Healing is still the easiest to use bestselling natural health reference book on the market. Customize your own personal healing program using natural therapies for more than 300 ailments through diet, whole herb supplements and exercise. Live Longer, feel better and look better, naturally!

Gerald the giraffe is too clumsy to dance with all the other animals at the Jungle Dance, until he finds the right music.

Children's Fiction

In The Garden of Fertility, certified fertility educator Katie Singer explains how easy it is to chart your fertility signals to determine when you are fertile and when you are not. Her Fertility Awareness method can be used to safely and effectively prevent or help achieve pregnancy, as well as monitor gynecological health. Singer offers practical information, illuminated with insightful personal stories, for every woman who wants to learn to live in concert with her body and to take care of her reproductive health naturally. The Garden of Fertility provides: Directions (and blank charts) for charting your fertility signals Instructions for preventing pregnancy naturally – a method virtually as effective as the Pill, with none of its side effects. Guidelines for timing intercourse to enhance your chances of conceiving without drugs or hormones Information to help you use your charts to gauge your reproductive health – to determine whether you're ovulating; if you have a thyroid problem, low progesterone levels, or a propensity for PCOS or miscarriage; or if you're pregnant Nutritional and nonmedical strategies for strengthening your gynecological health Clear descriptions of reproductive anatomy, hormonal changes throughout the menstrual cycle, and how conception occurs

Step away from your tablet and take a screen break! With 365 projects, crafts, games, and experiments, there's off-screen fun for every single day of the year. With straightforward step-by-step instructions and colorful illustrations, these entertaining, budget-friendly projects will keep kids learning all day long. MAKE slime, marble paint, pinatas, and papier-mache GROW strawberries, bottle gardens, and herb pots BAKE cake pops, twist pizzas, and muffins in a mug EXPERIMENT with vinegar rockets, lava lamps, and parachutes INVENT secret messages, spooky stories, and board games PLAY jump rope, balloon volley, ball games, and eye-spy RECYCLE trash into treasure and T-shirts into bags PERFORM magic tricks, shadow plays, and puppet shows.

Get ready for kid-approved ideas that celebrate the great outdoors year round! Whether you're building forts or making fresh cider, there's something for every kid and every season. Each season is full of excitement waiting to be found and Rachel highlights the best of each one with sections for recipes, nature exploration and play, and natural history: In spring, make candied violets, spruce tip ice cream, or paper from wildflower seeds. Craft a kite, weave flower crowns, and make a DIY fairy garden! When summer comes, whip up herb-infused balms, rosewater, and zucchini boats. Host a backyard camp-out, build a nature exploration pack, cast shadow drawings, sail a leaf-boat, and master giant bubbles. As the days cool for autumn, brew mulled cider, make spiced honey, and discover the deliciousness of homemade apple sauce. Plant bulbs for next year's flowers, create an autumn rainbow, or craft a felted acorn necklace. Cozy up in winter with homemade maple candy, an herbal tea blend, and learn how to set out pine cone bird feeders. Build a snow fort or try some winter stargazing followed by making paper stars. (Or for those in warmer climates, make an ice lantern!) Unique celebrations throughout give the entire family a reason to gather, from winter bonfires and Solstice celebrations to maple tappings and beeswax candle dippings!

Welcome to a delectable alphabet adventure. While on your way to "Z is for Zatar," relish the savory Mustard, the aromatic Spearmint, and the spicy Wasabi. You'll also want to try the Kola, the Vanilla, and especially the Xocoatl! Mouth-watering illustrations and informative, child-appealing text makes this a delicious treat for hungry readers.

This volume assists practicing mental health professionals in expanding their knowledge about nutritional and herbal interventions that can be attempted as alternatives to prescription medications. Designed to provide guidance for non-medical caregivers treating children and adolescents who present with emotional and/or behavioral difficulties such as depression, anxiety, ADHD, sleep difficulties, impulsivity, distractibility, and other psychological and psychiatric disorders, the volume provides a comprehensive discussion of naturopathic solutions based on existing research. In areas where research is not extensive, conclusions are provided about potentially beneficial effects based on the specific pharmacologic action of the compounds. Dosage for specific age groups, schedules of administration, dietary considerations (i.e., whether or not to take the supplement with food), monitoring for response and adverse effects, signs of dangerous reactions, and the need to control interactions with other compounds (i.e., prescription medications) are thoroughly reviewed with regard to each supplement discussed in the book. Reviews specific psychological disorders (i.e. ADHD, depression, mania, anxiety, sleep difficulties, tic behaviors and autism) and the available data about their treatment with the use of nutritional and herbal supplements. Provides rationale for the use of every specific compound with detailed recommendations tailored for each age group with regard to the dosage, frequency of administration, possible dangers and monitoring for side effects. Discusses claims of efficacy used to market various products and ground those claims within fully vetted scientific research. Discusses neurobiology, pharmacodynamics and pharmacokinetics in detailed but accessible language *Non-medical clinicians with limited knowledge of medicine and pharmacology come away with understanding of key issues involved in Fully covers assessment, diagnosis & treatment of children and adolescents,

