

Latest Release!

The first comprehensive text for herbal clinicians

BY ROB SANTICH & KERRY BONE

Healthy Children: Optimising children's health with herbs

The first of the new "Phytotherapy Essentials" series

Rob Santich BHSoc, Dip Med Herb, Dip Rem Massage, NHAA, Adjunct lecturer, School of Health, University of New England, Armidale, Australia

Kerry Bone (BSc (Hons), Dip Phyto, FNIMH, FNHAA, MCPP, Head of Research and Development, MediHerb; Associate Professor, School of Health, University of New England, Armidale, Australia; Principal, Australian College of Phytotherapy

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 of 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.

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.

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Chapter 1: Introductory Concepts

Bioavailability of Herbs in Children; Dose and Dosage Forms; Taste and Compliance Issues; Efficacy and Safety Information

Chapter 2: Common Disorders of the Neonate

Nappy (Diaper) Dermatitis; Infantile Seborrhoeic Dermatitis; Infantile Colic; Gastro-oesophageal Reflux; Diarrhoea

Chapter 3: Common Childhood Infections and Fever Management

Supporting Immune Function; Fever Management; Common Childhood Infections: Chicken Pox, Measles, Rubella, Mumps; Vaccination

Chapter 4: The Basis of Allergy in Children

Allergies; Type 1 Hypersensitivity; The Hygiene Hypothesis; Immunoregulatory Disorders; The 'Old Friends' Hypothesis; The Gut and T Cell Regulation; Probiotics; Clinical Implications

Chapter 5: Common Digestive Disorders in Children

Factors Altering Gut Health; Paediatric Gastrointestinal Complaints Overview; Poor Appetite and Weak Digestion; Functional Abdominal Pain; Food Allergy and Intolerance; Common Intestinal Parasites; Constipation; Diarrhoea

Chapter 6: Common Respiratory Disorders in Children

Herbs for the Respiratory System; The Common Cold and Influenza; Bacterial Sinusitis; Tonsillopharyngitis; Conjunctivitis; Otitis Media; Allergic Rhinitis; Asthma; Croup

Chapter 7: Common Nervous System Disorders in Children

Contemporary Parenting/Childhood Issues; Cognition, Behaviour and the Environment; Persistent Organic Pollutants (POPs) and Heavy Metal Exposure; Common Sleep Problems; Attention Deficit/Hyperactivity Disorder (ADHD); Autism Spectrum Disorder

Chapter 8: Common Urinary Tract Disorders in Children

Normal Voiding and Toilet Training; Nocturnal Enuresis; Urinary Tract Infections (UTIs)

Chapter 9: Common Skin Disorders in Children

Herbal Therapy in Paediatric Dermatology; Viral Warts; Herpes Simplex Viral Infections; Impetigo; Cutaneous Fungal Infections; Atopic Dermatitis, Atopy and Vaccination

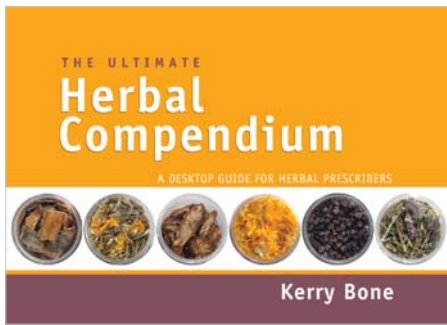
Chapter 10: Common Endocrine Disturbances in Children

HPA axis and the Foetus; In utero Programming of Adult Disease; Postnatal Stress; Environmental Chemicals; Adolescent Growth and Sexual Maturation; Failure to Thrive; Childhood Obesity; Type 1 Diabetes

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The Ultimate Herbal Compendium — A Desktop Guide for Herbal Prescribers

The most comprehensive, accurate and up-to-date desktop herbal prescribing reference

Kerry Bone BSc (Hons), Dip Phyto, FNIMH, FNHAA, MCPP

The Ultimate Herbal Compendium is a reliable ready reference designed for the busy health practitioner. It contains up-to-date easily found information on a wide range of herbs and conditions. Careful research of all the available herbal information combined with Kerry Bone's 23 years of clinical practice ensures that all valid herbal treatment options can be considered.

FEATURES

- Compact, user-friendly desktop style in a durable ring-bound format.
- Over 400 medical conditions and 190 herbs covered.
- Detailed example protocols for 50 major conditions listed.
- A full bibliography outlines all sources used.
- Provides the most current and accurate information on herbal remedies, their actions, indications, dosage, contra-indications and herb-drug interactions.

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Part 1: Materia Medica:

Key prescribing information is included in summary format. Doses for both liquid and tablet forms are provided. The actions selected represent the clinical activity of each herb. Key indications given are those that represent a consensus view on how the herb is best used clinically. For clarity, the indications are grouped around themes only.

Part 2: Actions Index:

The Actions Index is drawn from the Materia Medica section and contains listings of herbs grouped by the actions in alphabetical order. To facilitate the prescribing process, the herbal clinician needs a clear understanding of herbs in terms of their reliable, well-established actions.

Part 3: Therapeutic Index:

Contains herbs listed by indications largely compiled from the Materia Medica section. Additional herbs are included where relevant. A major feature of the Therapeutic Index is the extensive use of cross-referencing which greatly assists the final selection of herbs.

Part 4: Treatment Protocols:

Example treatment protocols are provided for the treatment of 50 common health problems. Both tablet and liquid protocols are given.

Part 5: Herbs Contraindicated in Pregnancy and Other Contraindications:

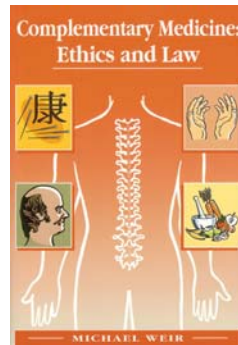
This section also includes herb-drug interactions and has been compiled using the most current evidence-based reviews.

Bibliography

Appendix 1: Glossary of Herbal Actions

Appendix 2: Examples of Tablet Formulations

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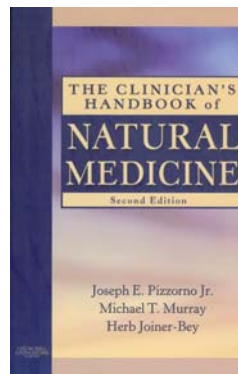
Michael Weir BA LLB(Hons) UQ, LLM (Bond) Associate Professor, School of Law, Bond University, Solicitor of the Supreme Court of Queensland

This third edition of Professor Michael Weir's text *Complementary Medicine: Ethics and Law* has just been released.

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