



Herbs for Children's Health: How to Make and Use Gentle Herbal Remedies for Soothing Common Ailments. A Storey BASICS® Title

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.

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