

Review by Kathleen A. Head, ND

Naturopathic Pediatric Essentials

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While *Naturopathic Pediatric Essentials* was published in 2003, it was not brought to my attention until recently. I feel it is too valuable a tool to be overlooked for review. Drawing from her years of clinical experience and the pearls of wisdom from naturopathic elders such as John Bastyr, ND, Dr. Roberts has assembled a wealth of information for the clinician who treats children.

The book is formatted to provide a quick reference guide in the middle of a busy practice day. Divided according to category of condition, then subdivided by specific condition, a description of the disease, etiological factors, epidemiology, incidence, and clinical findings provide the clinician with an at-a-glance refresher course. A brief description of conventional treatment is followed by a more extensive section on naturopathic treatments – botanical medicine, nutrition, homeopathy, and hydrotherapy. Home remedies consisting of poultices, eye irrigations, teas, etc., are liberally provided and described in detail. Condition categories include those most often seen in a pediatric practice – allergic conditions, gastrointestinal problems, infectious diseases, skin disorders, respiratory problems, eye diseases, and behavioral problems. A valuable additional chapter provides useful information on how to identify and report suspected child abuse.

In addition to the text, the book is full of valuable tables and appendices with information ranging from the incubation period of common viral infections to a schedule for introducing solid foods to avoid allergic potential. Forms that could be enlarged and duplicated include a well-child exam, new pediatric patient intake, and consent-to-treat forms. With well over 100 references, the practitioner is invited to delve deeper if desired.

Having had a practice for 11 years that consisted of at least one-third pediatrics, I thought I knew most of the little tricks to get kids to cooperate when examining them. However, this book provides many I'd never thought of – blowing on a pinwheel to improve lung auscultation and the three-cent neurological exam, for example. This book is highly recommended for all clinicians who work with children.