



Mommy Diagnostics: The Naturally Healthy Family's Guide to Herbs and Whole Foods for Health

Shonda Parker

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Professional herbalist, Shonda Parker, teaches mothers what can be safely treated at home, how to treat with nutritional and botanical medicine, and when to seek professional help. Traditional medicine has given us shots, pills, and expensive treatments. Shonda provides moms with homegrown remedies that are easily available, inexpensive, and that work wonders!

As a revival of interest in natural health care occurs, this book is designed to provide a continuing education class for mothers as family health practioners. Mothers observe, evaluate, and even medicate their children on a daily basis. By nature, mothers become family health practioners, but seek other opinions when appropriate. This book will equip any mother to address her family's day-to-day health needs with confidence and is critical for every mother who is focused on raising healthy kids.

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Spent a free time and energy to be fun activity to accomplish! A lot of people spent their spare time with their family, or their very own friends. Usually they undertaking activity like watching television, gonna beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? Can be reading a book could be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to consider look for book, may be the book untitled Mommy Diagnostics: The Naturally Healthy Family's Guide to Herbs and Whole Foods for Health can be great book to read. May be it may be best activity to you.

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