



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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