

NATURAL MEDICINE PEDIATRIC HOME HEALTH ADVISOR

By Thomas Kruzel, ND

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Reviewed by Mitzi Lebensorger

“AS A CULTURE, WE SEEM TO HAVE LARGELY LOST WHAT I CALL THE ‘GRANNY PRINCIPLE,’” SAYS Dr. Kruzel in the introduction to his *Natural Medicine Pediatric Home Health Advisor*. Of his own childhood, he tells us: “we almost never went to the doctor. If we were ill, mom would call her mom and ask what to do. Often the treatments would make us comfortable while the fever did its work...”

Instead of turning to grandma, today’s young families turn to the internet with its vast amount of information—some good, some bad, some conflicting. After 30 years as a naturopathic physician in a busy family practice, Kruzel saw the need for a book that could become a trusted advisor to parents navigating the world of natural medicine.

This large-format 8.5 x 11-inch text covers a broad range of common acute illnesses encountered by kids, including burns, bronchitis, colic, sore throats, nosebleeds, and the like—but also addresses more serious or chronic complaints such as pneumonia, allergies, and attention deficit disorder. In addition, Kruzel includes sections to help new mothers cope with post-partum problems, breastfeeding difficulties, and infant nutrition. Each topic is first discussed and then followed by short sections on: What to Do Until the Doctor is Seen, Homeopathic Medicines, Hydrotherapy, Diet & Nutrition, Medicines from the Kitchen, Botanical Medicines, and Case Management Suggestions.

With Kruzel’s extensive expertise in homeopathy (he’s also author of *The*

Homeopathic Emergency Guide, 1992), it’s not surprising that this modality is given the most space in the book. For each condition, he includes top homeopathic remedies and reliable, in-depth indications for their use. “Kids like them because they taste good,” he says, which is not always true of herbal medicines.

Hydrotherapy, a naturopathic mainstay for increasing circulation and promoting healing, is detailed in a special section. Although the techniques may sound strange or messy to carry out (e.g., cold wet sock or t-shirt treatment, friction rubs, hot-and-cold compresses, poultices, etc.), the author says they are invaluable in his practice and can improve a person’s response to homeopathic treatment. I found his explanation of these “lost arts” especially interesting and have seen good results with the cold wet sock treatment for relieving head congestion.

The book is well indexed and the table of contents easy to use. Its main strength is that you are getting direct advice from a very experienced homeopath and naturopathic physician, who doesn’t hold back with information; this can be very

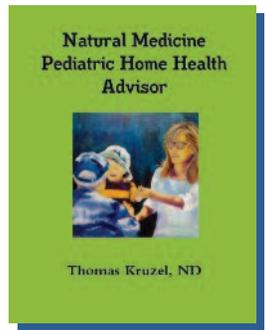
empowering. One example: Kruzel tackles the thorny topic of immunizations, detailing homeopathic remedies that can address side effects. And for those parents wishing to avoid conventional immunizations altogether, he even offers a “natural alternative to conventional immunizations” using a schedule of homeopathic nosode remedies given yearly until age 12; some will find this especially valuable.

I do wish the book had been laid out typographically in an easier-to-read fashion; it has the feel of a self-published book and the topics run together without much separation. The price is another stumbling block—it’s expensive compared to similar books. (That said, if having the book saves you one late-night trip to the ER, you’re more than even.)

I think the best audience for this book is someone already on the path of natural therapeutics, who is willing to accept some of the book’s idiosyncrasies for the many gems within. Parents with little previous exposure to natural medicine might find it bewildering (and for them, I might recommend a more mainstream book like Janet Zand’s *Smart Medicine for a Healthier Child*). However, if you’re already a user of natural medicine and you can afford the book’s price, Dr. Kruzel’s *Natural Medicine Pediatric Home Health Advisor* offers a wealth of practical information and should be a welcome addition to your library of home care books. Bonus: a good portion of the information inside could apply to adults as well as kids.

ABOUT THE AUTHOR

Mitzi Lebensorger, Editor of *Homeopathy Today*, has been a member of NCH since she first attended its summer training program in 1982 in Millersville, PA. After volunteering for years, she began working with the late great historian and Editor, Julian Winston, on *Homeopathy Today* in 1990. She is a past Treasurer and President of the NCH Board of Directors.

**Prevent Side Effects from Conventional Vaccination**

—excerpted from *Natural Medicine Pediatric Home Health Advisor*, by Thomas Kruzel, ND.

- ◆ *Ledum 30c* for 2 days prior to and for 2 days following vaccination.
- ◆ If a fever occurs following the vaccination take:
 - *Ferrum phosphoricum 30c* if they develop a fever of 99°F to 102°F or
 - *Belladonna 30c* if the temperature rises to above 102°F or greater.
 - *Aconite 30c* may also be indicated here if the fever is of a rapid onset and accompanied by fear and anxiety.
 - Follow with one of the remedies suggested after the initial vaccination has been completed*
 - If any reaction occurs, it is important to report it to your attending physician, as physicians are required to report adverse reactions to vaccines.

* For side effects of immunizations, the book gives indications for these remedies: *Arsenicum album*, *Carcinosin*, *Hypericum*, *Ledum*, *Malandrinum*, *Silicea*, *Thuja*.