



Easing Teething Torment With Natural Therapies

Julie Cottle

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Teething can be a terrible time for babies and parents alike. Most babies experience discomfort, pain, and other difficulties that prevent both parent and child from sleeping and functioning as they would like.

Parents who would like a natural alternative to teething gels and pain relievers have options available to them. Julie Cottle, a naturopath and natural parenting advocate, has pulled together a remarkable collection of facts and solutions for teething trouble that gives tools to the health-minded modern parent.

Fact: The Food and Drug Administration (FDA) warns against using oral teething gels containing benzocaine and lidocaine with infants and toddlers.

There are natural methods of helping both parent and child go through this uncomfortable period and come out on the other side with everyone's health—and sanity-- intact!

Easing Teething Torment with Natural Therapies is the natural parent's guide to good health and happiness during the teething period. The guide walks parents through the mechanics of teething, why children react as they do to the pain, warning signs of bigger issues, and those natural, safe remedies that can be applied during this period in a child's life.

Parents will learn:

- What to look for/how to spot when an infant is about to begin teething
- How to prevent bites during this period—especially during breastfeeding!
- Natural teether recipes from the kitchen
- Herbal helpers
- Homeopathic remedies
- Aromatherapy solutions

- Reflexology and more!

The guide contains a wealth of information that parents and other caregivers of infants and toddlers in an easy-to-read, visual manual. *Easing Teething Torment with Natural Therapies* will be the book passed around the playground as more and more mothers discover the efficacy of natural therapies to ease their child's pain.

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