

IN PRINT

Doctor Mom's Quick Reference Guide to Natural Healthcare at Home

By KATHY DUERR

Excerpt: At the age of 22, I became aware that there was a healer inside of me, struggling for a way of expression. My initiation into healing was through gardening.

I undertook the task of educating myself in the ways of the bare-foot doctor, including growing, harvesting, and preparing plants for medicine. Not long after I began this journey, I started having babies of my own and began to practice what I was learning. I was fearless

and self-assured, using plain, simple, old-time remedies that worked every time. All three of my children were born at home with midwives using natural medicine. We used herbs, homeopathy, and hydrotherapy during my pregnancies and births. It is both safe and possible to care for one's family and feel comfortable while doing so.

Due to over-domestication many of us have lost our ability to do this.

Trust yourself as a mother to feel the needs of your child. Using these simple remedies will help you regain your inner gift of healing. This book is my gift of support to all the mothers who prefer not to resort to over-the-counter drugs and pharmaceuticals for the everyday medical care of their families.

For a copy of this book, contact the National College of Naturopathic Medicine at 503/499-4343.

The Movie Mom's Guide To Family Movies

A Parent's Guide To More Than 500 Movies On Video For Kids Ages 2 to 18

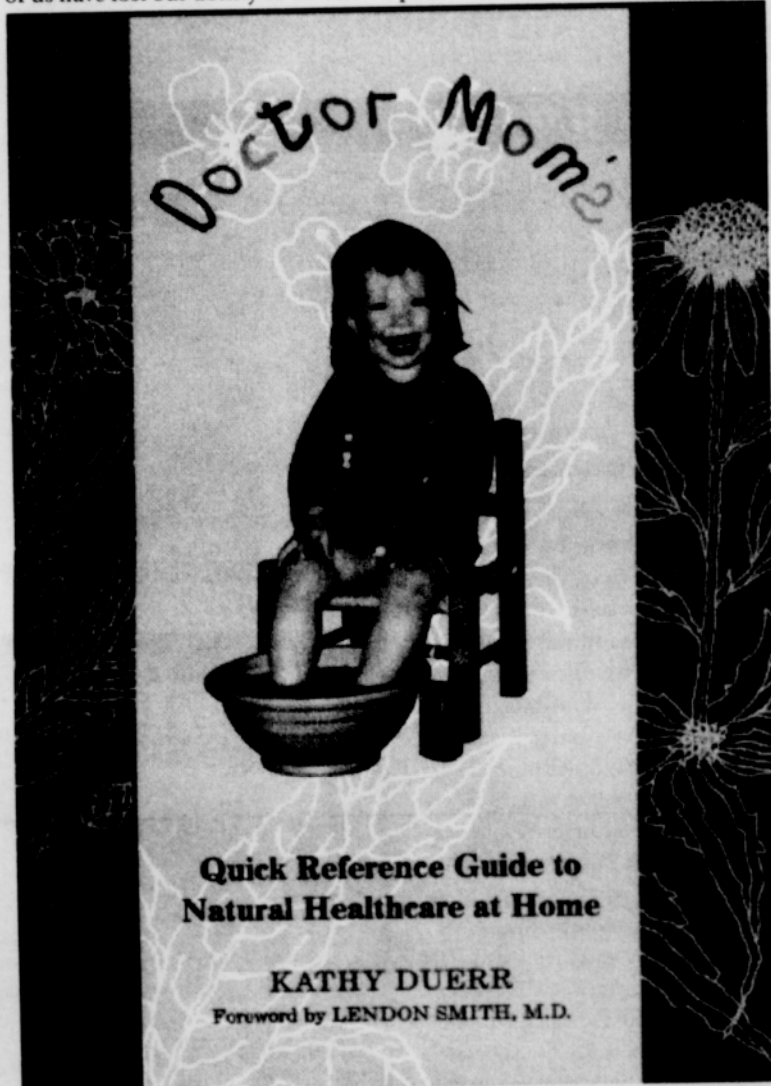
(Avonbooks, 1999)  
By NELL MINOW

What if you could teach your children about life with popcorn and wonderful movies?

Here at last is the ultimate reference for every frustrated parent who knows that television can be more than an electronic babysitter.

The Movie Mom's Guide to Family Movies recommends hundreds of superb movies available on video - movies that offer more than mindless explosions, casual sex, and limiting stereotypes of women and minorities - movies that exercise the mind and spirit and bring the whole family closer together.

Part 1 (Movies about Values) includes such chapters as Honesty and Integrity, Loyalty, Empathy and Compassion, and Courage. Part 2 (Movies and Growing Up) features movies on such topics as ambition, families, competition, understanding emotions, and school. And Part 3 (Just for Fun) examines comedy, fantasy, Westerns, mystery & suspense, and much more. Each entry contains a detailed plot description and warns parents about depictions of sex, violence, alcohol and drug use - even how the movie measures up by modern-day standards of tolerance and diversity.



A PARENT'S GUIDE TO MORE THAN 500 MOVIES ON VIDEO FOR KIDS AGES 2 to 18

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