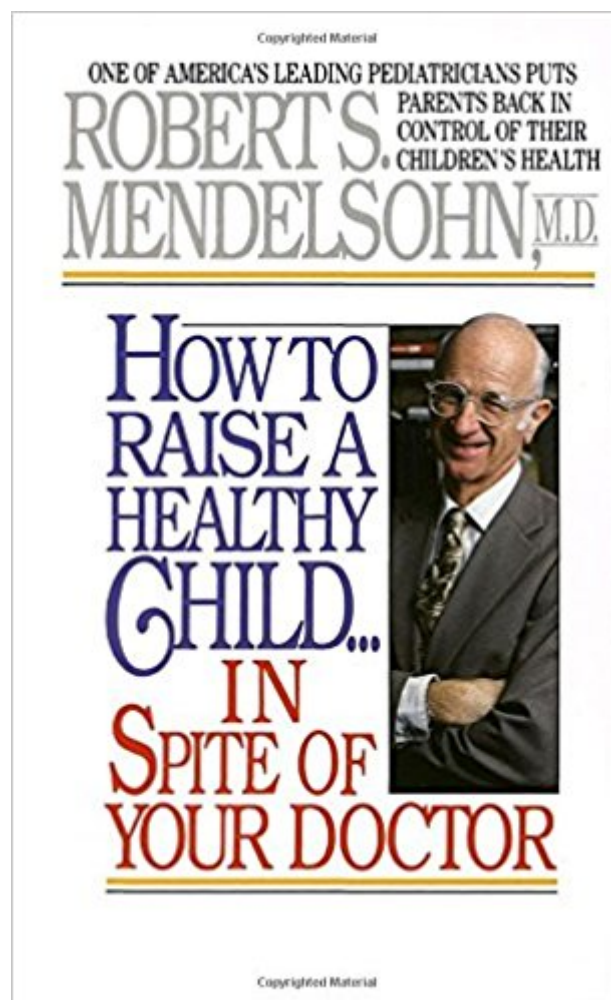




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# How To Raise A Healthy Child In Spite Of Your Doctor: One Of America's Leading Pediatricians Puts Parents Back In Control Of Their Children's Health





## Synopsis

Dr. Robert Mendelsohn, renowned pediatrician and author advises parents on home treatment and diagnosis of colds and flus, childhood illnesses, vision and hearing problems, allergies, and more. PLUS, a complete section on picking the right doctor for your child, step-by-step instructions for knowing when to call a doctor, and much more.

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## Customer Reviews

Dr. Robert Mendelsohn, renowned pediatrician and author advises parents on home treatment and diagnosis of colds and flus, childhood illnesses, vision and hearing problems, allergies, and more. PLUS, a complete section on picking the right doctor for your child, step-by-step instructions for knowing when to call a doctor, and much more.

I learned about this book from a proven Master Herbalist with decades of clinical (pure plant based protocols) experience helping people heal themselves, including me. Do not be misled by the title or publication date. Dr. Mendolsohn's work was relevant then and remains so now (2015). This book is for individuals 18 years old +, with and without kids, with the ability to read, comprehend and think logically. In the book the words "pediatrician" and "child" can very easily be replaced with "doctor/PCP/OB-GYN" and "person" because his straight talk, sage advice, practical experience and keen analyses, is for all to consider. The first few chapters illustrate this point: 1: Most Things Get Better By Morning, 3: How Doctors Can Make Healthy Kids Sick, 4: Protecting Your Children Before They Are Born (should be integrated into high school science, health and phys ed classes

and after school programs for teens, with parental consent) and 5: Proper Nutrition For Health And Growth. As an adult, I can relate to many topics discussed in the book. During a physical a few years ago, which was my last "routine exam" because I realized they were unnecessary, a nurse tried to hustle me into purchasing vaccines. **SIDEBAR:** Insurance IS a form of payment so do not be misled simply because the total bill is not the patient/consumer's upfront financial responsibility. There is a price to pay for blindly volunteering to be part of a test with dangerous consequences (Rx consumption, x-rays/scans, "exploratory" surgery, etc.). I had no idea what the nurse was talking about because I did not know there were "adult" vaccines and I never bought into the flu shot frenzy. So I politely told her that I was vaccinated as a child AND had not one but two battles with the not so childhood disease that is the chickenpox. She was on me like a mad dog until my voice went up a few decibels interrupting her aggressive sales pitch with a firm, across the board, "no" after the pox story. That ended the vaccine hustle immediately. I am way ahead of the vaccine game as I am familiar with the secret vaccine court run by the feds, I believe parents that have proof of injuries (anecdotal is all I need) to their children post-vaccination and my pox experience is more than enough to continue to opt out as an adult. Kudos to Dr. Tenpenny (reading her say no to vaccines book next) and all the parents out there that have posted state laws and opt out info as it pertains to vaccines as a per-requisite for school (vaccines are not mandatory for kids so assert your parental rights). I went to public school...you get what you pay for.....so I am talking to adults that are and have home schooled AND have home schooled kids in college, to learn more from successful parents. The vaccine chapter in the book is insightful. "Key To Health: Stay Away From Doctors" (page 23) When I started to read this section I shook my head in agreement and smiled. After dealing with the medical establishment and almost dying "under doctor's care" a few years ago, I can say that is a true statement. Once I began my healing journey (fired all improperly trained doctors in writing) and moved closer to nature by changing everything I was eating, drinking and thinking, I got better quickly. Wise elders that I listened to over the past few years all said the same thing. Stay away from doctors and hospitals unless it is a real emergency (hit by a mack truck, unconscious and hot pepper powder or tincture under the tongue did not work to revive me). The wise doctor also says: "I know it may be difficult for you to accept the fact that....." "This position is shared by many other doctors who have been moved to look objectively at the results they have experienced in their own practices rather than continue to accept hat they learned in medical school." I was shaking my head in agreement once again. Vegan doctors such as retired 100 year old heart surgeon Dr. Ellsworth Wareham is a doctor I listen to and respect for obvious reasons, along with others that chose to acknowledge experience as the teacher and educate patients

accordingly. In Pam Grier's memoir, her ivy league doctor told her in secrecy (because it could have ruined his reputation otherwise) that there was nothing more that western medicine could do (prepare to die with cancer if you don't follow through on the right way to heal cancer) and REFERRED her to a Chinese Herbalist! Wow. If I had not read it with my own eyes I would not have believed it. I'm so thankful to Ms. Pam for including that important dialogue in her book "My Life In Three Acts", which speaks to Dr. Mendelsohn's point that it is indeed difficult to believe that doctors (minus a small few) are harming the public at large because they refuse to believe the real science, practical experience/proven results in the bodies and lives of real people. To add insult to injury, licensees (doctors, nurses, dieticians/nutritionists, et al) cannot legally say certain things. Dentists can't tell the truth (mercury fillings are dangerous), but if you have them removed dentists are wearing hazmat suits to remove mercury fillings because they are indeed dangerous, pollute and damage the human body, hence the hazmat gear and strict removal procedures. Oncologists can't legally recommend a pure plant based detox and herbs to cleanse the body and blood to "fight" cancer, but they spook patients into injecting drugs (chemo) that are known carcinogens and can cause death, but never give patients the written literature that states the dangers, in writing! Nutritionists/dieticians can't say that clean food will reverse disease, but they can say it can prevent certain diseases. I'm not in the medical profession so I'm here to tell you, yes, an apple a day will keep the doctor away. So will 13 (8oz) glasses of fresh pressed organic carrot juice, 3 organic plant based meals, medicinal herbs and yoga, on a DAILY basis, for life. To be even clearer, clean food is chemical free, animal/seafood free, can be eaten in its natural state (as grown) or is gently cooked (rice, beans, peas, gently steamed food) and will, without a doubt, cleanse, nourish, heal, strengthen and protect the body. Clean food can be found at your local farmers market so be sure to start shopping there this week. Freedom must be alive and well elsewhere because it is nowhere to be found in the US when it comes to health and healing. If for no other reason, read this book to protect children. They did not ask to come here. As a teacher, I see too many children and dependents suffering at the hands of ignorant adults that refuse to simply listen, learn, think and act logically. It is much easier to prevent disease and involuntary encounters with the medical establishment and "law enforcement". As adults we are responsible for doing everything within our power to protect children and dependents. Listen to wise elders like Dr. Mendolsohn and take decisive action by doing everything in your power to protect children from avoidable harm. Free your mind, exercise common sense and educate yourself. AM BrownFinance Teacher P.S. Great feature....start reading a book online until it's delivered. Love that!

kinda overboard but it ensures me im in the right when i follow my gut about my dr

This book is full of great wisdom that will equip you to make thoughtful decisions for your family's healthcare. You will begin to think more logically about medical care and you'll definitely save some money. Highly recommend.

great book full of back to basics advice. Every mother should read this book. Raising kids should not be about popping a pill or other medicine. Robert provides a good overview on common myths like high fever and solutions to common ailments that a little one may encounter. This book was written quite some time ago so the only thing I would add is that the section on allergies is a little simplified as allergies and anaphylaxis has become more common these days. Still, this is a very good basic book that all mothers should read.

A great read specially on vaccines. More informed choices.

Great read on fevers! Really helped me thru my sons fever which actually was the flu

EXCELLENT resource!!! I have tabs on specific sections!!! AWESOME BOOK

Every parent should have this book in their library!

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