

Dirt Mites User Guide

Hay Fever: The Complete Guide
A Field Guide to Eastern Forests, North America
Herbs and Natural Supplements
Inkling
Field Guide to Bedside Diagnosis
The Complete Idiot's Guide to Natural Remedies
Essential Guide to Asthma
The Competitive Runner's Handbook
A Handbook of Tropical Soil Biology
The Ultimate Guide to Puppy Care and Training
Diary of a Horse Owner and Basic Guide
Horse Care
The UC Berkeley Wellness Self-care Handbook
A Guide to Evidence-based Integrative and Complementary Medicine
Nursing Diagnosis Handbook - E-Book
Harvard Medical School Family Health Guide
The Pet Lover's Guide to Natural Healing for Cats & Dogs
The Essential Oils Complete Reference Guide
Saunders Nursing Guide to Diagnostic and Laboratory Tests - E-Book
A Practical Guide to the Histology of the Mouse
The Singer's Guide to Complete Health
A Paranoid's Ultimate Survival Guide
The Complete Idiot's Guide to Green Cleaning
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Smart Mama's Green Guide
The Rough Guide to Genes & Cloning
Hound Health Handbook
House Cleaning

GuidePediatric Nurse Practitioner Certification Review Guide

Hay Fever: The Complete Guide

For both runners entering that first neighborhood race and elite marathoners, trainers Bob and Shelly-lynn Florence Glover's completely revised guide is the book on training to compete. A book that's already sold close to 200,000 copies, *The Competitive Runner's Handbook* will now offer all the latest information needed to design basic training programs; special workouts to increase strength, endurance, and power; schedules and worksheets to develop individual goals; and specifics on preparing for all kinds of races—with an emphasis on the 10K and the marathon. Informed by their over thirty years of coaching experience, the Glovers give winning tips on alternative training, footwear and diet, and common injuries and illnesses, as well as sensible advice on balancing running with work and home life.

A Field Guide to Eastern Forests, North America

Countless people around the world suffer from allergies and allergy-like symptoms. Many of these symptoms can be reduced through dietary change and nutritional supplements. *This User's Guide to Natural Allergy Relief* explains allergies in simple terms, as well as the steps you can take to ease your symptoms.

Herbs and Natural Supplements Inkling

Shows how to clean every room in the house quickly, thoroughly, and efficiently using non-toxic products and environmentally-friendly techniques.

Field Guide to Bedside Diagnosis

Plant parsley and asparagus together and you'll have more of each, but keep broccoli and tomato plants far apart if you want them to thrive. Utilize the natural properties of plants to nourish the soil, repel pests, and secure a greater harvest. With plenty of insightful advice and suggestions for planting schemes, Louise Riotte will inspire you to turn your garden into a naturally nurturing ecosystem.

The Complete Idiot's Guide to Natural Remedies

Identifies birds, mammals, reptiles, insects, trees, and flowers

Essential Guide to Asthma

'Asthma has become something of a modern epidemic. Twenty years ago it affected one in ten people. Now, one in five children and nearly as many adults

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suffers from it. And despite better, more effective, drugs to combat the problem, the death rate is not going down. Around 2, 000 people die from the complaint each year. ' DAILY MAIL, TUESDAY APRIL 26, 1994. With no known cure for asthma, this comprehensive guide seeks to give practical help to all age groups in dealing with the growing problem, listing the many known triggers for the condition and giving advice on how to avoid them. And following the style established by her two previous titles, THE ASTHMA HANDBOOK contains case histories showing how individuals cope with asthma, as well as the various treatments available, both conventional and where sensible complementary. Packed with essential information such as what to do when faced with an asthma attack, THE ASTHMA HANDBOOK is THE guide for sufferers, friends and relations and it may even save a life.

The Competitive Runner's Handbook

Field Guide to Bedside Diagnosis, Second Edition enables students and physicians to navigate from the patient's symptoms and presenting signs to the diagnosis. The book covers 139 chief complaints and signs and is organized to parallel the diagnostic reasoning process: a differential overview of probable causes, a diagnostic approach for each differential, and the specific clinical findings that point to diagnosis. A collection of 192 full-color illustrations show diagnostically important observable signs. This edition includes thoroughly updated diagnostic

approaches and quick-access Evidence-Based Medicine Physical Diagnosis tables indicating sensitivity, specificity, and likelihood ratios for findings.

A Handbook of Tropical Soil Biology

Saunders Nursing Guide to Laboratory and Diagnostic Tests, 2nd Edition is the perfect guide to laboratory testing for both students and practicing nurses alike. Featuring the latest testing information organized alphabetically for quick reference, this resource offers test formats that emphasize the nurse's specific role in all aspects of the testing process. Basics the Nurse Needs to Know and Nursing Care sections for every laboratory test explain what the nurse is to do during the pre-, post- and actual test stages, and highlights the nursing responses to critical values, complications, patient teaching, and health promotion. A new companion Evolve website also offers a variety of learning resources and skills videos to help you master diagnostic procedures and perform accurate testing. Alphabetical organization of the laboratory tests (featuring alphabetical thumb tabs) makes every test easy to find. Also Called sections feature synonyms and abbreviations that help you identify specific tests. Purpose of the Test states the indications of each test. Basics the Nurse Needs to Know offers an explanation of each test in clear, simple language. Normal Values in standard and SI units include variations for gender and age, where relevant. How the Test is Done succinctly describes how each test is performed. Significance of Test Results list the diseases and disorders

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that are associated with abnormal findings. Interfering Factors list the factors, such as drugs, herbs, and improper specimen collection and handling, that inadvertently affect test results. Nursing Care is divided into Pretest, During the Test, and Posttest, listing in detail what the nurse does in the testing process. Nursing Response to Critical Values and Nursing Response to Complications detail what you should be alert for before, during, and after the test and how to manage dangerous situations. Explicit incorporation of nursing concerns related to lab tests can only be found in this lab book. Over 50 new and updated pieces of art highlight how results are interpreted, what equipment is used, and how various techniques are performed. Over 20 new tests prepare you for the types of tests you will encounter during your clinical experience. Patient Teaching icons make crucial nursing content easy to find. New Student Resources on Evolve feature a variety of supplemental learning tools. Skills materials, including skills checklists, PDFs of skills, and brief skills video clips, help you master specimen collection and basic diagnostic procedures. Patient handouts provide practical, useable materials to make your clinical experience easier. Audio pronunciations simplify the process of learning difficult terminology.

The Ultimate Guide to Puppy Care and Training

Diary of a Horse Owner and Basic Guide Horse Care

The UC Berkeley Wellness Self-care Handbook

A Guide to Evidence-based Integrative and Complementary Medicine

Discusses the best way to control asthma

Nursing Diagnosis Handbook - E-Book

The resource of choice for pediatric residencies, clerkships, and exams, Nelson Essentials of Pediatrics continues to provide a focused overview of the core knowledge in pediatrics. Succinct, targeted coverage of normal childhood growth and development, as well as the diagnosis, management, and prevention of common pediatric diseases and disorders, make this an ideal medical reference book for students, pediatric residents, nurse practitioners, and physician assistants. Consult this title on your favorite e-reader, conduct rapid searches, and adjust font sizes for optimal readability. Get an effective overview of pediatrics

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with help from concise text, a full-color design, high-yield tables, and numerous images. Take advantage of a wealth of images that capture the clinical manifestations and findings associated with Kawasaki disease, lupus, lymphoma, stroke, and many other disorders seen in children. Efficiently review essential, concise pediatric content with this popular extension of the Nelson Textbook of Pediatrics (ISBN: 978-1-4377-0755-7). Focus on the core knowledge needed for your pediatric clerkship or rotation with coverage that follows the COMSEP curriculum guidelines. Easily visualize complex aspects with a full-color layout and images, as well as numerous tables throughout the text.

Harvard Medical School Family Health Guide

Use this convenient resource to formulate nursing diagnoses and create individualized care plans! Updated with the most recent NANDA-I approved nursing diagnoses, *Nursing Diagnosis Handbook: An Evidence-Based Guide to Planning Care, 9th Edition* shows you how to build customized care plans using a three-step process: assess, diagnose, and plan care. It includes suggested nursing diagnoses for over 1,300 client symptoms, medical and psychiatric diagnoses, diagnostic procedures, surgical interventions, and clinical states. Authors Elizabeth Ackley and Gail Ladwig use Nursing Outcomes Classification (NOC) and Nursing Interventions Classification (NIC) information to guide you in creating care plans that include desired outcomes, interventions, patient teaching, and evidence-

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based rationales. Promotes evidence-based interventions and rationales by including recent or classic research that supports the use of each intervention. Unique! Provides care plans for every NANDA-I approved nursing diagnosis. Includes step-by-step instructions on how to use the Guide to Nursing Diagnoses and Guide to Planning Care sections to create a unique, individualized plan of care. Includes pediatric, geriatric, multicultural, and home care interventions as necessary for plans of care. Includes examples of and suggested NIC interventions and NOC outcomes in each care plan. Allows quick access to specific symptoms and nursing diagnoses with alphabetical thumb tabs. Unique! Includes a Care Plan Constructor on the companion Evolve website for hands-on practice in creating customized plans of care. Includes the new 2009-2011 NANDA-I approved nursing diagnoses including 21 new and 8 revised diagnoses. Illustrates the Problem-Etiology-Symptom format with an easy-to-follow, colored-coded box to help you in formulating diagnostic statements. Explains the difference between the three types of nursing diagnoses. Expands information explaining the difference between actual and potential problems in performing an assessment. Adds detailed information on the multidisciplinary and collaborative aspect of nursing and how it affects care planning. Shows how care planning is used in everyday nursing practice to provide effective nursing care.

The Pet Lover's Guide to Natural Healing for Cats & Dogs

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Help arrives for dog lovers in an indispensable guide to keeping pets happy and healthy, covering everything from vaccinations for puppies to the care needed for senior dogs and including more than one hundred illustrations and helpful diagrams. Original.

The Essential Oils Complete Reference Guide

A Practical Guide to the Histology of the Mouse provides a full-colour atlas of mouse histology. Mouse models of disease are used extensively in biomedical research with many hundreds of new models being generated each year. Complete phenotypic analysis of all of these models can benefit from histologic review of the tissues. This book is aimed at veterinary and medical pathologists who are unfamiliar with mouse tissues and scientists who wish to evaluate their own mouse models. It provides practical guidance on the collection, sampling and analysis of mouse tissue samples in order to maximize the information that can be gained from these tissues. As well as illustrating the normal microscopic anatomy of the mouse, the book also describes and explains the common anatomic variations, artefacts associated with tissue collection and background lesions to help the scientist to distinguish these changes from experimentally- induced lesions. This will be an essential bench-side companion for researchers and practitioners looking for an accessible and well-illustrated guide to mouse pathology. Written by experienced pathologists and specifically tailored to the needs of scientists and

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histologists Full colour throughout Provides advice on sampling tissues, necropsy and recording data Includes common anatomic variations, background lesions and artefacts which will help non-experts understand whether histologic variations seen are part of the normal background or related to their experimental manipulation

Saunders Nursing Guide to Diagnostic and Laboratory Tests - E-Book

The must-have integrative and complementary medicine reference from experts in the field This exhaustive textbook is ideal for anyone with an interest in integrative and complementary medicine in Australia; including General Practitioners, medical students, integrative clinicians and health practitioners. A Guide to Evidence-based Integrative and Complementary Medicine presents non-pharmacologic treatments for common medical practice complaints – all supported by current scientific evidence. These include Attention Deficit Hyperactivity Disorder (ADHD), asthma, insomnia, anxiety, depression and many more. This practical health resource profiles myriad approaches in integrative and complementary medicine, such as mind-body medicine, stress management techniques, dietary guidelines, exercise and sleep advice, acupuncture, nutritional medicine, herbal medicine, and advice for managing lifestyle and behavioural factors. It also looks at complementary medicines that may impact the treatment of disease. A Guide to Evidence-based

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Integrative and Complementary Medicine contains only proven therapies from current research, particularly Cochrane reviews, systematic reviews, randomised control trials, published cohort studies and case studies. • easy access to evidence-based clinical data on non-pharmacological treatments – including complementary medicines – for common diseases and conditions • instant advice on disease prevention, health promotion and lifestyle issues • chapter summaries based on scientific evidence using the NHMRC guidelines grading system • printable patient summary sheets at chapter end to facilitate discussion of clinical management • conveniently organised by common medical presentations

A Practical Guide to the Histology of the Mouse

Contains a complete guide to the causes, treatment, and prevention of allergies from pollens, molds, pets, dust mites, and food sensitivities.

The Singer's Guide to Complete Health

Authors Alvin and Virginia Silverstein and Laura Silverstein Nunn explore asthma in this book. Readers find out what asthma is, what triggers attacks, and how to treat and prevent asthma attacks.

A Paranoid's Ultimate Survival Guide

This second edition of AIHA's Field Guide incorporates the most recent findings and research that reflect prevailing occupational health and safety and industrial hygiene practices. Its nine chapters provide the most current solutions to problems facing professionals working with biological contaminants. This guide serves as an academic and professional reference.

The Complete Idiot's Guide to Green Cleaning

As puppy adoption continues to climb annually in the United States, so too does the demand for an absolute resource like The Ultimate Guide to Puppy Care and Training. Never before have all things puppy been covered in such detail as in the pages of this definitive new book. New puppy parents will make a new dog-smart friend in gifted author Tracy J. Libby, whose inviting tone, positive dog-friendly methods, and deep-rooted knowledge of her four-legged subject, provides everything a new owner needs to know for the puppy's first year. Beginning with the selection of the puppy from a trustworthy source and the puppy's first days in the home, this authoritative, up-to-date guide covers all aspects of house-training, feeding, grooming, obedience lessons, and home and veterinary care. Experienced dog owners, too, will find solutions to commonly encountered puppy issues, from

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separation anxiety and puppy cough to recurring house-training accidents and food guarding. Whether it's natural remedies for allergies, selecting a doggy daycare, traveling by rail, or mastering the down-stay cue, *The Ultimate Guide to Puppy Care and Training* has the information readers want and need. **INSIDE THIS DOG FANCY BOOK:**

- Puppy basics: selecting a puppy, puppy proofing and safety, daily routine, and accessories
- Puppy kindergarten and house-training, puppy manners and socialization, puppies and children
- Teaching basic cues (sit, down, stay, come, etc.) and advanced training
- Grooming, feeding and nutrition, and exercise
- Veterinary care, vaccinations, spaying/neutering, and common puppy ailments
- Solving behavioral problems (jumping, digging, shyness, aggression, etc.)
- 25 signs of sickness, 35 major health considerations, and 50 first aid emergencies
- Natural dog care: holistic, homeopathic, herbal, and hands-on therapies
- Fun with dogs: tricks, indoor and outdoor games, dog sports and competition

This volume is the only book you'll need to start out right with your new puppy!

Carrots Love Tomatoes

This practical handbook describes sampling and laboratory assessment methods for the biodiversity of a number of key functional groups of soil organisms, including insects, earthworms, nematodes, fungi and bacteria. The methods have been assembled and the protocols drafted by a number of scientists associated with the UNEP-GEF funded Conservation and Sustainable Management of Below-

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Ground Biodiversity Project, executed by the Tropical Soil Biology and Fertility (TSBF) Institute of the International Center for Tropical Agriculture (CIAT). The methods provide a standardized basis for characterizing soil biodiversity and current land uses in terrestrial natural, semi-natural and agroecosystems in tropical forests and at forest margins. The aim is to assess soil biodiversity against current and historic land use practices both at plot and landscape scales and, further, to identify opportunities for improved sustainable land management through the introduction, management or remediation of soil biota, thus reducing the need for external inputs such as fertilizers and pesticides. The book also contains extensive advice on the handling of specimens and the allocation of organisms to strain or functional group type. Published with TSBF-CIAT, CTA, UNEP and GEF

Asthma

This clinical guide and practical reference is ideal for those who use and combine liquid herbal remedies for the individual needs of the patient. With three introductory chapters, 125 monographs, and various glossaries and appendices, it covers the fundamental concepts of using liquid herbals, including how the remedies are made, quality issues, and dosage guidelines. The monographs include full prescribing information that covers actions, indications, contraindications, warnings and precautions, interactions, side effects, dosage,

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traditional usage, pharmacological research, clinical studies, and full references. Focuses solely on liquid herbal preparations — making it a must-have resource and the only book of its kind. Covers approximately 125 herb profiles in detail. Offers the widest range of research-backed information currently available on herbs. Begins with basic principles to give practitioners confidence in the accuracy and precision of their prescriptions. Written by one of the leading names in herbal medicine. Clinically relevant with quick access to dosage information, contraindications, and more.

User's Guide Natural Allergy Relief

Offers information on asthma, from the physiology of an asthma attack to the latest treatments, with a section of frequently asked questions

Nelson Essentials of Pediatrics E-Book

What exactly is a gene? How does cloning actually work? Are designer babies a bad idea? Could we ever clone a human? The Rough Guide To Genes & Cloning answers all these questions and more. From the inside story of cells and their structure and the sleuths who cracked the genetic code to DNA cloning, twins and Dolly the sheep. Illustrated throughout with helpful pictures and diagrams, this

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Rough Guide turns the microscope on the things that make us what we are.

The complete guide to sensible eating

Presents natural herbal and alternative medical remedies to common ailments and conditions, including attention deficit disorder, arthritis, sunburn, menopause, and the common cold.

The Buying Guide 2004

Anthony F. Jahn, MD, internationally acclaimed otolaryngologist and Director of Medical Services at the Metropolitan Opera in New York, offers a comprehensive guidebook on a wide range of health and disorders that affect the voice. A vital tool for singers, voice teachers, and choral directors, *The Singer's Guide to Complete Health* empowers vocal performers to take charge of their own minds and bodies, providing advice about a variety of health issues that affect professional well-being as well as remedies to the most important and common health problems that singers face in their careers. Dr. Jahn has invited a diverse group of health care specialists and music professionals to share their expertise and tips with singers and their teachers. The chapters cover a broad spectrum of topics, including not only vocal issues, but also general physical and psychological well-being, diet, and

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exercise, accompanied by easy-to-follow illustrations, diagrams and charts. Each chapter provides a clear explanation of an aspect of health of practical relevance to vocalists. The book enables singers to make informed decisions about their own health, and gives guidance on seeking appropriate professional help and self-remedies. It includes numerous suggestions on ways to prevent illness and maintain a healthy vocal lifestyle, not only with traditional methods such as diet, exercise, and Alexander technique, but also holistic approaches such as meditation, yoga, tai chi, acupuncture, and Chinese herbs. A comprehensive blend of professional voice expertise and medical science, *The Singer's Guide to Complete Health* is an essential addition to bookshelves and medicine cabinets of both singers and those who care for them.

Manhattan Users Guide

Explains asthma, including offering medical information, advice on how to deal with the condition, and candid stories from teens living with asthma.

Field Guide for the Determination of Biological Contaminants in Environmental Samples

Handy Health Guide to Asthma

An accessible guide to family health care discusses drug interactions, symptoms, first aid, and how to choose a family doctor, including a new research about hormone therapy and heart surgery.

The Asthma Handbook

Presenting detailed information on alternative therapies for both dogs and cats, this book is divided into three main parts: diet and natural therapies; recommendations for specific health conditions, such as skin problems or digestive tract problems; and an overview of health maintenance and preventive health, including information about vaccinations, weight control, and caring for the aging pet.

Dr. Tom Plaut's Asthma Guide for People of All Ages

The editors of Consumer Reports rate a wide range of consumer items, in an updated buying guide for new products, which includes advice on how to purchase kitchen items, automobiles, entertainment products, and home office equipment, along with more than eight hundred product ratings, brand repair histories, and

other helpful features. Original. 200,000 first printing.

A guide to the use of pesticides and fungicides in the Republic of South Africa

A must-have health companion for herbalists, naturopaths, complementary medicine practitioners and students Herbs and Natural Supplements, 3rd Edition: An evidence-based guide presents evidence-based information on the 130 most popular herbs, nutrients and food supplements used across Australia and New Zealand. This exhaustive textbook is organised alphabetically by each herb or nutrient's common name. Herbs and nutrients are then accompanied by critical information such as daily intake, main actions and indications, adverse reactions, contraindications and precautions, safety in pregnancy and more. This new edition of Herbs and Natural Supplements has been expanded with new chapters on pregnancy and wellness. It also features 10 new monographs for Arginine, Dunaliella, Elde, Goji, Pelargonium, Prebiotics, Red Yeast Rice, Rhodiola, Shatavari and Taurine.

- provides current, evidence-based information on herbal, nutritional and food supplements used in Australia and New Zealand
- is user-friendly and easily organised by easy-to-find A-Z herbal monographs
- appendices offering important additional information for the safe use of herbal and nutritional supplements, including a list of poison information centres, associations,

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manufacturers and more • offers clear, comprehensive tables including herb/natural supplement - drug interactions • lists the pharmacological actions of all herbs and natural supplements • a glossary of terms relevant to herbs and natural supplements • two comprehensive new chapters: Herbs and Natural Supplements in Pregnancy and Introduction to Wellness • all chapters completely updated and expanded • ten new monographs taking the total to 130 • now also available as an eBook! A code inside Herbs and Natural Supplements, 3rd Edition: An evidence-based guide enables a full text download, allowing you to browse and search electronically, make notes and bookmarks in the electronic files and highlight material

Women's Home Remedies Health Guide

Diary of a Horse Owner and Basic Guide to Horse Care combines the heartfelt stories of horses with a side bar of care guides, pictures and terminology. It is written to capture the attention of new or potential horse owners 12 years and up. This book shares experiences about the partnership between human and horse. Information presented in this book is a compilation of owner experience, shared information from veterinarians, farriers, trainers, and other horse lovers. The story half of this book gives a short history of how the writer becomes involved with horses and goes on to share her diary about the life and death of a horse she raised. The care guide subjects cover: Buying a Horse, Relocating a Horse, Vital

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Signs, Parasite control, Colic, Immunizations, Pastures, Grooming, Hoof Care, Nutrition, Dental Care, Trailers, and Behavior.

A Clinical Guide to Blending Liquid Herbs E-Book

An all-inclusive guide to New York City features little-known resources and amusements, tips on dealing with the city's problems, and advice on the best services, shopping, and restaurants, all organized into useful categories such as Arts & Diversions, Coping, Services, Restaurants, Spirits, Sports, and Stores. Original.

Smart Mama's Green Guide

Housecleaning might be a very daunting task if you look at it in the whole entirety of it, especially if your house is quite big with many rooms to clean. Wouldn't it be better to leave it up to your housekeeper or someone else more capable of doing so? Yes, that would be possible but what if the task fell upon you to complete and there's no getting around it? Then you better suit up, cleaning clothes I mean, and read up on these tips and tricks on proper housekeeping and how to effectively clean your house in a jiffy.

The Rough Guide to Genes & Cloning

Review Guides/Certification Prep/Pocket Guides

Hound Health Handbook

Explains how to deal with such common health concerns as fever, kidney stones, lyme disease, and ulcers

House Cleaning Guide

KG Stiles shows you how to create essential oil recipes to shift your mindset and connect your body and mind featuring more than 1000 cures for every ailment from sleeping problems to healing sinuses. An aromatherapist to stars like Yo Yo Ma, Sela War, Charles Barkley and Tommy Lee, KG provides prescriptions with personalized formulas for your ailment. You'll learn which oils work best for certain problems, and will be introduced to new oils you may not have heard of before. The balanced, blended recipes include a broad spectrum of solutions for various conditions. You'll build connections with plants and experience nature with your ability to heal yourself as the aromatic oils stimulate your powerful olfactory nerves.

Pediatric Nurse Practitioner Certification Review Guide

Parents often feel overwhelmed and defenseless against a never-ending recall list of toys and baby products. Deciphering unpronounceable chemicals they encounter every day can be daunting if not impossible. With environmental exposures being closely linked to 70 percent of birth defects, new parents faced with the overwhelming responsibility for their babies' health frequently turn to organic products. But they quickly find they don't have the time to practice a completely green or natural lifestyle. THE SMART MAMA'S GREEN GUIDE delivers the information busy parents want and the tools to make informed, individual choices without the demand to go all-out green. Packed with practical tips on eliminating or reducing the hidden dangers of toxic chemicals that lurk everywhere, this book will empower readers to control what comes into their homes and make informed decisions instead of relying on government regulation of harmful chemicals.

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