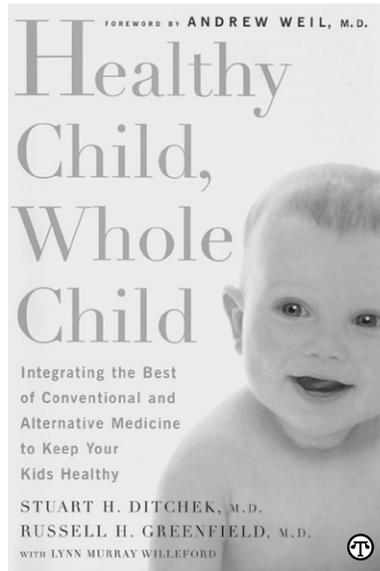




Healthy Children

(NAPSA)—An easy-to-read, comprehensive guide helps parents learn about the latest research on child health.



A new book offers parents authoritative and thorough advice on raising healthy kids.

Healthy Child, Whole Child: Integrating the Best of Conventional and Alternative Medicine to Keep Your Kids Healthy (Harper-Resource, \$26) features the six myths about vaccinations, ten powerhouse foods, three mini-relaxation exercises and two fun ways to get kids to wash, among much other good advice.

Written by New York pediatrician Stuart Ditchek, M.D. and Russell H. Greenfield, M.D., director of Carolinas Integrative Health (CIH) in Charlotte, North Carolina, it aims to integrate the best and safest elements of conventional and alternative medicine to help parents keep their children happy and well. The book is available in local bookstores.