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Autore	Skowron Jared
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Sommario/riassunto	"Americans spend \$34 billion dollars annually on alternative medical therapies and products. Not only are we seeking out natural remedies for ourselves-- increasingly we are also looking for ways to cut down on the amount of medication given to our children. In 100 Natural Remedies for Your Child, pediatric naturopath Dr. Jared Skowron shows parents how to prevent and treat their childrens illnesses, from common ailments such as upset stomach, headaches, and minor infections to more serious problems like food allergies, diabetes, and asthma. While there is a time and place for conventional medicine, natural solutions, especially diet can be effective strategies for treating many of our childrens ailments. 100 Natural Remedies for Your Child includes: FOODS THAT HEAL: Dietary change is the core lifestyle modification in naturopathic medical practice. Dr. Skowron shows parents the power of nutrition and reveals how foods can help prevent and treat disease. TOXIC DETOX: From pesticides to plastics, natural medicine offers safe and proven methods for removing environmental toxins from our childrens bodies. SUPPLEMENTATION: Parents will learn

which supplements are helpful for alleviating symptoms or preventing illness and what dosages are safe and effective. ALTERNATIVE REMEDIES: Instead of heading to the drugstore for an over the counter remedy when their child is ill, parents will learn how to use homeopathic remedies that save money and heal their child naturally"

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Sommario/riassunto

This open access book synthesizes current information on wildland fire smoke in the United States, providing a scientific foundation for addressing the production of smoke from wildland fires. This will be increasingly critical as smoke exposure and degraded air quality are expected to increase in extent and severity in a warmer climate. Accurate smoke information is a foundation for helping individuals and communities to effectively mitigate potential smoke impacts from wildfires and prescribed fires. The book documents our current understanding of smoke science for (1) primary physical, chemical, and biological issues related to wildfire and prescribed fire, (2) key social issues, including human health and economic impacts, and (3) current and anticipated management and regulatory issues. Each chapter provides a summary of priorities for future research that provide a roadmap for developing scientific information that can improve smoke and fire management over the next decade.
