



Kindern helfen ohne Medikamente: Traditionelles neu entdeckt (German Edition)

Wolfgang A. Schuhmayer, Karl Zwiauer

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Dieses Buch zeigt, dass die moderne Medizin das Wissen der "Traditionellen Europäischen Medizin" (TEM), die immer eine überlieferte Naturmedizin war, inzwischen in vielen Fällen als wirksame Maßnahme gegen Erkrankungen wissenschaftlich belegen kann. Nicht zuletzt in der Kinderheilkunde haben natürlich-pflanzliche Therapien einen hohen Stellenwert, da sie zumeist nebenwirkungsärmer sind, teilweise aber auch einen relevanten präventiven Nutzen aufweisen. Dennoch muss angemerkt werden, dass die Pflanzenmedizin auf effiziente Wirkstoffe zurückgreift, die bei unkundiger Anwendung ebenso Schaden anrichten können wie etwa überdosierte herkömmliche Medikamente.

Leider ist dieses Wissen der traditionellen Medizin heute vielfach nicht mehr präsent.

In diesem praxisbezogenen Ratgeber werden daher wichtige ausgewählte und wissenschaftlich erwiesene Therapien vorgestellt, wobei ein eigener Abschnitt der Zubereitung und richtigen Anwendung tradierter Heilmittel gewidmet ist. Bei allen in Frage kommenden Anwendungsbereichen werden aber auch die Grenzen der TEM aufgezeigt. Bei sinnvoller Nutzung profitieren unsere Kinder sehr oft von der alten Naturmedizin, aber auch von den Errungenschaften der modernen Medizin, wenn die Grenzen der TEM erreicht sind.

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