

New Approaches to Health Care Alternative Therapies Now Mainstream for Many Families

Written by Jolene Gensheimer

Friday, 01 June 2007 00:00 - Last Updated Thursday, 26 February 2015 09:32

I feel it is an important part of parenting to seek out the best treatment for your child. If conventional medicine isn't giving us the answers we need, then it is our job to seek out as much information as possible and make the best choices for our kids, W says.

W and other parents are among a growing number of parents branching out from traditional medicine and approaching health in a more holistic manner. With disturbing questions raised in the news about antibiotic overuse and side effects of various drugs, many parents are incorporating both traditional and holistic health care practitioners into their family's health care routine.

There is a lot of concern about very young people becoming increasingly medicated, says Bruce Milliman, ND, a naturopathic physician at Seattle Healing Arts, who has been practicing for 25 years. Parents ask, Is it really possible that my child needs to be medicated before 5 years old? In the past, that would be unusual, and now it is more commonplace. I think it is disturbing to parents who might be more thoughtful or better educated.

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