

# BabyTalk

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ALTERNATIVE MEDICINE  
Baby remedies that work

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BABYTALK'S EXCLUSIVE

REPORT ON THE GROWING

USE OF ALTERNATIVE

MEDICINE—FOR BABIES

*It's only  
natural*

Alternative medicine for the littlest ones is a waddle through an uncharted stretch of desert. Hardly any rigorous scientific research has been done on children and even less on those under 2. But as Lawrence Palevsky, M.D., pediatrician at the Center for Health and Healing at Beth Israel Medical Center in New York, notes, most drugs that pediatricians administer haven't been rigorously studied on children either; indications for their use have usually been extrapolated from research on adults.

**WHAT'S IT GOOD FOR?** "I've used therapeutic touch with great success on jaundiced babies, those with colic, and c-section babies who commonly retain fluid in their lungs," says Elly Leduc, R.N., a certified healing-touch practitioner in Olympia, Washington, who worked in a hospital nursery for 25 years. Because no physical contact is involved, Leduc also recommends the method for premature babies who can't be handled. Dr. Palevsky, himself a Reiki practitioner, advocates these methods for helping any baby strengthen his immune system. "Even more than adults, babies are very receptive and sensitive to the energetic environment around them," he says.



BY MERYL DAVIDS LANDAU