

4-2-2010

Mental Health, Naturally: The Family Guide to Holistic Care for a Healthy Mind and Body

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Repository Citation

McMillen, P. S. (2010). Mental Health, Naturally: The Family Guide to Holistic Care for a Healthy Mind and Body. *Library Journal.com* 1. Media Source Inc..

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Kemper, Kathi J., M.D. **Mental Health, Naturally: The Family Guide to Holistic Care for a Healthy Mind and Body**. American Acad. of Pediatrics. 2010. c.600p. index. ISBN 978-1-58110-310-6. pap. \$19.95.

PSYCH

In spite of its rather intimidating size, this is a very readable book on the entire gamut of holistic approaches—everything from nutrition to magnets—for treating some of the most prevalent mental health issues. Kemper (chair of complementary and integrative medicine, Wake Forest Univ.) is eminently qualified to summarize voluminous research data (her book has 70 pages of references) and advocate for nontraditional therapies. Multiple summary tables and work sheets facilitate effective use of the information. She also offers proactive suggestions to address the factors that contribute to mental health problems in the family, school, and broader community.

Verdict Families dealing with mental health issues and health-care practitioners will find this a useful summary of the typical uses and research basis for the entire range of alternative approaches to relieving stress, anxiety, attention deficit/hyperactivity disorder, and depression. (Index not seen.)

—Paula McMillen, Univ. of Nevada, Las Vegas