



# **Own Your Health : Your Sick Child: Fever, Allergies, Ear Infections, Colds and More**

*John Mark, Roanne Weisman*

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One of the most difficult challenges as a parent is to watch your child suffer from an ailment, whether it's a bad cold or a broken bone, a painful ear infection or an unthinkable life-threatening illness. At the same time you're trying to comfort your child, you're faced with an onslaught of medical decisions that often need to be made quickly to ensure the best care. With a myriad of treatment options that differ depending upon the day or whom you ask, how can you trust what's safe and effective?

Own Your Health Your Sick Child gives you immediate access to the most proven and reliable treatments from top doctors in conventional and alternative medicine. With checklists, action plans and helpful tips, you'll be armed with the knowledge you need to take care of what's most important—your child.

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