



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

Kathi J. Kemper

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In *Mental Health, Naturally*, internationally-recognized holistic health expert and pediatrician Dr. Kathi J. Kemper presents natural, affordable, safe, and effective treatments for mental health issues such as ADHD, depression, anxiety, stress, and substance abuse.

With up-to-date research, illustrative examples, and a practical approach for individuals and families, *Mental Health Naturally* offers:

- An overview and greater understanding of mental health disorders affecting children, teens, and adults.
- Fundamental strategies for improving and even preventing mental health issues, including exercise, sleep, nutrition, supplements, environment, stress management, and communication.
- Therapies that go beyond the fundamentals, such as herbs, homeopathy, massage and bodywork therapy, acupuncture, and more.
- Tips on becoming an advocate for mental health in your family and community.

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