



Baby Matters, Revised 3rd Edition: What Your Doctor May Not Tell You About Caring for Your Baby

By Linda Folden Palmer DC

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Baby Matters, Revised 3rd Edition: What Your Doctor May Not Tell You About Caring for Your Baby By Linda Folden Palmer DC

"Baby Matters" is a groundbreaking book that only a mother with both rigorous scientific training and an extensive alternative health practice could have assembled. Dr. Linda Palmer uncovers the hidden consequences of parenting choices, both physiological and psychological, and filters out what is not valid or substantiated. "Baby Matters" is not just another rehash of conventional advice. Neither is it an extremist's cry. It contains solid, never before published scientific knowledge in easy-to-digest language for the interested new parent. This book has served as a text book for lactation consultants, brought strong confirmations to new parents wanting to follow their own instincts, and given parents extensive documentation to convince their physicians that their natural parenting choices are highly evidence based. This book will continue to be a valuable reference for years to come. Dr. Palmer addresses current issues that receive far too little attention or scientific discussion elsewhere. She gives parents the power to make better decisions about baby care, by unraveling the research about hormones and bonding, breastfeeding, the big problems with antibiotics for treating ear infections (and why they are usually inappropriate anyway), and the real causes of ear infections, colic, allergy-sensitivity reactions, and SIDS. Furthermore, she describes exactly how breastfeeding and formula-feeding can produce vastly different mental and physical health outcomes for baby. Finally, Palmer explains that cow's milk consumption, beginning with formula, is strongly associated with diabetes, lower intelligence, ADHD, early puberty, and eventually reproductive organ cancers. After years of solid sales, "Baby Matters" was updated by the author and re-released by Sourcebooks as "The Baby Bond." After their sell-out, "Baby Matters" has returned.

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Editorial Review

Review

More reviews can be found on the pages for the older "Baby Matters 2nd Edition," and for the newer "The Baby Bond," which is the same book (now out of print) as this 3rd edition of "Baby Matters."

About the Author

Dr. Linda Folden Palmer left her 11-year nutrition-oriented chiropractic practice after the health challenges of her newborn son overwhelmed her. Perplexed by the lack of appropriate advice from pediatric sources, her extensive literature research led to her first book, "Baby Matters, What Your Doctor May Not Tell You About Caring for Your Baby." After an IPPY Award-winning updated 2nd edition, the 3rd updated edition was released as "The Baby Bond" before reverting back to "Baby Matters." Palmer also co-authored "What Your Pediatrician Doesn't Know Can Hurt Your Child" with pediatrician Susan Markel, MD, and her newest book, "Baby Poop," is gaining great recognition. She has served on Mothering.com's experts panel since 2001 and lectured for lactation consultants, nurses, chiropractors, and parents. She lives in San Diego with her physicist husband and physics student son.

Users Review

From reader reviews:

Christopher Miller:

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Regina Wingler:

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