

## ***Mental Health, Naturally***

### **About our guest:**

Dr. Kathi Kemper is a nationally renowned pediatrician and director of the Center for Integrative Medicine at Wake Forest University Baptist Medical Center in North Carolina. She is the author of *Mental Health, Naturally: The Family Guide to Holistic Care for a Healthy Mind and Body* (American Academy of Pediatrics) and *The Holistic Pediatrician*, an important resource for health care practitioners, medical educators and families.



### **About *Mental Health, Naturally***

In this interview she speaks with Joyce Graff about how parents should proceed when they are confronted with a child's inattention or misbehavior. Before embarking on drug therapy, there are strategies to pursue with the pediatrician, checking carefully for any previously undiagnosed underlying physical issues. Nutritional issues may also be influencing behavior and mood. Dr. Kemper's approach is to work for a healthy mind, body, and spirit.

Her book is a comprehensive guide for those who seek natural methods of treatment to attain optimal mental and physical health for themselves and their families.

In this book, Dr. Kemper covers fundamental techniques to support mental health, such as maintaining proper nutrition, rest and exercise, while also detailing stress-management practices and methods such as meditation, acupuncture, homeopathy, massage and chiropractic and osteopathic therapies. A chapter on advocacy and a section with action plans and additional resources also are provided. And where a medication is being considered, she outlines a trial period to determine whether the medication might in fact be helpful, and in what dosage.

“In spite of its rather intimidating size [600 pages] 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 is eminently qualified to summarize voluminous research data (her book has 70 pages of references) and advocate for nontraditional therapies.

Multiple summary tables and worksheets 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.” -- Library journal.com

Kemper, *Mental Health, Naturally*