

# 'REFLUX REALITY: A GUIDE FOR FAMILIES'

## BOOK RELEASE

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**Release Date: July 2010**

ISBN: 9780855723996

**Cost: \$24.95**

Available from [www.michelleandersonpublishing.com](http://www.michelleandersonpublishing.com) or all good bookshops

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Exhausted, worried parents; sick, unsettled babies or children – that is not how most of us envisage life for our family. Everyone hopes to have a healthy child but when we are faced with problems that appear to have no answers it can be stressful and exhausting, and it can place a huge strain on the family.

Those who are not directly affected by reflux may see it as normal or even trivial; or they may think of it as just 'a bit of vomiting' or a behavioural issue. The lack of understanding of the condition and its associated issues means that many families do not receive the support they need.

**REFLUX REALITY: A Guide for Families** offers comprehensive advice and practical guidelines and support. It is THE essential book for any family with a baby or child who suffers from gastro-oesophageal reflux. *'Having barely existed through reflux with both of our boys when they were babies, I know firsthand how challenging those days can be. How much more supported I would have felt if I had had a book like this.'* – Felicity Chapman, Founder and Director Mothers Be Heard

**Some of the topics covered include:** What causes reflux?\* Common characteristics\* Complications\* Common myths about reflux in children\* When to seek medical advice\* Medical investigations and procedures\* Managing reflux\* Information on feeding and sleeping\* Food sensitivities\* Use of medication\* Complementary medicine\* The reality and impact of reflux\* Coping tips\* and much more offering support and understanding to those affected. *'All reflux parents know our babies are unsettled, unhappy, tired and in pain. This fantastic book contains suggested management tips, complementary and traditional medicine suggestions, survival and coping techniques as well as strategies to get your baby to the other side of this unwelcome health issue. It is hugely welcomed in the world of 21<sup>st</sup> century parenting'* – Claudia Keech, Founder & CEO, Motherinc

**The Author: Glenda Blanch** is the mother to three children who have all suffered from gastro-oesophageal reflux and its complications and is a sufferer of the condition herself. She has held many key positions in Reflux Infants Support Association Inc. and has experience as a registered nurse. So, armed with both medical knowledge and life experience Glenda is the ideal person to have written this book. She knows how important it is for families to be well informed and feel supported. She has an insight into the medical aspects of the condition, and conveys the information in a language that is easy to understand.

**RISA Inc – families supporting families – [www.reflux.org.au](http://www.reflux.org.au)**

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RISA Inc would like to thank Kimberly-Clark Australia, the makers of HUGGIES® Nappies for their assistance in promoting this publication

