



THE CANADIAN COLLEGE OF NATUROPATHIC MEDICINE

May 11, 2006

Michael Ballard
Resiliency for Life
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Dear Michael,

Thank-you for the opportunity to review the "Children in the Hospital Program" by Peter Aslop and Bill Haley. I have reviewed the associated text and listened to the CDs and found them both to be excellent resources. They provide creative, insightful ways for children to cope with acute stresses like hospitalization and serious illness.

This program provides a necessary and often neglected avenue for reducing the stress concerns of children. The lyrics of the songs and the practical suggestions accompanying the songs provide insightful, creative outlets for children to explore their feelings about pain, hospitalization and disease. The guided imagery and progressive relaxation techniques described in the program offer a fun, beneficial way for children and adults to relieve anxiety and stress. For example, the use of common animals like a cat or a horse with realistic sound effects creates a relaxing, therapeutic atmosphere.

I believe that to achieve optimal health one must address not only physical but also mental/ emotional and physical concerns. This program is an excellent resource for addressing and rebalancing the mental/ emotional issues associated with disease.

The effects of acute and chronic stress on the immune system and therefore, the recovery from disease are well documented. I believe that teaching stress management techniques at an early age is a good prevention strategy and can help reduce the risks of development of chronic disease at a later age.

I believe that all children would benefit from learning the relaxation and guided imagery techniques outlined in this program. I would highly recommend this product to any health care professional that works with children who have health issues.

Sincerely,

David W. Lescheid, Ph.D., N.D.
Professor, Basic Sciences
Naturopathic Doctor