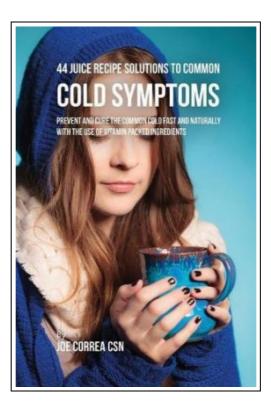
## 44 Juice Recipe Solutions to Common Cold Symptoms: Prevent and Cure the Common Cold Fast and Naturally with the Use of Vitamin Packed Ingredients (Paperback)



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Live Stronger Faster, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.44 Juice Recipe Solutions to Common Cold Symptoms: Prevent and Cure the Common Cold Fast and Naturally With the Use of Vitamin Packed Ingredients By Joe Correa CSN Like most people, I m sure you can t imagine spending long winter days without a running nose, scratchy throat, coughing, and sneezing. These typical symptoms are the number one people visit their doctor and have to take days off work every year. Although these are not life-threatening conditions, I m sure your life would be much better without them. A common cold is a medical condition caused by more than 200 different virus types. These tiny organisms are responsible for over 1 billion common colds every year. Common colds begin when the virus is transmitted from one person to another. It attaches to the mucous tissue of the nose or throat. In this case, your immune system sends out white blood cells to the infected area. However, when you have poor lifestyle habits and choices, your immune system is weakened and most of these viruses enter the body creating common colds and other health complications. As a result, your nose and your throat get inflamed creating a lot of mucus as the first sign of a cold. If you notice that you have these symptoms more often than other people or the situation is getting worse every year, it means your immune system is getting weaker and you should definitely do something about it. There are several things that affect our immune system and they are all related to unhealthy dietary habits and lifestyle choices. A poor diet combined with a lot of stress and sometimes even allergies will make you prone to come...

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