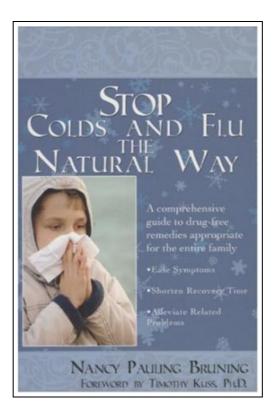
Stop Colds and Flu the Natural Way: A Comprehensive Guide to Drug-Free Remedies Appropriate for the Entire Family



Filesize: 4.91 MB

Reviews

This book is definitely not effortless to start on reading through but extremely fun to learn. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book. (Aliya Franecki)

STOP COLDS AND FLU THE NATURAL WAY: A COMPREHENSIVE GUIDE TO DRUG-FREE REMEDIES APPROPRIATE FOR THE ENTIRE FAMILY



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ibooks. Paperback. Book Condition: new. BRAND NEW, Stop Colds and Flu the Natural Way: A Comprehensive Guide to Drug-Free Remedies Appropriate for the Entire Family, Nancy Bruning, Natural medicine can help anyone breeze through the cold and flu season without a sniffle; in fact, it's often better and more complete than conventional medicine. Using herbs, healing foods, medicinal teas, supplements, and alternative therapies, this eye-opening guide provides a complete program of prevention and natural cold remedies that are safe and work with readers' own healing forces. Step-by-step help shows how to ease symptoms, shorten recovery time, and alleviate related problems such as cold sores, fever, and congestion. Included are: A delicious medicinal soup to make at the first sign of a cold; the truth about Echinacea; the danger of taking antibiotics, and why commercial cold remedies can slow healing.

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