



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

By Nancy Bruning

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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Reviews

Good electronic book and valuable one. It is one of the most incredible publication we have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

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