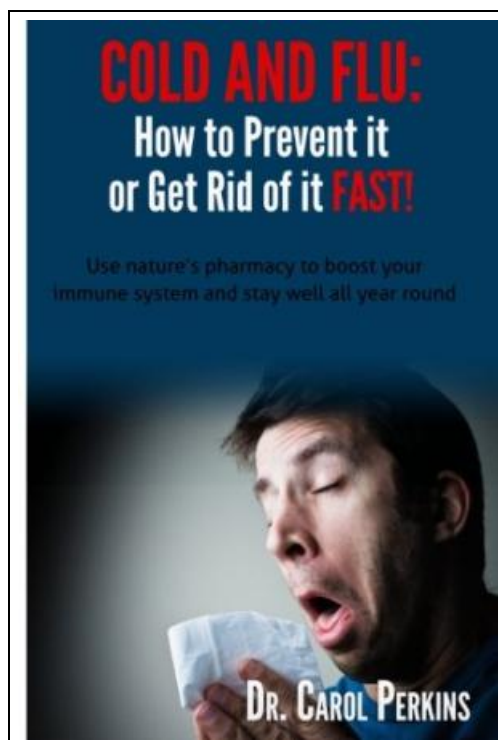


Flu and Cold - How to Prevent It or Get Rid of It Fast!: Use Nature's Pharmacy to Boost Your Immune System and Stay Well All Year Round



Filesize: 8.79 MB

Reviews

This written book is excellent. It really is rally fascinating through studying period. You are going to like the way the writer write this publication.

(Hadley Ullrich)

FLU AND COLD - HOW TO PREVENT IT OR GET RID OF IT FAST!: USE NATURE S PHARMACY TO BOOST YOUR IMMUNE SYSTEM AND STAY WELL ALL YEAR ROUND

[DOWNLOAD](#)

Carol Perkins, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In this book, Dr. Carol Perkins shares her knowledge and experience as a Naturopathic Doctor (N.D.) to inform, educate and inspire people to become active participants in their journey for optimal health and vitality! She believes that Nature is your best pharmacy. This includes nutritious foods, herbal remedies, homeopathy and just good common sense. In this book, you will find concise, yet clear and useful advice on how to stop flu and cold from ruining your precious time. It will also answer the most common questions people have: * How can I prevent an infection? * If an infection hits, how can I lessen the intensity and severity? * Do I need to get the flu vaccine? Is it safe? * Is the Ebola virus something I should worry about or is it just media hype? In addition to providing strategies for disease prevention, Dr. Perkins gives her First-Line-of-Defense recommendations for the acute onset of flu and cold symptoms. Most infections resolve with no further intervention. Unfortunately, not everyone has a healthy immune system. In these cases, her Second-Line-of-Defense recommendations may need to be implemented long-term.



[Read Flu and Cold - How to Prevent It or Get Rid of It Fast!: Use Nature s Pharmacy to Boost Your Immune System and Stay Well All Year Round Online](#)



[Download PDF Flu and Cold - How to Prevent It or Get Rid of It Fast!: Use Nature s Pharmacy to Boost Your Immune System and Stay Well All Year Round](#)

You May Also Like



Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America.

Createspace, United States, 2015. Paperback. Book Condition: New. 258 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****.This isn't porn. Everyone always asks and some of our family thinks...

[Read eBook »](#)



Daddyteller: How to Be a Hero to Your Kids and Teach Them What's Really by Telling Them One Simple Story at a Time

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.You have the power, Dad, to influence and educate your child. You can...

[Read eBook »](#)



Read Write Inc. Phonics: Orange Set 4 Storybook 2 I Think I Want to be a Bee

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 209 x 149 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

[Read eBook »](#)



Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback

Book Condition: Brand New. Book Condition: Brand New.

[Read eBook »](#)



Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and...

[Read eBook »](#)