



Natural Remedies for Cold and Flu:: Learn How to Treat Colds Naturally By Using Essential Oils, Herbal Teas, Juices and More!

Debra Roberts

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You know the feeling: A running, nose, scratchy throat, body aches and fatigue. It's classic symptoms of the common cold. If you have the flu, you may even suffer from fatigue. Common colds are all but too common

*The average adult will catch a cold 2 to 3 times a year. While 5% to 20 of the population will get the flu each year. For children, they will catch even more colds per year. As soon as most people feel a cold coming on they feel the urge to grab an over the counter medication like **Dimetane, Benadryl, or Claritin**. But these medications can have potentially harmful side effects. More and more people are seeking ways to naturally prevent and cure colds.*

Natural Remedies for Colds and Flu will cover:

- **Essential Oils**- Learn how to use essential oils to clear out your mucus and clear your nasal passage ways
- **Herbal Teas**- Learn how to use herbal teas to soothe your thorat and clear your sinuses
- **Juices**- Learn how to use herbal teas to soothe your thorat and clear your sinuses
- **Organic Foods**-Learn which foods to eat when you have a cold and learn which ones to avoid
- **And more**-Learn about other natural ways to treat your cold!

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Barbara Baker:

In this era globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The health of the world makes the information much easier to share. You can find a lot of references to get information example: internet, classifieds, book, and soon. You will observe that now, a lot of publisher this print many kinds of book. The actual book that recommended for your requirements is Natural Remedies for Cold and Flu:: Learn How to Treat Colds Naturally By Using Essential Oils, Herbal Teas, Juices and More! this reserve consist a lot of the information in the condition of this world now. This specific book was represented how does the world has grown up. The vocabulary styles that writer use to explain it is easy to understand. Typically the writer made some research when he makes this book. Here is why this book suitable all of you.

Carmen Russell:

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