



## Natural Remedies for Colds and Flu: How to Boost Your Immune System, Protect Yourself Naturally and Prevent Colds and Influenza with Herbal Remedies and Easy Lifestyle Changes (Paperback)

By Kasia Roberts

Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. DISCOVER HOW TO PREVENT GETTING SICK THIS SEASON AND WHY THE FLU VACCINE MAY NOT BE THE BEST WAY TO PROTECT YOURSELF In This Guide You Will Discover: -How to Protect Yourself Naturally -Four Most Essential Flu Facts -A Better Way to Vaccinate -What the Flu Vaccine Consist Of -How to Get More Vitamin D -Herbal Remedies to Boost Immunity -Natural Remedies to Heal and Relieve Symptoms -How to Load Up on Vitamin C -When Should You Exercise -Most Helpful Supplements -Much Much More We've all been sick with a cold or flu at one time or another but is it necessary to keep getting sick? How can we protect ourselves naturally in order to fight off pathogens and viruses we may come in contact with? How many events or workdays have you missed as a result of the common cold or flu? If you're anything like the typical person, you've missed quite a few. Cold and flu symptoms: coughs, sniffles, headaches, body aches, and fever greatly reduce our productivity and leave us feeling exhausted...



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