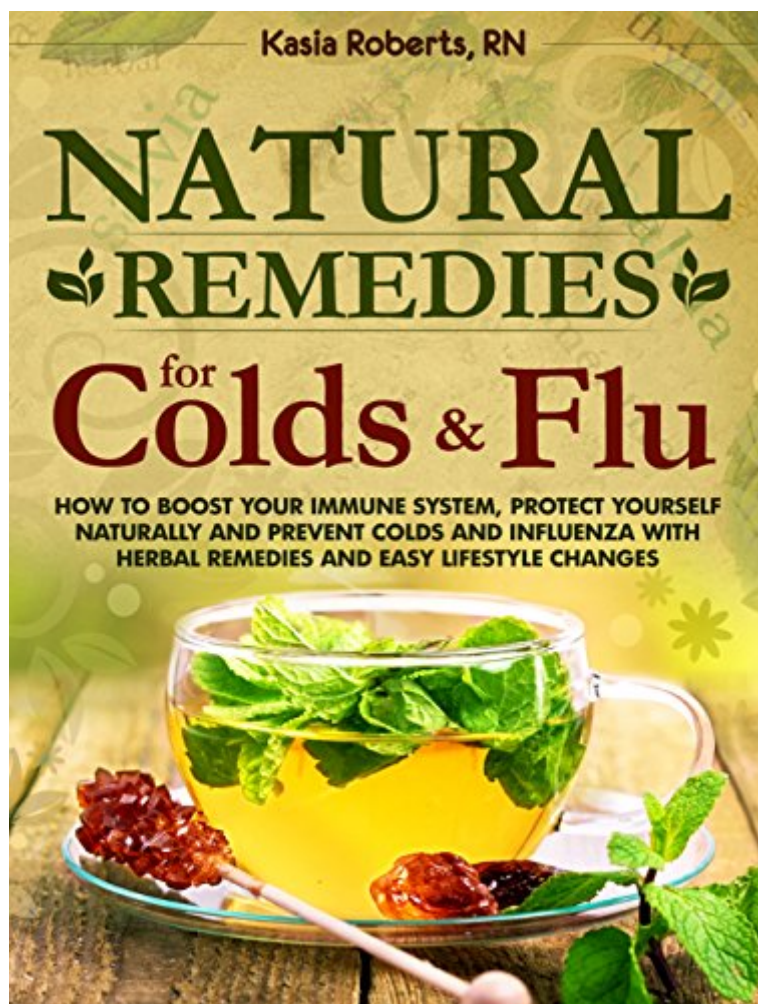


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# Natural Remedies For Colds And Flu: How To Boost Your Immune System, Protect Yourself Naturally And Prevent Colds And Influenza With Herbal Remedies And Easy Lifestyle Changes





## Synopsis

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 and tired. There is good news however, you can rise above them utilizing tried and true herbal techniques, natural remedies and simple lifestyle changes that will enable you to supercharge your immune system and protect you from the cold and flu virus "techniques that look to the bountiful energy of the earth for richness and vibrant health. Learn how to treat yourself well utilizing healthful, natural, and herbal remedies. Learn about Cat's Claw, a South American remedy that's sure to boost your immunity; learn more about ginger, that oft-described "most medicinal food in the world" and the ways in which you can utilize it to heal yourself and avoid future illness. Learn about the foods you should eat, the exercise you should do, and the ways in which you should live your life to increase your vitality and ward off illness. SCROLL UP AND CLICK BUY TO DOWNLOAD YOUR COPY INSTANTLY Just to say "thank you" for checking out this book, we would like to give you a free WELLNESS GUIDE! Please visit: [www.fruitfulbooks.com](http://www.fruitfulbooks.com) to grab your free copy now!

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## Customer Reviews

The older I get the more I turn to natural remedies and prevention measures. I love that this book gives me great ideas for avoiding illnesses and treating them if I do get them without man,are chemicals.

This book has clear, medically sound information. There were many useful preventative measures, such as carrying your own writing pen so you 're not using public ones. Along with pages of healthful foods were recipes for soothing, immune boosting drinks. A Good resource!

I was convinced by reading this to make some changes in order to be less susceptible to illness as well as how to ease symptoms and speed the return to health if I do catch a cold or the flu. I feel I could implement what was suggested. I'm very glad for this excellent resource.

Colds and flu brrrr... usually they won't kill you but the bug you a lot and do not let you feel healthy and vibrant. But I don't like to be always on artificial meds so this book gave me a ton of ideas that I am loving. I feel good now and enjoy the new "meds". Thanks

I was really surprised at some ideas that were given to help with the flu and a cold.Also the information explaining the difference between the flu and a cold was very interesting.The information in this book I will help if you follow it.

Simply put, it's short, bulleted information that's easy to tab and refer back to, but nothing new. But it was free so good reference guide.

No nonsense, easy to read and understand advise for all ages. Short read but full of information for anyone looking to stay healthy.

Is very encouraging in that there is a way to help ones self feel better with food and herbs. Thank you're lip for your own body

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