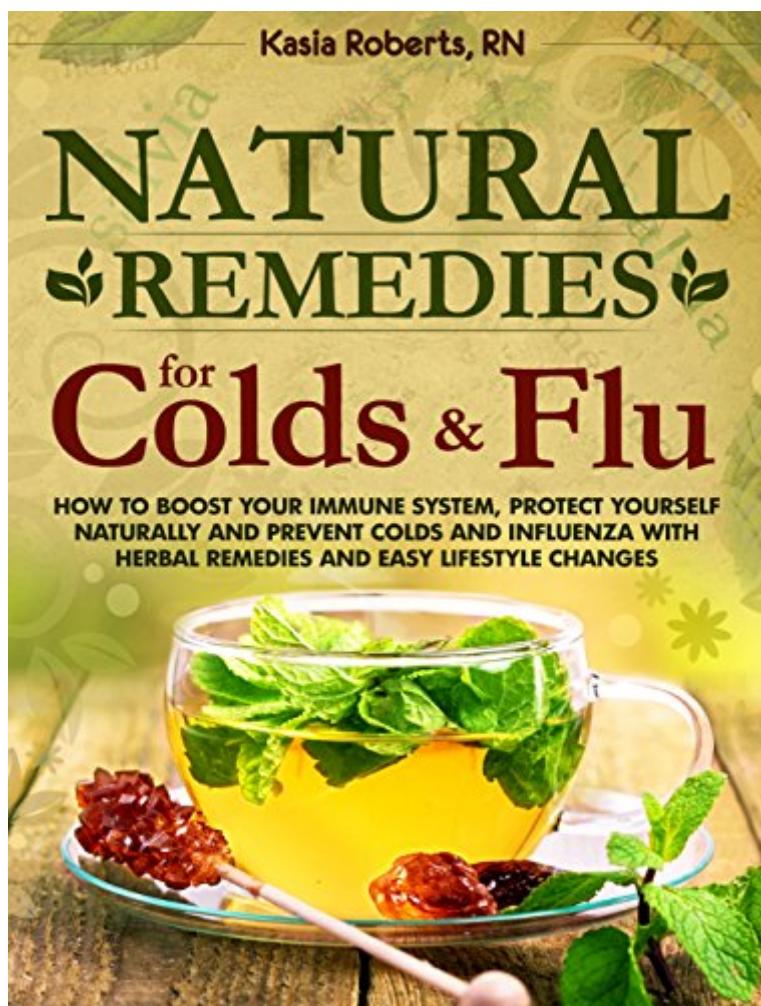


The book was found

# **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 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!

## Book Information

File Size: 7119 KB

Print Length: 77 pages

Simultaneous Device Usage: Unlimited

Publisher: The Fruitful Mind (December 12, 2014)

Publication Date: December 12, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00QYAQ22U

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #542,912 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #135

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Homeopathy

#346 in Books > Health, Fitness & Dieting > Alternative Medicine > Homeopathy #497 in Kindle

Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

## **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

[Download to continue reading...](#)

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  
Herbal Antibiotics: 25 Best Herbal Remedies Way To Heal Yourself Faster (Herbal Antibiotics, Herbal Remedies,herbal antibiotics and antivirals) Herbal Remedies: 30 Herbal Recipe Remedies From My Private Collection: Proven Herbal Recipes That Work! (Herbal Recipes Private Collection Book 1) Homeopathic Remedies for Children: Natural Medicine for Coughs, Colds and Flu, Allergies and Other Common Illnesses for Infants DIY Herbal Gardening - Learn The Benefits Of Planting The Top 5 Medicinal Plants (Herbal Gardening, DIY Herbal Gardening, Medicinal Plants, Herbal Medicines, Herbal Cure) Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Cholesterol: The Natural Solution: Simple Lifestyle Changes to Lower Cholesterol Naturally and Prevent Heart Disease (Lowering Cholesterol) (Volume 1) Alternative Medicine Made Easy: How to Use Simple Homemade Remedies to Stay Healthy and Disease-Free (Herbal Remedies, Alternative Medicine, How to Use Herbal Remedies,) High Blood Pressure Solution: Simple Lifestyle Changes to Lower Blood Pressure Naturally and Prevent Heart Disease Help Yourself Natural Remedies 3 Book Bible: Pro Immunity Anti Inflammatory - Sleep Better Without Meds - Change Your Posture Naturally (Transform Your Life Naturally) Herbal Remedies:The Ultimate Guide to Herbal Healing, Magic, Medicine, Antivirals, Antibiotics,: herbs,Alternative Medicine, Magic, Medicine, Antivirals, ... Oils, Depression Cure, Natural Remedies,) Boost Your Child's Immune System: What you need to know about allergies, vaccinations, antibiotics and diet, including over 160 recipes What to Eat if You Have Cancer (revised): Healing Foods that Boost Your Immune System The Coconut Oil Miracle: Use Nature's Elixir to Lose Weight, Beautify Skin and Hair, Prevent Heart Disease, Cancer, and Diabetes, Strengthen the Immune System, Fifth Edition Digestive Wellness: Strengthen the Immune System and Prevent Disease Through Healthy Digestion, Fourth Edition Prescription for Herbal Healing, 2nd Edition: An Easy-to-Use A-to-Z Reference to Hundreds of Common Disorders and Their Herbal

Remedies Saving Your Brain: The Revolutionary Plan to Boost Brain Power, Improve Memory, and Protect Yourself Against Aging and Alzheimer's Rosacea Treatment: The Ultimate Guide To Managing And Improving Rosacea Through Diet Changes, Lifestyle, And Remedies Natural Medicine and Herbs: 50+ Natural Medicine to Reduce Anxiety, Depression, and Ailments from Your Body: (Essential Oils, Aromatherapy, Herbal Remedies, Supplements, Healing, Vitamins) Green Tea Handbook: a Natural Wonder for Weight Loss, Cancer, Heart, Bone, Oral Health, and Your Immune System - Benefits, Extracts, Recipes & More

[Dmca](#)