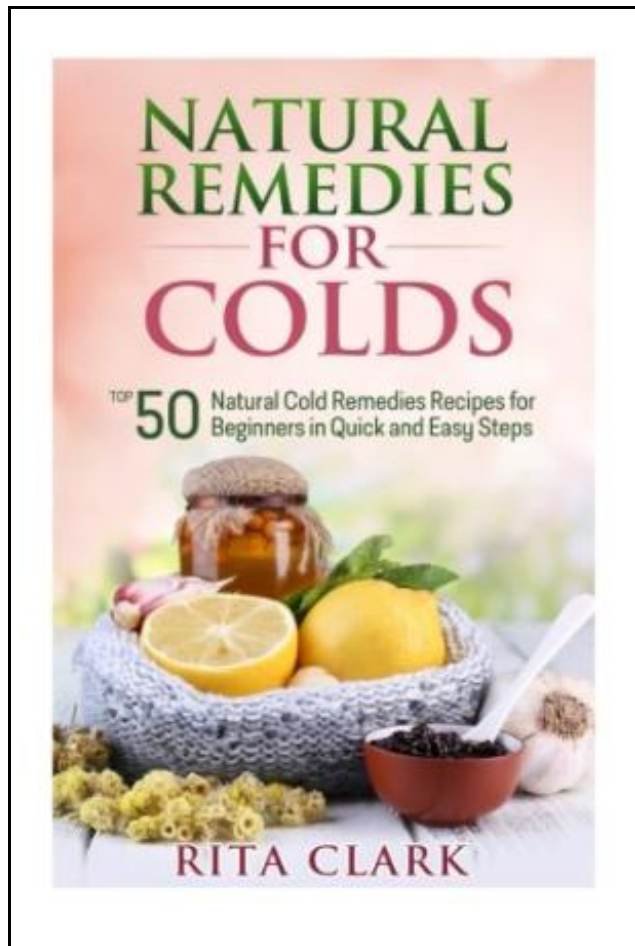


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Reviews

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(Rene Olson)

NATURAL REMEDIES FOR COLDS: TOP 50 NATURAL COLD REMEDIES RECIPES FOR BEGINNERS IN QUICK AND EASY STEPS (PAPERBACK)



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Download Top 50 Natural Remedies for Dandruff This book provides you with all the necessary guidance through recipes and inspirational talk that you need for battling out the common cold. Food and drink are something to consider while you have a cold because your throat is susceptible to any kind of infection at the time. Thus, planning of meals becomes of utmost importance at a time like this. Did you know that although a common cold is not as severe as any other disease or infection, it is in fact one of the most common causes for people to miss work and kids to miss school!? The common cold doesn't usually have a remedy or a cure. This means, that simply by popping a pill, your cold is not going to disappear. A cold usually lasts its entire term, which is about a week or ten days. It is for this reason that there are a number of natural remedies to help you feel better during the course of the cold. A hot tea is always a saviour when it comes to a runny nose while a hot chicken soup can sometimes make you feel like on top of the world when all you want to do is cuddle and lie in bed! Whether you whip up a cold-fighting smoothie or eat a healthy salmon dish or sip on a warm chamomile tea, there are plenty of natural recipes in this book that you can whip up in a jiffy and that will help you build up immunity for your body. The content in this book focuses on: Giving you an introduction to the common cold Recipes of 50 of...



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