



21 Secret Remedies for Colds and Flu: Build Your Immune System and Stay Healthy—Naturally!

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You can't afford to be sick!

Stop the flu in its tracks this year and beyond.

A healthy immune system is the key to winning the battle over the flu and other illnesses we are faced with on a daily basis. With contributions from Siloam's most popular health authors, including Dr. Leslie Ann Dauphin of the CDC, Dr. Don Colbert, Janet Maccaro, Cherie Calbom, and others, *21 Secret Remedies for Colds and Flu* gives you natural, practical ways to build your immune system and stay healthy during the cold and flu season.

With biblical perspectives, the latest scientific research on alternative health practices, and expert advice from doctors, nutritionists, naturopathic practitioners, and researchers from the Centers for Disease Control and Prevention, this book includes valuable insight on:

- **Sleep and rest**
- **Limiting sugar intake**
- **Vitamins and supplements**
- **Home remedies for colds, coughs, congestion, sore throats, and fever**
- **Superfoods that build immunity**
- **The power of prayer and so much more!**

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Dorothy Marsh:

Book is actually written, printed, or created for everything. You can realize everything you want by a guide. Book has a different type. To be sure that book is important matter to bring us around the world. Adjacent to that you can your reading talent was fluently. A guide 21 Secret Remedies for Colds and Flu: Build Your Immune System and Stay Healthy—Naturally! will make you to be smarter. You can feel a lot more confidence if you can know about every thing. But some of you think which open or reading a book make you bored. It isn't make you fun. Why they might be thought like that? Have you seeking best book or appropriate book with you?

Jennifer Rogers:

Spent a free time for you to be fun activity to complete! A lot of people spent their down time with their family, or all their friends. Usually they accomplishing activity like watching television, likely to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? May be reading a book might be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to consider look for book, may be the e-book untitled 21 Secret Remedies for Colds and Flu: Build Your Immune System and Stay Healthy—Naturally! can be good book to read. May be it can be best activity to you.

Daniel Hanson:

Are you kind of hectic person, only have 10 or 15 minute in your time to upgrading your mind proficiency or thinking skill also analytical thinking? Then you have problem with the book as compared to can satisfy your short space of time to read it because pretty much everything time you only find book that need more time to be go through. 21 Secret Remedies for Colds and Flu: Build Your Immune System and Stay Healthy—Naturally! can be your answer because it can be read by an individual who have those short extra time problems.

Albert Shepherd:

What is your hobby? Have you heard that will question when you got pupils? We believe that that concern was given by teacher for their students. Many kinds of hobby, Everybody has different hobby. So you know that little person including reading or as looking at become their hobby. You should know that reading is very important in addition to book as to be the issue. Book is important thing to incorporate you knowledge, except your own teacher or lecturer. You discover good news or update with regards to something by book. A substantial number of sorts of books that can you decide to try be your object. One of them is niagra 21 Secret Remedies for Colds and Flu: Build Your Immune System and Stay Healthy—Naturally!.

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