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Natural Remedies for Colds: Top 50 Natural Cold Remedies Recipes for Beginners in Quick and Easy Steps (Paperback)

By Rita Clark

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 of 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...



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