



DOWNLOAD



50 Natural Ways to Relieve a Cold: Instant, Simple Hints and Tips to Curing the Common Cold (Hardback)

By Raje Airey

Anness Publishing, United Kingdom, 2013. Hardback. Book Condition: New. 200 x 142 mm. Language: English . Brand New Book. This is a handbook of 50 quick-fix tips to relieve symptoms such as congestion, coughs, sore throats, headaches and stuffiness. It describes how to make your own therapeutic drinks, gargles, syrups, lotions, balms, tinctures and tonics; all based on natural ingredients. It discusses the many vitamins, minerals, herbs and spices that help to build resistance and fight infection in the body. It offers ideas for healthy eating and tips on which foods are best avoided. You can choose from the recommended medicinal spices and learn about the best immunity-boosting foods. Every year many of us get at least one or two colds, and every winter, flu and similar viruses affect large numbers of the population. It is all too tempting to reach for over-the-counter drugs in order to ease symptoms such as headaches, stuffiness and sore throats. Give your body a break by trying some of the safe and natural tips provided here. This useful book is a handy, dip-into guide to treating the symptoms of a cold. Some of the remedies are simple and fun to try; they range from...



READ ONLINE
[1.14 MB]

Reviews

The ideal publication i possibly go through. I was able to comprehended every thing out of this published e publication. I am delighted to explain how this is actually the finest pdf i have got read inside my personal existence and could be he very best ebook for possibly.

-- **Roberto Friesen**

This written book is excellent. It typically is not going to price a lot of. I found out this book from my dad and i encouraged this book to discover.

-- **Darrin Abbott**

Other eBooks



Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Gran s New Blue Shoes (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 3: The Backpack (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 174 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 2: The Fizz-buzz (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 174 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 5: Egg Fried Rice (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 4: Wet Feet (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...