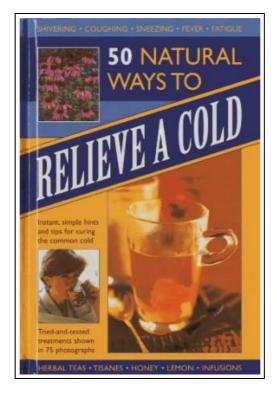
# 50 Natural Ways to Relieve a Cold: Instant, Simple Hints and Tips to Curing the Common Cold (Hardback)



Filesize: 4.36 MB

### Reviews

Certainly, this is actually the best function by any article writer. It is actually writter in straightforward words and never confusing. Your life period is going to be convert once you total looking over this ebook.

(Mrs. Yolanda Reilly V)

# 50 NATURAL WAYS TO RELIEVE A COLD: INSTANT, SIMPLE HINTS AND TIPS TO CURING THE COMMON COLD (HARDBACK)



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 a restorative and revitalizing mustard foot bath, and a lavender and eucalyptus rub to ease congestion and aid sleep, to amethyst healing to realign your aura, and meditation and visualization to tap into the power of the mind to bring healing and wellbeing to the body.

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

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

### You May Also Like



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]

 $Createspace, United States, 2013. \ Paperback. \ Book \ Condition: New. \ 254 \times 178 \ mm. \ Language: English \ . \ Brand \ New \ Book \ ***** \ Print on Demand \ ***** \ ABOUT \ SMART \ READS for Kids \ . \ Love \ Art, \ Love \ Learning \ Welcome. \ Designed \ to...$ 

Read Book »



#### **Healthy Eating for Kids**

Igloo Books Ltd, 2007. Hardcover. Book Condition: New. Shipped from the UK within 2 business days of order being placed. Read Book »



#### Kingfisher Readers: Your Body (Level 2: Beginning to Read Alone) (Unabridged)

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: Your Body (Level 2: Beginning to Read Alone) (Unabridged), Brenda Stone, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to the...

Read Book »



Games with Books: 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.

Read Book »



Games with Books: Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.

Read Book »



#### Becoming a Spacewalker: My Journey to the Stars (Hardback)

Purdue University Press, United States, 2014. Hardback. Book Condition: New. 284 x 216 mm. Language: English. Brand New Book. This nonfiction picture book is a children's version of NASA astronaut Jerry L. Ross

Read Document »



## Suzuki keep the car world (four full fun story + vehicles illustrations = the best thing to buy for your child(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: Unknown in Publisher: Qingdao Publishing List Price: 58.00 yuan Author: Publisher:

Read Document »



### Preventing Childhood Eating Problems : A Practical, Positive Approach to Raising Kids Free of Food and Weight Conflicts

Book Condition: Brand New. Book Condition: Brand New.

Read Document »



#### Here Comes a Chopper to Chop off Your Head

Hardback. Book Condition: New. Not Signed; Today's parents are increasingly replacing nursery rhymes with the latest pop songs, and fairy tales - now thought too scary for little ones - with cute stories about farmyard

Read Document »



Happy Baby Happy You 500 Ways to Nurture the Bond with Your Baby by Karyn Siegel Maier 2009 Paperback Book Condition: Brand New. Book Condition: Brand New.

Read Document v