



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

*Siloam Editors*

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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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### **From reader reviews:**

#### **Lillie Levine:**

Spent a free time for you to be fun activity to try and do! A lot of people spent their leisure time with their family, or their friends. Usually they doing activity like watching television, about to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? May be reading a book is usually option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the reserve untitled 21 Secret Remedies for Colds and Flu: Build Your Immune System and Stay Healthy—Naturally! can be excellent book to read. May be it is usually best activity to you.

#### **Brenda Blackmer:**

This 21 Secret Remedies for Colds and Flu: Build Your Immune System and Stay Healthy—Naturally! is great book for you because the content that is full of information for you who else always deal with world and still have to make decision every minute. That book reveal it information accurately using great plan word or we can declare no rambling sentences inside. So if you are read that hurriedly you can have whole data in it. Doesn't mean it only will give you straight forward sentences but difficult core information with wonderful delivering sentences. Having 21 Secret Remedies for Colds and Flu: Build Your Immune System and Stay Healthy—Naturally! in your hand like having the world in your arm, facts in it is not ridiculous just one. We can say that no guide that offer you world inside ten or fifteen tiny right but this guide already do that. So , this can be good reading book. Hey there Mr. and Mrs. hectic do you still doubt which?

#### **Rose Watkins:**

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