

11 Ways to Prevent Colds & Flu

1

Eat lots of fruits & veggies for maximum vitamins & minerals

2

Wash your hands often with warm, soapy water

3

Keep your hands away from your face

4

Get moving! Exercise boosts immune function

5

Hear someone coughing or sneezing? Move away!

6

Rinse nasal passages with distilled water & sea salt

7

Get plenty of sleep & rest

8

Decrease stress & meditate

9

Diffuse essential oils such as eucalyptus into the air

10

Include warming yang foods & herbs in foods & drinks

11

See Our Top 12 Natural Cold & Flu Remedies

Natural Way To Beat The Common Cold And Flu

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The Natural Way to Beat the Common Cold and Flu Richard Trubo,1998 It s not always easy to separate facts from folklore when it comes to fighting colds and flu Is it true that ginger can help Is exercise a good idea or a bad idea Is it starve a cold and feed a fever or the other way around Health writer Richard Trubo explores the current developments in both traditional and alternative medicine to help you decide what the right treatment is for you for a healing approach that s natural safe and effective

Eighteen Natural Ways to Beat the Common Cold Norman D. Ford,1987 Explains how the common cold attacks the human body and tells how to avoid catching a cold through nutrition relaxation herbs and exercise

The Complementary and Alternative Medicine Information Source Book Alan Rees,2001-03-30 From acupuncture to yoga the increasing popularity of unconventional medical therapies has risen sharply during the past decade Consumers are turning to complementary and alternative medicine CAM for a variety of reasons and are spending billions annually for treatments Recognizing the growing need to locate authoritative CAM information award winning author Alan M Rees has compiled a first stop resource for those seeking information to guide their decisions Noted health information expert Alan Rees organizes the best of complementary and alternative medicine CAM information resources in this new guide for librarians and patients The book is divided into twelve sections beginning with an overview of CAM terminology safety concerns ongoing research and education and the movement towards integrative medicine Best of lists of books magazines newsletters CD ROMs and professional publications are augmented with contact information for several hundred CAM associations and professional groups an extensive section on the Internet as a source of CAM related information and reviews of 355 popular books on CAM Librarians will use the Source Book as a collection development tool Consumers and students will find it an easy to use guide for locating hard to find resources about the latest in alternative medical therapies and treatments This unique volume brings together in one volume print and electronic resources pertaining to an in demand topic provides recommendations of authoritative sources of current information on a wide variety of unconventional medical therapies will fill the information gap in the rapidly growing field of CAM

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