

# SEVEN NATURAL REMEDIES



# Eighteen Natural Ways To Beat The Common Cold

**Yan Bai**



## **Eighteen Natural Ways To Beat The Common Cold:**

**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 Eighteen Natural Ways to Beat Chronic Tiredness Norman D. Ford, 1993 *Eighteen Natural Ways to Stop Arthritis Now* Norman D. Ford, 1997 Ford's message is simple follow his well researched action steps including physical exercise nutrition and tapping into the healing powers of the mind and you can defeat arthritis and improve the quality of your life Before you know it your aches and pains will have disappeared you'll be able to resume an active lifestyle and you'll be able to look forward to good health and vigor for the rest of your life *18 Natural Ways to Lower Your Cholesterol in 30 Days* Norman D. Ford, 1992

**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 **Natural Ways to Lower Your Cholesterol** Norman D. Ford, 1997-02 Provides information on how to control cholesterol levels **Natural Medicine for Colds and Flu** Nancy Bruning, 1998 Combat the 1 infectious illness with tried and true natural methods outlined in *Natural Medicine for Colds and Flu* Ease symptoms and shorten recovery time with a delicious medicinal soup vitamin C and echinacea learn how antibiotics and commercial cold remedies actually slow the healing process and discover natural ways to boost the immune system *Supercharge Your Immunity* Simon & Schuster, 1999-09 **Supercharge Your Immunity** Norman D. Ford, 1998 Norman Ford presents a comprehensive programme for combining the powers of body mind and nutrition to make sure the immune system stays on guard against the vast array of diseases and cancers at large Topics discussed include the foods and nutrients that support and harm the immune system exercises to boost immunity a simple 30 minute technique to boost immunity phytochemical protection and more **The Sleep Rx** Norman D. Ford, 1994 There's nothing more refreshing than a good night's sleep But twenty six million Americans rarely experience the restorative powers of true sleep due to insomnia snoring nightmares and other related disorders If you're one of the sleep deprived millions Norman Ford's *The Sleep Rx* offers long overdue help This remarkable book enables you to become your own sleep doctor diagnosing your sleep problem and curing it with safe simple all natural remedies Combining the latest scientific breakthroughs at sleep disorder clinics with proven action therapies *The Sleep Rx* will help you regain the easy sleep of your youth without resorting to counter productive drugs You'll discover Seventy five sleep prescriptions each clearly explained all natural and inexpensive Six common types of insomnia and how to beat each one Cures for related disorders from snoring to teeth grinding to nightmares Seemingly benign habits that could be stealing your sleep The ideal diet for perfect sleep Dozens of case histories illustrating the diverse types of sleep disorders and

their cures How to use unique tools like guided imagery biofeedback deep relaxation dream reprogramming and more to facilitate deep restful sleep And you ve got a lot more to gain than just a great night s sleep Virtually everything you do to improve your sleep also benefits your health by drastically reducing your risk of heart attack cancer hypertension diabetes osteoporosis and similar diseases For everyone who ever thought poor sleep was just something they had to live with The Sleep Rx is just what the doctor ordered *Natural Remedies* Norman D. Ford,1995 Techniques for preventing headaches and the common cold The Ultimate Holistic Guide to Curing the Common Cold and Flu Brian Dempsey, L. Ac.,2020-08-17 The Ultimate Holistic Guide to Curing the Common Cold and Flu A Step by Step Guide to Stimulating Your Immune System to Speed the Healing of Any Cold or Flu provides the most comprehensive researched based information ever written on holistic treatments of colds and flu Written with practical step by step instructions it will help you find effective natural treatments for colds and flus You will find these straight forward measures will speed the course of your cold or flu This guide also provides a special chapter on how to quickly recover from the Coronavirus COVID 19 *Painstoppers* Norman D. Ford,1994 Lifetime Encyclopedia Natural Remedies Borders Press Addison-Wesley Longman, Incorporated,1999-11 *American Book Publishing Record* ,2005 **Foods that Heal** Maureen Kennedy Salaman,James F. Scheer,1989 You can prevent and possibly reverse more than 100 common ailments by utilizing this thoroughly researched primer on divinely created natural foods Learn how to combat illness with good nutrition *The Cumulative Book Index* ,1999 **Medical and Health Care Books and Serials in Print** ,1997 **Subject Guide to Books in Print** ,1997 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

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