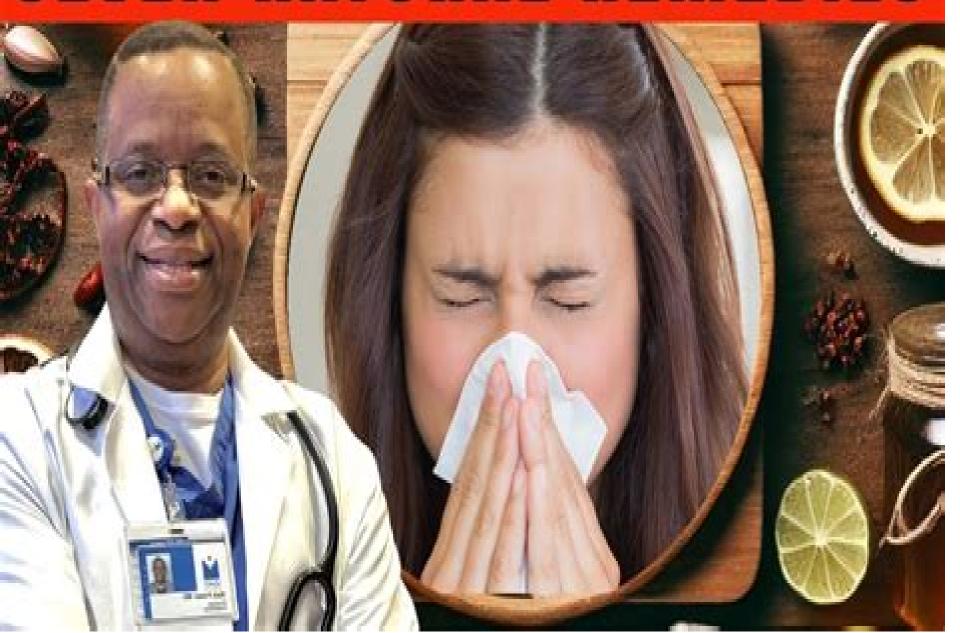
# SEVEN NATURAL REMEDIES



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

Norman D. Ford

#### **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 <u>Eighteen Natural Ways to Beat Chronic Tiredness</u> Norman D. Ford,1993 <u>Eighteen Natural Ways to Stop Arthritis Now Norman D.</u> 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 <u>18 Natural Ways to Lower Your Cholesterol in 30 Days Norman D.</u> 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 Natural Medicine for Colds and Flu Nancy Bruning, 1998 Combat the 1 infectious how to control cholesterol levels 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 inexpensiveSix common types of insomnia and how to beat each oneCures for related disorders form snoring to teeth grinding to nightmaresSeemingly benign habits that could be stealing your sleepThe ideal diet for perfect sleepDozens of case histories illustrating the diverse types of sleep disorders and

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