



Cold and Flu Relief: The Top 10 Ways to Stay Healthy During Cold and Flu Season (Paperback)

By The Healthy Reader

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Discover How You Can Prevent and Treat Colds and Flu Learn How to Get Rid Of Cold and Flu Fast Everyone worries about the cold and flu, especially during flu season. Sometimes, you can feel helpless, but there are preventative methods that can make you feel in control again. You shouldn't feel as if you can't do anything about getting sick because there is a lot that you can do. You aren't helpless when it comes to the cold and flu, and really it is in your hands if you wish to raise your immune system to a level that will help you to make sure you aren't going to get sick. It will at least decrease the chance that you will catch the cold or even the flu. Viruses are something that only your immune system will be able to help, and that is exactly why it is important that you take care of your immune system during the season where it is at its most risk. 7 Reasons to Buy This Book 1. In this book you...



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