

Natural Cures for the Common Cold: Powerful, Drug-Free Remedies Proven to Work (Harbor Health)

Carol Turkington

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Billions of dollars are spent annually on over-the-counter cold and flu medications that do nothing to cure a cold. Many actually surpresss the immune system and produce unpleasant, even harmful side-effects. Turkington reveals hundreds of powerful, doctor approved remedies made at home using safe, inexpensive, all-natural ingredients



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