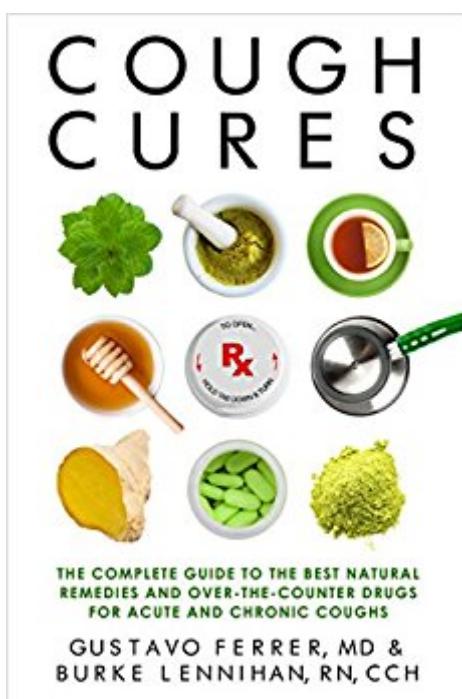


The book was found

Cough Cures: The Complete Guide To The Best Natural Remedies And Over-the-Counter Drugs For Acute And Chronic Coughs



Synopsis

In this groundbreaking book you will find the best of both worlds, bridging the gap between conventional and holistic medicine. "Cough Cures" is not just about coughs - it's about natural alternatives for antibiotics, cough syrups, pain and sleeping medications, even antacids. Dr. Gus Ferrer a renowned pulmonologist and Burke Lennihan RN, a certified practitioner in holistic medicine, bring you a book packed with natural cures and guides to the best over-the-counter drugs for acute and chronic cough. You will also learn about acupressure, breathing exercises, and other techniques. The recommendations for natural remedies are documented with more than 200 research studies, so that both parents and physicians can feel confident in using them. "COUGH CURES has the answers you've been waiting for! Discover: • Why antibiotics don't work for most colds and coughs • When and how to treat something safely at home • How to save time and money treating coughs, colds, and flu • How to avoid unnecessary (and possibly harmful) X-rays • The top natural holistic treatments and safest drugs for coughs, colds, flu, insomnia, acid reflux and pain relief" This groundbreaking book provides an unbiased approach to the best over-the-counter drugs and natural treatments for coughs, colds, and many more. The book provides easy-to-understand instructions while protecting consumers from being lured by false advertisement claims. Its information is valuable to both the general public and physicians." - Dr. Elena Rios, President, National Hispanic Medical Association "We've needed this book for years, not only to treat coughs but also to live a healthier life. Useful for health professionals and lay people alike, it reads easily, and the shortcuts guide the reader to key points. I learned much and I plan to use the information in many new protocols. The appendices alone are worth buying the book as they provide the scientific research. I recommend it, not only to treat cough ailments, but also to live a healthier life." • -Ret. Major General Bernard Loeffke, PhD, Author, Speaker & Humanitarian Order a copy today and start feeling better soon!

Book Information

File Size: 5013 KB

Print Length: 288 pages

Publisher: Moxie Life Press, LLC (April 3, 2016)

Publication Date: April 3, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01DT8Z2TS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #278,201 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #19
in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >
Respiratory #43 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung &
Respiratory Diseases #49 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments >
Respiratory

Customer Reviews

âœCough Curesâ• is a book that should be on everyoneâ™s bookshelf! At first glance, a reader may be inclined to think that this book will only help with determining treatment for chronic coughs, but that would be an enormous understatement. âœCough Curesâ• will help readers to understand and self-treat wide-ranging symptoms of the common cold with remedies that may even be found right in your own kitchen. In fact, I may even go so far as to say that taking heed of all of the health and lifestyle recommendations in this book may even prevent or dramatically reduce the incidence of getting sick. The authorâ™s credentials, as both an awarded Medical Doctor in the field of Pulmonology, and a homeopathic practitioner, make this book a trusted source of advice that is written in a way that everyone will understand. Dr. Gus seamlessly bridges the worlds of traditional modern medicine and homeopathic medicine with clear explanations of the benefits and dangers of OTC medications as well as in-depth, research-supported natural remedies that have been proven to work even more effectively than the well-known branded OTCs. The book is a well-organized guidebook for self-treatment of the common cold. I particularly found it helpful to have boxed summaries called âœShortcut Guidesâ• at the end of sections which detailed multiple home-remedies and homeopathic brands available for sale. Other key information is also boxed within the chapters. In another chapter, dedicated to making sense of common OTC medications, I was surprised to learn that of the over 3000 OTCâ™s on the market, 60% fall into 2 groups,- antihistamines and pain relievers. This chapter includes a useful table to help make sense of the active ingredients in common OTCâ™s, including brand names, functions, effectiveness, and side effects.

[Download to continue reading...](#)

Cough Cures: The Complete Guide to the Best Natural Remedies and Over-the-Counter Drugs for Acute and Chronic Coughs Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) The Chronic Cough Enigma: How to recognize, diagnose and treat neurogenic and reflux related cough 21 Home Remedies Exercises and Natural Cures for TMJ Treatment: Holistic Home remedies and natural cures for treatment of Temporomandibular Joint (TMJ) pain and its allied symptoms. High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High Bl) Homeopathic Remedies for Children: Natural Medicine for Coughs, Colds and Flu, Allergies and Other Common Illnesses for Infants Over the Counter Natural Cures, Expanded Edition: Take Charge of Your Health in 30 Days with 10 Lifesaving Supplements for under \$10 Over-the-Counter Natural Cures: Take Charge of Your Health in 30 Days with 10 Lifesaving Supplements for under \$10 Organic Home Remedies Vol.2 - The BEST No Prescription Needed Guide to Using Natural Remedies to Cure and Detoxify Your Self (Organic Home Remedies Guide, ... Healing, No Prescription Medicines) Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy) The Illustrated Encyclopedia of Natural Remedies: Over 1000 Natural Remedies for the Prevention, Treatment, and Cure of Common Ailments and Conditions Natural Pet Cures: The Definitive Guide to Natural Remedies for Dogs and Cats Prescription for Natural Cures: A Self-Care Guide for Treating Health Problems with Natural Remedies Including Diet, Nutrition, Supplements, and Other Holistic Methods, Third Edition Home Remedies to Treat Cough and Bronchitis How to Cure Erectile Dysfunction: Overcoming Erection Problems through Diet, Exercises, and Natural Remedies (Men's Health, Impotence, Sexual Health, Natural Cures, Sexual Problems, ED) Textbook of Regional Anesthesia and Acute Pain Management (Hadzic, Textbook of Regional Anesthesia and Acute Pain Management) By JoLynn Pulliam - The Nursing Assistant: Acute, Sub-Acute, and Long-Term Care: 4th (fourth) Edition The Nursing Assistant: Acute, Sub-Acute, and Long-Term Care (4th Edition) Cope's Early Diagnosis of the Acute Abdomen (Silen, Early Diagnosis of the Acute Abdomen) The Herbal Drugstore: The Best Natural Alternatives to Over-the-Counter and Prescription Medicines

[Dmca](#)