

WELCOME!

Lorem Ipsum Dolor Sit Amet, Consectetur Adipscing Elit, Sed Do Eiusmod Tempor Incididunt Ut Labore Et Dolore Magna Aliqua

Health

Care

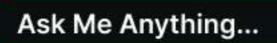






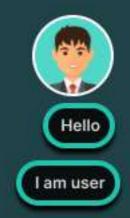








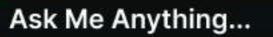














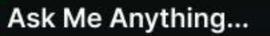
















Use over-the-counter decongestants, such as pseudoephedrine or phenylephrine, to relieve nasal congestion and ibuprofen or acetaminophen, to reduce fever and body aches.

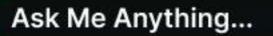


feverish













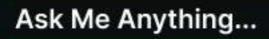
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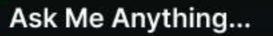


Drink hot tea with honey and lemon to soothe a sore throat and reduce inflammation. Gargle with salt water to relieve a sore throat and kill bacteria













Apply a mixture of 2 tablespoons of aloe vera get and 1 tablespoon of coconut oil to your scalp twice a week. Leave it on for a few hours before washing your hair with shampoo.









