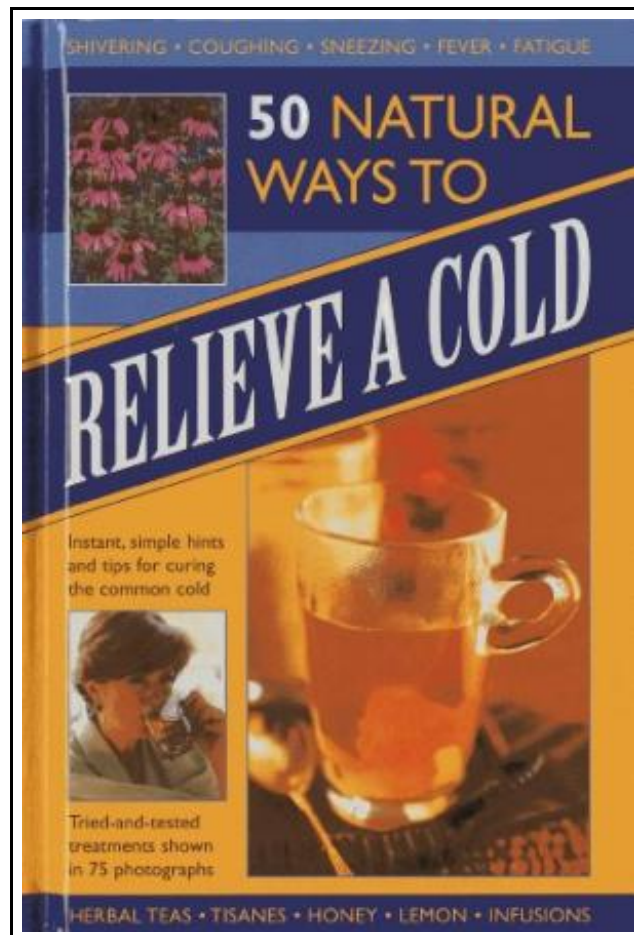


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Anness Publishing, United Kingdom, 2013. Hardback. Book Condition: New. 200 x 142 mm. Language: English . Brand New Book. This is a handbook of 50 quick-fix tips to relieve symptoms such as congestion, coughs, sore throats, headaches and stuffiness. It describes how to make your own therapeutic drinks, gargles, syrups, lotions, balms, tinctures and tonics; all based on natural ingredients. It discusses the many vitamins, minerals, herbs and spices that help to build resistance and fight infection in the body. It offers ideas for healthy eating and tips on which foods are best avoided. You can choose from the recommended medicinal spices and learn about the best immunity-boosting foods. Every year many of us get at least one or two colds, and every winter, flu and similar viruses affect large numbers of the population. It is all too tempting to reach for over-the-counter drugs in order to ease symptoms such as headaches, stuffiness and sore throats. Give your body a break by trying some of the safe and natural tips provided here. This useful book is a handy, dip-into guide to treating the symptoms of a cold. Some of the remedies are simple and fun to try; they range from a restorative and revitalizing mustard foot bath, and a lavender and eucalyptus rub to ease congestion and aid sleep, to amethyst healing to realign your aura, and meditation and visualization to tap into the power of the mind to bring healing and wellbeing to the body.



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