



How to Stop Colds, Allergies & More

Carole S. Ramke

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A lighthearted account by a Texas grandmother reveals how colds and respiratory allergic reactions can be stopped in minutes, not days. No claim is made that the common cold can be cured, but rather that no cure is needed. The author says, "The misery we experience from colds is caused by the body's immune response to viral infections, not by actual tissue destruction by viruses. The resulting congestion provides a haven for the invaders, and we spend too much time trying to nurse our symptoms. Please join me in teaching one person at a time how to make the symptoms go away." Practical advice is also given on how to block allergies, headaches, cold sores, and more. Reports from professionals pioneering in nutritional medicine are appended, with references for further information. Not only will "How to Stop Colds, Allergies and More" enable you to avoid many nuisance illnesses and conditions, but it will introduce you to some of the exciting advances in nutritional medicine in the 21st Century.

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Claudia Kelley:

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