

COUGH CURES



THE COMPLETE GUIDE TO THE BEST NATURAL
REMEDIES AND OVER-THE-COUNTER DRUGS
FOR ACUTE AND CHRONIC COUGHS

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Cough Cures: The Complete Guide to the Best Natural Remedies and Over-the-Counter Drugs for Acute and Chronic Coughs



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The very best natural holistic treatments and safest medicines for coughs, colds, flu, insomnia, acid reflux disorder and pain alleviation" Elena Rios, President, National Hispanic Medical Association Cough Remedies isn't just about coughs - it's about natural options for antibiotics, cough syrups, discomfort and sleeping medications, even antacids. Gus Ferrer a famous pulmonologist and Burke Lennihan RN, a certified practitioner in holistic medicine, bring you a book filled with natural treatments and manuals to the best over-the-counter medicines for severe and chronic cough. You will also learn about acupressure, breathing exercises, and other techniques. Dr. The recommendations for natural treatments are documented with an increase of than 200 research studies, so that both parents and physicians can feel confident in with them. ve been waiting for! COUGH CURES gets the answers you' The book provides easy-to-understand guidelines while protecting consumers from becoming lured by fake advertisement statements. Why antibiotics don't function for most colds and coughs• When and how to treat something securely at house• How exactly to save money and time treating coughs, colds, and flu• "In this groundbreaking publication you will find the best of both worlds, bridging the gap between conventional and holistic medicine. We' Discover:• Its info is precious to both the public and doctors." - Dr. How to prevent unnecessary (and perhaps harmful) X-rays• This groundbreaking book has an unbiased approach to the best over-the-counter drugs and natural treatments for coughs, colds, and much more. Useful for medical researchers and lay people alike, it reads conveniently, and the shortcuts information the reader to key points. I learned very much and I plan to use the details in many fresh protocols. The appendices only are worth buying the reserve as they provide the scientific research. I would recommend it, not just to take care of cough ailments, but also to live a healthier lifestyle. "ve needed this book for years, not only to take care of coughs but also to live a wholesome life. -Ret. Major General Bernard Loeffke, PhD, Author, Speaker & Humanitarian Order a duplicate today and start feeling better soon!



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A must-have for your bookshelf! "Cough Treatments" is a book that should be on everyone's bookshelf! At first glance, a reader could be inclined to believe that this book will only help with determining treatment for chronic coughs, but that would be an tremendous understatement. the amount of accidental acetaminophen overload that many of us have experienced without even knowing it. In fact, I may even go as 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 to getting unwell. Dr. The writer's credentials, as both an awarded Medical Doctor in neuro-scientific Pulmonology, and a homeopathic practitioner, make this book a trusted source of advice that is written in a way that everyone will understand. Gus seamlessly bridges the worlds of traditional contemporary medicine and homeopathic medicine with clear explanations of the benefits and risks of OTC medications along with in-depth, research-supported natural treatments that have been proven to work a lot more effectively than the well-known branded OTCs. It is a must possess in every household, it contains the perfect balance of traditional medicine and homeopathic approach. I particularly found it beneficial to possess boxed summaries known as "Shortcut Guides" by the end of sections which detailed multiple home-remedies and homeopathic brands available for sale. not that I wish to get yourself a cough, but We almost can't wait therefore i may use this book to determine what kind it really is and how to assault it! In another chapter, dedicated to making feeling of common OTC medications, I was amazed to discover that of the over 3000 OTC's out there, 60% fall into 2 groupings,- antihistamines and discomfort relievers. This chapter carries a useful desk to help make sense of the substances in keeping OTC's, including brand names, functions, effectiveness, and unwanted effects. The reserve includes over 20 useful shortcut manuals and tables which is my "go-to" guides from now on. Dr. Gus gives visitors a balanced guideline to dealing with coughs and colds by informing them of the greatest, proven remedies, in addition to when seeing a doctor is recommended. This book has earned an area on my kitchen bookshelf and I understand that I will be much better prepared the next time someone in my family gets sick. Not only this nonetheless it is incredibly easy to read and breaks almost all scientific concepts down in . Ferrer and found him to end up being among the best doctors I've worked with in my own healthcare career I've read Cough Remedies and found the advise given is outstanding. As a fellow natrual physician and homeopath I am happy to see this extensive, but easy to use and well-organized book delving into all the many natural ways one can successfully treat coughs of every type, whether it's a straightforward cold or part of a more serious illness. As a pre-med college student, it is refreshing to learn about well researched proof based remedies for the cough and common chilly that aren't directly tied in with regular medications but rather a more healthy and natural approach that truly work. Not only this but it is incredibly easy to read and breaks all scientific concepts down in a manner that makes it super easy to understand. This book is eye opening for those folks whose instant thought would be to make a bee line for over the counter medications and prescription medications from our doctors. I also adored that it discusses lifestyle choices and goes into preventative treatment which a lot of people completely disregard and don't realize impacts their health more than anything! You'll find nothing like feeling empowered with understanding and options on how to treat common ailments that both your household may suffer from which book provides just that. Great read, left a true effect on me and I will be sharing it with everyone I understand. **YOU WILL NEED This Book!** This kind of medical book returns balance to healthcare management. Simple medication in a complex health care world.. This is a great book for moms and doctors looking for solutions! L Roots As I read the book, I began to travel back in its history to my Grandmother's kitchen and

the wonderful smells of fresh natural herbs and a warm feeling of home.. I really like that he names reliable herbal dietary supplement brands because in a market filled with imposters it really is so hard to select wisely.. Burke Lennihan, a specialist and experienced homeopath, provides us a practical guide to the homeopathic remedies useful for coughs, and the all important question of how to choose which one to make use of. Biggest revelation was in early stages in the book... "Cough Cures" can help readers to comprehend and self-treat wide-ranging outward indications of the common frosty with remedies that could even be found correct within your own kitchen... Additional key information is also boxed within the chapters. A definite will need to have for your house library! A must read for those interested in integrated medicine I am therefore thankful that I found this book! What a fantastic resource! This book provides you back to your roots. roaming the drug store aisle trying to find the right over the counter medicine to take care of my symptoms, all the while wondering if an herbal treatment would serve me better.. Mom to continue hand Wow, I by no means knew acid reflux might lead to coughs. Ferrer techniques the subject matter from the idea of look at of a spouse and your physician using humor and medication to create this book a must read for everyone! Cough Cures STRONGLY SUGGESTED Seeing that founder of the guts for Integrative Therapies in Pharmaceutical Treatment at Massachusetts University of Pharmacy and Health Sciences and coordinator of the training course, A Study Of Complementary Alternative Medicine, I actually had Burke Lennihan as a guest lecturer each year and found her to become a fount of knowledge in natural medicine. Very readable if you want to dig in or else just skip to the shortcut manuals/summary charts. Cough Treatments promises to be an even more useful resource since it reviews over-the-counter medicines and provides extensive research to record its recommendations for natural medicine. Highly recommended for health care professionals and students as well as for home use. Physicians need this book too! What to do instead of antibiotics? Great publication for moms and doctors looking for solutions! Antibiotics are rarely an excellent answer, but individuals understandably want something, particularly when it's affecting their quality of life or their kids are sick and up half the night. This book offers true solutions for patients and physicians - supplements, natural herbs, homeopathics, and even more, with many clinical tests cited and safety information which can make physicians feel more confident recommending them. I've got great success with some of the products recommended in this well-created book. Great reference for Dr. Dr. This book is chock full of all sorts of information and offers a multitude of home treatment options. Her previous publication, Your Natural Medicine Cabinet, has been beneficial to my doctor of pharmacy learners who execute a clerkship with me in my naturopathic integrative practice. An excellent reference for this Dr. Mother to continue hand. The recipes are clear to see and follow. Easy to understand Good sense advice for for coughing. Cough Cures Very informative, especially since I've had a dried out cough for several years. I especially like the work sheet by the end you can fill out to take to your physician.. An abundance of information This is an excellent book. I browse the entire publication with high interest. I especially loved Lennihan's homeopathic explanations and her suggestions for using other natural treatments. I purchased a copy for each of my children's households for Christmas.. I've caused Dr. This book can save you a lot of time and misery! As a primary care physician, there have been plenty of moments I've seen a patient annoyed by a cough and desperate for anything to help it disappear completely. Dr. Dr. Gus gives reasonable credence to grandma's remedies including providing explanations of why most of them work. Throughout that simple time my Grandmother was the physician, pharmacist and nurse. I would just inform her my symptoms and before I knew it, she would possess a tea or remedy ready for me.

Ferrer;The book is a well-organized guidebook for self-treatment of the normal cold. I'd like to thank Dr. Ferrer for his bravery in writing this reserve and his support for choice medicine. Great resource This book is a great resource for those folks without a clinical background to create sense of the abundant choices available regarding herbs and natural treatments in balance with traditional evidence based medicine. This book can save you a lot of time and misery! I so often find myself in the scenario outlined by Dr..a great reference guide for making the best options in the current over-saturated, over-medicated marketplace. It covers all of the potential causes of a cough.. choose the correct remedy and the results can be dramatic and fast, choose the wrong remedy and nothing at all happens! Ferrer and discovered him to be among the best doctors I've worked with in my healthcare career.



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