



The Bible Cure for Colds and Flu: Ancient Truths, Natural Remedies and the Latest Findings for Your Health Today (New Bible Cure (Siloam))

Don Colbert

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COLDS, FLU AND SINUS INFECTIONS

Stop your suffering from these miseries! An estimated one billion Americans suffer with colds, flu and sinus infections each year, but now you can stop being one of them. In this pragmatic, insightful book, Dr. Don Colbert shows you how to live virtually free from the distressing symptoms of these miseries. By employing the spiritual insight, powerful faith, godly wisdom and sound medical advice in this book, you don't have to suffer from colds, flu and sinus infections any longer.

You will discover how to:

- Attain proper hygiene to prevent infections
- Build up your immune system
- Change your diet and decrease consumption of sugar
- Supercharge your immune system with the right supplements
- Exercise regularly and make sleep a priority
- Lower stress

You want to be healthy. God wants you to be healthy. Finally, here's a source of information that will help you live in health-body, mind and spirit.

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