

Jan. 18 2009

## Colds and Coughs and Natural Home Remedies

The following procedures will help you get on the right track, if you are not allergic to the items listed below. These remedies are for (adults only) but some for all.

We already know the basic food groups but some time we overdo it. On deserts and other foods, therefore our resists gets low and our chances getting sick increases. It is important to get the right of nutrient in order to fight germs, colds and other deceases. I recommend you to eat more fruits and vegetables.

1. Drink room temperature liquids, not cold drinks, shower at night not in the mornings if possible. When you have fever cool water is good to help break it. In some cases you need to sweat it out, make yourself a nice hot toddy at night, cover up and stay warm.
2. Don't overdo any medications trying to speed up the process of getting better faster. Keep your ears and noise cleaned for good flow of oxygen to your brain. This helps in reducing your chances of producing Cancer.
3. Wash your hands often and keep the surfaces clean around all door handles, counter tops, computer areas with Clorox wipes.
4. If your feet are cold wash them with warm water and soap dry them good, keep them warm ware socks or use a blanket .While you are setting up and watching TV, sipping on a hot toddy.

The main cures are- natural herbal teas, dark chocolate, almonds, walnuts, fruits and vegetable, yellow onion, vinegar, lemon, lime, honey, hydrogen peroxide, water, garlic and salt. Don't forget the Listerine.

For instruction on how to use the ingredient contact Roger the Doc at 210-452-1710

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