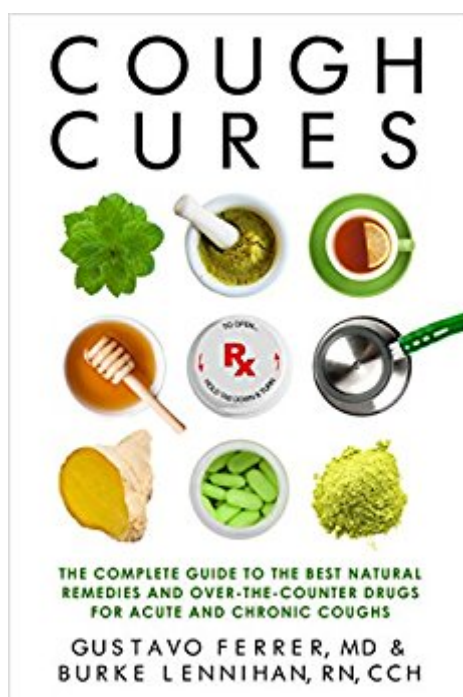


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# Cough Cures: The Complete Guide To The Best Natural Remedies And Over-the-Counter Drugs For Acute And Chronic Coughs



## Synopsis

In this groundbreaking book you will find the best of both worlds, bridging the gap between conventional and holistic medicine. *Cough Cures* is not just about coughs - it's about natural alternatives for antibiotics, cough syrups, pain and sleeping medications, even antacids. Dr. Gus Ferrer a renowned pulmonologist and Burke Lennihan RN, a certified practitioner in holistic medicine, bring you a book packed with natural cures and guides to the best over-the-counter drugs for acute and chronic cough. You will also learn about acupuncture, breathing exercises, and other techniques. The recommendations for natural remedies are documented with more than 200 research studies, so that both parents and physicians can feel confident in using them. *COUGH CURES* has the answers you've been waiting for! Discover:

- Why antibiotics don't work for most colds and coughs
- When and how to treat something safely at home
- How to save time and money treating coughs, colds, and flu
- How to avoid unnecessary (and possibly harmful) X-rays
- The top natural holistic treatments and safest drugs for coughs, colds, flu, insomnia, acid reflux and pain relief

"This groundbreaking book provides an unbiased approach to the best over-the-counter drugs and natural treatments for coughs, colds, and many more. The book provides easy-to-understand instructions while protecting consumers from being lured by false advertisement claims. Its information is valuable to both the general public and physicians." - Dr. Elena Rios, President, National Hispanic Medical Association

"We've needed this book for years, not only to treat coughs but also to live a healthier life. Useful for health professionals and lay people alike, it reads easily, and the shortcuts guide the reader to key points. I learned much and I plan to use the information in many new protocols. The appendices alone are worth buying the book as they provide the scientific research. I recommend it, not only to treat cough ailments, but also to live a healthier life." - Ret. Major General Bernard Loeffke, PhD, Author, Speaker & Humanitarian

Order a copy today and start feeling better soon!

## Book Information

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## Customer Reviews

“Cough Cures” is a book that should be on everyone’s bookshelf! At first glance, a reader may be inclined to think that this book will only help with determining treatment for chronic coughs, but that would be an enormous understatement. “Cough Cures” will help readers to understand and self-treat wide-ranging symptoms of the common cold with remedies that may even be found right in your own kitchen. In fact, I may even go so 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 of getting sick. The author’s credentials, as both an awarded Medical Doctor in the field of Pulmonology, and a homeopathic practitioner, make this book a trusted source of advice that is written in a way that everyone will understand. Dr. Gus seamlessly bridges the worlds of traditional modern medicine and homeopathic medicine with clear explanations of the benefits and dangers of OTC medications as well as in-depth, research-supported natural remedies that have been proven to work even more effectively than the well-known branded OTCs. The book is a well-organized guidebook for self-treatment of the common cold. I particularly found it helpful to have boxed summaries called “Shortcut Guides” at the end of sections which detailed multiple home-remedies and homeopathic brands available for sale. Other key information is also boxed within the chapters. In another chapter, dedicated to making sense of common OTC medications, I was surprised to learn that of the over 3000 OTCs on the market, 60% fall into 2 groups, - antihistamines and pain relievers. This chapter includes a useful table to help make sense of the active ingredients in common OTCs, including brand names, functions, effectiveness, and side effects.

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