



21 Secret Remedies for Colds and Flu: Build Your Immune System and Stay Healthy—Naturally!

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You can't afford to be sick!

Stop the flu in its tracks this year and beyond.

A healthy immune system is the key to winning the battle over the flu and other illnesses we are faced with on a daily basis. With contributions from Siloam's most popular health authors, including Dr. Leslie Ann Dauphin of the CDC, Dr. Don Colbert, Janet Maccaro, Cherie Calbom, and others, *21 Secret Remedies for Colds and Flu* gives you natural, practical ways to build your immune system and stay healthy during the cold and flu season.

With biblical perspectives, the latest scientific research on alternative health practices, and expert advice from doctors, nutritionists, naturopathic practitioners, and researchers from the Centers for Disease Control and Prevention, this book includes valuable insight on:

- **Sleep and rest**
- **Limiting sugar intake**
- **Vitamins and supplements**
- **Home remedies for colds, coughs, congestion, sore throats, and fever**
- **Superfoods that build immunity**
- **The power of prayer and so much more!**

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