



Natural Cold and Flu Defense

C. M. Hawken



Few things are more frustrating than coming down with a cold or the flu, and despite billions of dollars spent every year to treat their symptoms, there still exists no viable cure. Author C. M. Hawken examines various natural supplements—vitamin C, zinc, echinacea, and others—for their ability to fight colds and the flu. Also discussed are preventive strategies, the role of diet, and various helpful hints for staying healthy year-round.

- [Native Game](#)
- [Nation Builders Treatise : Theology: A Contemporary Revelation of the Abraham - Sarah Covenants](#)
- [National Museum of Wales Accounts 1993-94: Accounts of National Museum of Wales Prepared Pursuant to Section 9 \(4\) of the Museum and Galleries Act 1992 for the Year Ended 31 March 1994, Together with the Report of the Comptroller and Auditor General Thereon: \[Hc\]: \[1993-94\]: House of Commons Papers: \[19](#)
- [Natural Gas Market Review 2006, Towards a Global Gas Market](#)
- [Nat Geo Traveler New York City](#)
- [Naturalistische Novellen in Italien Und Osterreich](#)
- [Naturally Saponified](#)
- [National Gallery Technical Bulletin: v. 14](#)
- [A Nation Born in a Day : How God` Land Grant to Abraham Affects World Affairs and the End Times, and How You Can Partner with God in This Coming Event](#)