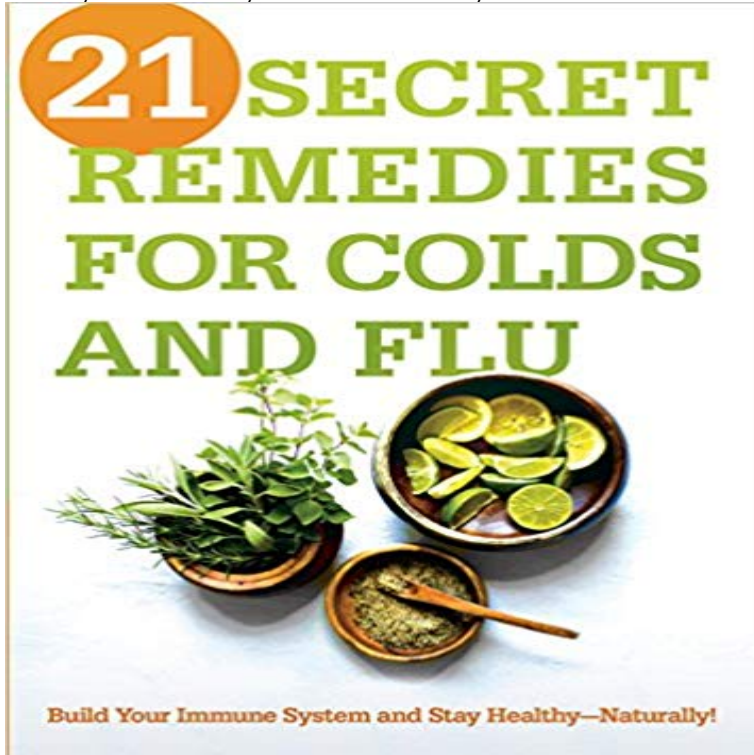


## 21 Secret Remedies for Colds and Flu: Build Your Immune System and Stay Healthy—Naturally!



You cant 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 Siloams 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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QUEM SOMOS

Seja Bem Vindo

E conhecereis a verdade, e a verdade vos libertará. João 8:32

CANAL SEGUINDO A VERDADE

Mensagem da semana - Semeai em Justiça

Mensagem da semana - Semeai em Justiça

A Bíblia em 1 minuto - 1 Pedro 5:7-8

A Bíblia em 1 minuto - 1 Pedro 5:7-8

Mensagem da semana - Pedindo e recebendo

Mensagem da semana - Pedindo e recebendo

Mensagem da semana - Andar no Espírito

Mensagem da semana - Andar no Espírito

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...

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Próximo »

MENSAGENS

Não Desista Nunca!

Não Desista Nunca!

Existem pedras. Não desista de andar! Existem barreiras. Não desista de passar! Existem os nós. É preciso desatar! ...  
[leia mais]

Vale sempre a pena

Vale sempre a pena

Nem tudo o que você fizer bem será elogiado. Haverá momentos em que tentará com muito esforço demonstrar um bom coração ... [leia mais]

O Deus do impossível

O Deus do impossível

Um jovem que trabalhava no exército era humilhado por ser cristão. Um dia seu superior querendo humilhá-lo na frente d... [leia mais]

Deus sabe o que faz

Deus sabe o que faz

Conta-se que um homem chamado Okiba teve que abandonar sua terra por motivos particulares, e, assim, peregrinou em reg... [leia mais]

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