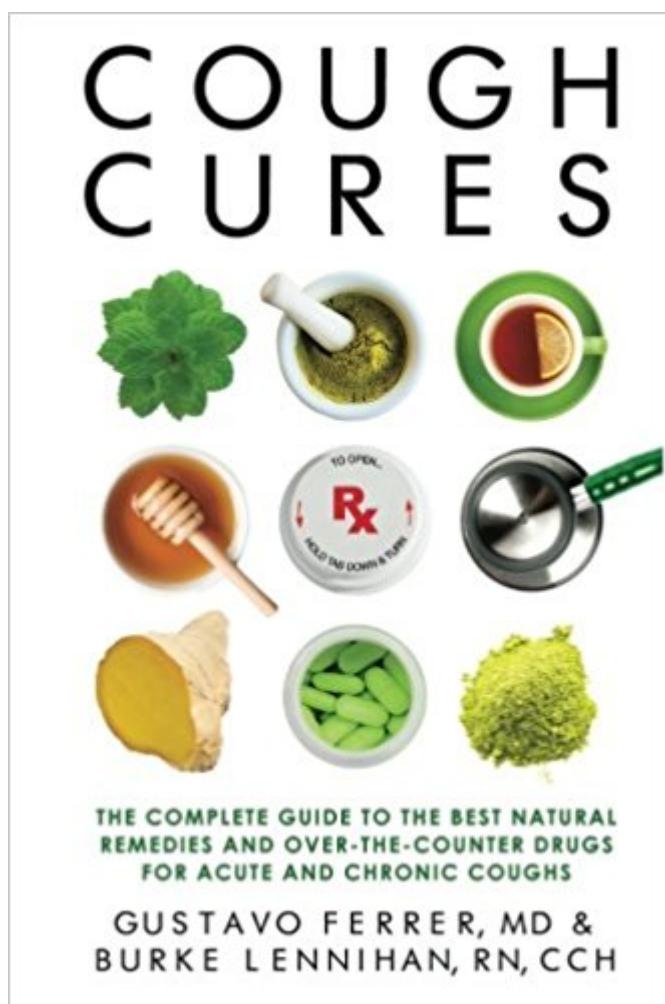


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# Cough Cures: The Complete Guide To The Best Natural Remedies And Over-the-Counter Drugs For Acute And Chronic Coughs



## 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 acupressure, 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. The book includes over 20 useful shortcut guides and tables which will be my “go-to” guides from now on. Dr. Gus gives readers a balanced guide to treating coughs and colds by informing them of the best, proven remedies, as well as when seeing a doctor is recommended. This book has earned a spot on my kitchen bookshelf and I know that I will be much better prepared the next time someone

in my family gets sick.

As a pre-med student, it is refreshing to read about well researched evidence based cures for the cough and common cold that are not directly tied in with standard medications but rather a more healthy and natural approach that actually work. Not only this but it is incredibly easy to read and breaks all scientific concepts down in a manner that makes it super easy to understand. This book is eye opening for those of us whose instant thought is to make a bee line for over the counter medications and prescription medicines from our doctors. I also loved that it talks about lifestyle choices and goes into preventative care which most people completely disregard and don't realize impacts their health more than anything! There is nothing like feeling empowered with knowledge and choices on how to treat common ailments that both you and your family may suffer from and this book provides just that. Great read, left a true impact on me and I will be sharing it with everyone I know.

This kind of medical book returns balance to health care management...Dr. Gus gives fair credence to grandma's remedies including providing explanations of why many of them work. Simple medicine in a complex healthcare world...a great reference guide for making the best choices in today's over-saturated, over-medicated market. Biggest revelation was early on in the book...the amount of accidental acetaminophen overload that many of us have experienced without even knowing it...not that I want to get a cough, but I almost can't wait so I can use this book to determine what kind it is and how to attack it! A definite must have for your home library!

I am so thankful that I found this book! I so often find myself in the scenario outlined by Dr. Ferrer; roaming the drug store aisle trying to find the right over the counter medicine to treat my symptoms, all the while wondering if an herbal remedy would serve me better. I love that he names reputable herbal supplement brands because in a market filled with imposters it is so hard to choose wisely. Dr. Ferrer approaches the subject matter from the point of view of a husband and a physician using humor and medicine to make this book a must read for everyone!

As founder of the Center for Integrative Therapies in Pharmaceutical Care at Massachusetts College of Pharmacy and Health Sciences and coordinator of the course, A Survey Of Complementary Alternative Medicine, I had Burke Lennihan as a guest lecturer each year and found her to be a fount of knowledge in natural medicine. Her previous book, Your Natural Medicine

Cabinet, has been useful to my doctor of pharmacy students who do a clerkship with me in my naturopathic integrative practice. Cough Cures promises to be an even more useful resource as it reviews over-the-counter medicines and provides extensive research to document its recommendations for natural medicine. Highly recommended for health care professionals and students as well as for home use.

What to do instead of antibiotics? As a primary care physician, there have been plenty of times I've seen a patient frustrated by a cough and desperate for anything to help it go away. Antibiotics are rarely a good answer, but patients understandably want something, especially when it's affecting their quality of life or their children are sick and up half the night. This book offers real solutions for patients and physicians - supplements, herbs, homeopathics, and more, with many research studies cited and safety information which will make physicians feel more confident recommending them. I've had great success with some of the products recommended in this well-written book.

I loved every aspect of this book. The writing was easy to understand as well as offering such an assortment of methods to treating coughs. It was especially interesting to read about ways of treating fevers and pain. This book is a must have on hand at all time type of book.

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