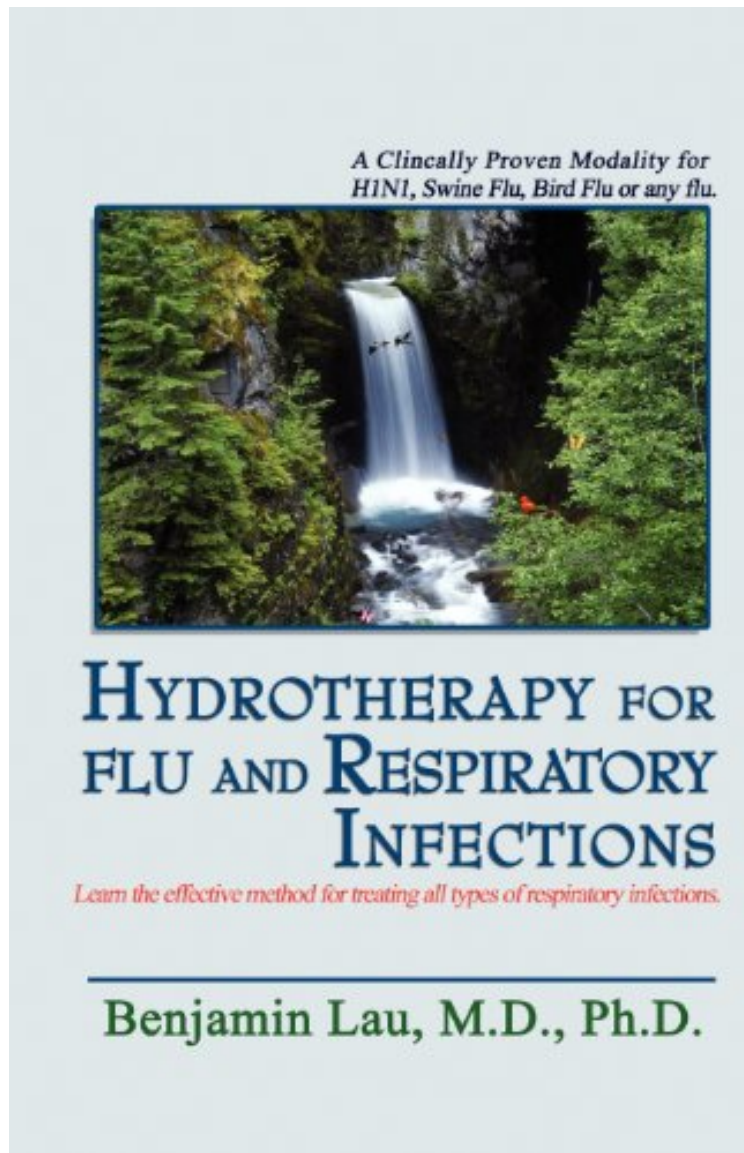


Hydrotherapy For Flu and Respiratory Infections

Benjamin Lau M.D. Ph.D.

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Benjamin Lau M.D. Ph.D. : Hydrotherapy For Flu and Respiratory Infections before purchasing it in order to gage whether or not it would be worth my time, and all praised Hydrotherapy For Flu and Respiratory Infections:

0 of 0 people found the following review helpful. Helpful informationBy ZallieI am interested in doing all I can to maintain my good health and this book filled the bill. I finished it in one reading, (big plus for me). There were some technical terms that were not familiar but that made no difference. What I needed to know was in the book and I

especially liked that the procedures are something I can do myself without having to see a doctor. Also liked the doctor's references to the spiritual side of the healing of our bodies that God created. 2 of 2 people found the following review helpful. this is the book you need to keep you healthy through the winter! By rebekah cheng This book is a very readable, well-referenced and practical guide for anyone who wants find a natural way to both prevent and treat respiratory illnesses, such as the common cold and flu. Not only will you avoid unnecessary antibiotics that won't really treat viral infections and may cause side effects, such as diarrhea, but you will save money and feel better sooner. These simple remedies using water therapy can be utilized without any special training, any special equipment, any cost, and any harmful effects. You can't lose. As an internal medicine specialist who has treated patients for almost 30 years, I highly recommend this book if you want to avoid missing school or work. What you learn can help your whole family stay healthier.

Flu and colds hit everyone and every year. No one can escape it. Flu and colds can be miserable. Flu may be lethal more than 60,000 Americans die from complications of flu each year! Furthermore, over 120,000 additional Americans die from other respiratory diseases every year! This book presents simple effective treatments that can prevent and avert these deaths. It describes how one can use hot water foot bath, moist heat, and other forms of water therapy to treat various virus infections including flu, common colds, sinusitis, bronchitis and pneumonia. Hydrotherapy for Flu and Other Respiratory Infections also contain tips to boost your immunity; and a powerful salad dressing recipe that can stop a threatening cold. Just follow the simple step by step instructions. You will be amazed at the results!