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User's Guide to Echinacea and Other Cold & Flu Fighters: How Vitamins and Herbs Can Get You Back on Your Feet Safely and Quickly (Basic Health Publications User's Guide)

Laurel Vukovic

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User's Guide to Echinacea and Other Cold & Flu Fighters: How Vitamins and Herbs Can Get You Back on Your Feet Safely and Quickly (Basic Health Publications User's Guide) Laurel Vukovic Many vitamins, dietary supplements, and herbs can greatly reduce cold and flu symptoms and shorten the duration of colds - if you begin taking them at the first sign of an infection. In this User's Guide, Laurel Vukovic describes the most important natural ways of fighting off colds and flus, including the use of such venerable herbs as echinacea, goldenseal, and elderberry.

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