



Cough Cures: The Complete Guide to the Best Natural Remedies and Over-the-Counter Drugs for Acute and Chronic Coughs

Gustavo Ferrer MD, Burke Lennihan RN

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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

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Chad Foster:

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