

The Doctors Book of Home Remedies for Cold and Flu.
By the Editors Of *Prevention*
Rodale inc. (2000)

The Editors of *Prevention* have put together the healing advice of numerous traditional and alternative health care providers. This compilation of healing advice begins with an excellent discussion about fever. Fever (a rise in body temperature) is a primary method for the body to defeat invading bacteria and viruses. Under some circumstances fever can be a good thing. However, a fever too high or prolonged can damage the very body it is trying to defend. This compilation of advice begins with clear guidelines for when to seek medical care.

The reader will find recommendations for immune boosting herbs and tonics, healing soaks, medicinal teas, throat soothing lozenges, and nose clearing washes. The importance of rest is repeatedly emphasized. And there is an entire section devoted to preventing or at least minimizing exposure to and the spread of cold and flu germs. Some of the remedies I already use. Others I've heard about but have not yet tried. Some of the remedies I thought were strange and ... well, maybe I'll slather myself with sliced onions but ... well ... maybe.

Now where is my humidifier?