

Title:

Find Natural Medicine

Word Count:

448

Summary:

Why wait for the winter flu to come around? Wouldn't it be better if we could take some measur

Keywords:

holistic medicine, natural cures, alternative medicine, natural healing, natural health, natur

Article Body:

Why wait for the winter flu to come around? Wouldn't it be better if we could take some measur

1. Sleep Well

At winter time our body invests energy in keeping us warm. We need to let it use fresh new en

2. Drink hot tea

On wintertime we consume less liquids and it's important to balance the level of our body liqu

3. Heat and Cold

Catching flu can be some times a result of moving from hot places to cold ones and the opposit

4. Eat but do not overfeed

We need to adjust our eating habits to the current season. On winter time our inner process a

5. Stay Active

Staying active is extremely important to normal functioning of your body. Have you wondered w

These are all very simple ideas I perform every winter and the results are amazing. I don't s

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