

An essential guide to preventing and treating colds and flu from the renowned New York Times personal health columnist and best-selling author. What are the differences between viral and bacterial infections, and how should they be treated? When do antibiotics work, and which over-the-counter remedies are effective for which symptoms? Here is everything you need to know about coping with stuffed-up noses, coughs, fevers, aches and pains, and fatigue. From preventative measures against catching the dreaded flu to surviving the unpleasant symptoms if you do get sick, Jane Brody answers all your questions and dispels age-old myths. Complete with special sections on when to call the doctor, and what to do with children suffering from colds and flu, this is everyone's essential winter survival guide.

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Jane Brody's Cold Flu Fighter has 6 ratings and 1 review. This indispensable guide tells you everything you need to know about coping with stuffed-up nos. An essential guide to preventing and treating colds and flu from the renowned New York Times personal health columnist and best-selling author. What are the . Buy Jane Brody's Cold and Flu Fighter by Jane Brody (ISBN: ) from Amazon's Book Store. Everyday low prices and free delivery on eligible.

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