



Curing of Cough

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Cough

To release air and clear an annoyance in the throat or airway, make a sudden, forceful hacking sound.

Common Causes

Coughing may have a variety of causes that aren't related to a disease. Normal airway clearance, irritants such as smoke and gas, tobacco use, or incorrectly swallowing food and liquids are all examples.

Cough Cures, challenges our Western mind-set that over medicates. The book offers evidence for conventional and natural remedies to effectively address coughs. The book is enriched by his medical training and experience in Cuba and in the US. It's a holistic treatment approach to one of the most common reasons for unnecessary doctor's visits, over use of antibiotics, and avoidable expenses on over-the-counter medications. Cough Cures is about

fending off coughs, colds and flu with the best of both worlds conventional and natural medicines. It's about what to use instead of antibiotics, saving money on over-the-counters and natural remedies, and confidently navigating the aisles of your local Pharmacy. It teaches when to treat something safely at home, while saving hundreds of dollars on co-pays. It shares simple and effective tips for a healthy lifestyle breathing exercises, acupressure, guided meditations while educating you on how to read a drug label, how to prepare for a doctor's appointment, and how to avoid unnecessary X-rays. Cough Cures includes dozens of charts and illustrations plus hundreds of research studies to back up its recommendations for natural cures. Take control of your health with this invaluable resource. "Cough Cures" will help the ENT's, Allergies and Pulmonologist by providing the necessary tools to assist patients when facing upper respiratory infections and postnasal drip.