

6th International Conference on

World Congress and Expo on

Otolaryngology: ENT Surgery

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Cell & Stem Cell Research

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**Gustavo Ferrer***Nova Southeastern University, USA***Evidence for the best over-the-counters and natural remedies for the treatment of upper respiratory infections and postnasal drip**

Cough Cures, challenges our Western mindset 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.

Speaker Biography

Gustavo Ferrer is an experienced pulmonologist trained both in Cuba and the US, founder of the Cleveland Clinic Florida Cough Clinic, interstitial lung disease and president of intensive care experts. He is an authority on respiratory ailments with more than 20 years of experience. He left the Cleveland Clinic in 2013 to establish Intensive Care Experts, a practice dedicated to bringing high-quality medical advancements to acute care hospitals, long-term care hospitals, skilled nursing facilities and home-care patients.

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