

10 Natural Cold Remedies

1. Epsom Salt Baths
2. Raw Garlic
3. Essential Oils
4. Neti Pot
5. Echinacea
6. Elderberry Syrup
7. Good Nutrition
8. Supplements (zinc, vitamin C, etc.)
9. Raw Honey
10. Cold Kicker Tinctures



Read more at:

keeperofthehome.org/2012/11/natural-cold-remedies.html

Graphic by thehumbledhomemaker.com

Disclaimer: This is for entertainment purposes only. Please consult your trusted healthcare provider.