



# **Colds, Flu, and Other Common Ailments: Basic Consumer Health Information About Common Ailments and Injuries, Including Colds and More (Health Reference Series)**

*Chad T. Kimball*

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Proper treatment of a stuffy nose, flu, or common injury can bring tremendous relief and quick recovery. A sick or injured family member can often recover from common ailments without seeing a health professional. However, the abundance of health information, medical rumors, and new cures available today can seem overwhelming.

This Sourcebook will help readers to understand and treat common ailments and injuries at home. It will aid readers in sorting through superfluous or incorrect health information, and it offers valuable advice concerning when to see a health professional. The Sourcebook includes information about colds and the flu; common nose, throat eye, and ear ailments; skin and digestive problems, sprains and strains, over-the-counter medicines and remedies, and finding accurate health information on-line. This Sourcebook also offers a glossary and a list of resources and references for further help and information.

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