

HOW TO WIN A BAD COLD IN LESS THEN 48 HOURS WITHOUT ANY MEDICATION USING ONLY HOME NATURAL REMEDIES!

Guide made from my own life experience!

By: Borche Kotevski

<https://www.enjoythisview.com/>

Introduction: A Journey to Natural Wellness

As a youngster, my health was akin to a fragile sapling in a storm—constantly under the weather. I was that kid who had a dedicated shelf in the medicine cabinet, stocked with an array of pharmaceutical concoctions. My well-meaning parents, bless their hearts, weren't exactly disciples of Mother Nature. Their go-to solution for sniffles and sneezes was to ply me with a cocktail of medications, in the hope that modern science would do its magic. Alas, this approach had an unintended side effect: my immune system became about as robust as a house of cards in a gusty wind, leaving me susceptible to every passing bug.

Upon embarking on my solo voyage of adulthood, I made a vow—a solemn declaration to break free from the shackles of synthetic remedies. Fast forward 15 years, and here I stand, a testament to the power of resolve. Not a single pill has journeyed past my lips since—not even the humble painkiller. My health? Better than ever. Illness is now a rare guest, and when it does pay a visit, its presence is so faint, it's as if it's not there at all.

So, how did I transform from a perpetual patient to a paragon of vitality?

I dove headfirst into the world of natural wonders, immersing myself in the lore of foods, oils, spices, and their remarkable abilities to wage war

on pesky pathogens. This guide is not just a collection of remedies; it's a chronicle of my quest for health sovereignty, a narrative steeped in the wisdom of the ancients, and a testament to the efficacy of nature's pharmacy.

Join me as I unfold the pages of my playbook against the common cold. Here's to your health, naturally elevated!

The Ultimate Guide to Natural Cold Combat: Fun & Professional Edition

Welcome to a world where colds quiver in fear. Here's your detailed dossier on how to put those sniffles to sleep, the natural and fun way!

1. Oregano Oil: The Mighty Defender

- **The Essence of Defense:** Think of wild oregano oil as your personal shield. Its antibacterial and antiviral prowess is the stuff of legends.
- Read more about it on my website :
• <https://www.enjoythisview.com/oregano-oil-benefits-unique-super-powers-against-cold-and-influenza-flu/>
- **Spray It, Don't Say It:** Oregano oil sprays are your first line of defense. A quick spritz in the mouth and nose can ward off those villainous germs.
- **Steamy Affairs:** For a more immersive experience, a steamy session with oregano oil can open up your sinuses and show that cold the exit. Just a drop in hot water, and you're on your way to relief.

2. Bee Elixirs: The Sweet Trio

- **Honey:** Your gooey ally in soothing sore throats and coughs. It's nature's sweet caress for your irritated throat lining.
- <https://www.enjoythisview.com/health-benefits-of-honey-natures-sweetest-gift/>
- **Propolis:** This bee glue isn't just for hives; it's packed with compounds that your immune system loves.
- **Royal Jelly:** The queen bee's secret to a long and healthy life. A spoonful of this could give your immune system the royal treatment.
- <https://www.enjoythisview.com/unveiling-the-royal-jelly-benefits-why-its-worth-the-buzz/>

3. Mighty Supplements: The Body's Reinforcements

- **Omega Fatty Acids:** These are the peacekeepers of your body, maintaining inflammation in check and supporting immune function.
- **Black Seed Oil:** Known as the seed of blessing, its antihistamine powers can help you say "bless you" a lot less.
- **Shilajit:** The ancient resin that whispers tales of Himalayan wellness. Fabled to carry a spectrum of minerals and fulvic acid for overall vigor.
- Learn more about this amazing herbomineral : <https://www.enjoythisview.com/herbomineral-that-gives-superpowers-shilajit-benefits-uses-and-side-effects/>

4. Veggie Soup: The Spice Squadron

- **The Recipe for Recovery:** A hot bowl of veggie soup, teeming with spices such as cayenne pepper (<https://www.enjoythisview.com/spice-of-life-unraveling-the-health-benefits-of-cayenne-pepper/>), garlic (<https://www.enjoythisview.com/benefits-of-eating-garlic->

[at-night-discover-the-super-powers-of-garlic/](#)), and onion, is your culinary weapon against the cold.

- **Flavorful & Formidable:** It's not just about taste; these spices bring anti-inflammatory and antimicrobial firepower to your bowl.

5. Taratur: The Cool Conqueror

- **The Underdog:** This cucumber-yogurt delight is a refreshing twist in your cold-busting arsenal, proving that sometimes the most unexpected heroes can save the day. Add lots of garlic(<https://www.enjoythisview.com/benefits-of-eating-garlic-at-night-discover-the-super-powers-of-garlic/>) and lots of black pepper to make it effective and potent as super hero!

6. The Power Meal: Eggs in Olive Oil

- **Simple Yet Mighty:** Eggs (read more about the super powers of eggs: <https://www.enjoythisview.com/benefit-of-egg-yolks-more-than-just-a-breakfast-delight/>) fried in a glug of olive oil (read more about it about the super powers of olive oil <https://www.enjoythisview.com/unlocking-the-healing-benefits-of-drinking-olive-oil/>) aren't just delicious; they're a dynamic duo of protein and heart-healthy fats ready to fuel your fight against the common cold.

7. Aronia Shots: The Antioxidant Archers

<https://www.enjoythisview.com/exploring-aronias-chokeberry-health-benefits-and-its-super-powers/>

- **Berry Brave:** These little berries pack a punch, loaded with antioxidants that can boost your immune system like a shot of vitality.

8. Fresh Air: The Breath of Battle

- **Venture Forth:** Step outside and fill your lungs with the crisp, clean air. It's a natural way to rejuvenate your body and spirit.

9. Salt Water Gargle: The Classic Cleanser

- **Rinse & Repeat:** A saltwater gargle can be as routine as brushing your teeth, yet it's an incredibly powerful ritual to keep your throat free of irritants.



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