



The next time that you experience a cold or the flu, remember this: giving your body plenty of rest while allowing the cold or flu to run its course is good for your health. Conventional medicine and the pharmaceutical industry would have you believe that there is no "cure" for the common cold, that you should protect yourself against the flu with a vaccine that is laden with toxic chemicals, and that during the midst of a cold or flu, it is favorable to ease your discomfort with a variety of medications that can suppress your symptoms.

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