Can I Catch A Cold From The Cold A Children S Dis

What is the coronavirus, and why is everyone talking about it? Engagingly illustrated by Axel Scheffler, this approachable and timely book helps answer these questions and many more, providing children aged 5-10 and their parents with clear and accessible explanations about the coronavirus and its effects - both from a health perspective and the impact it has on a family's day-to-day life. With input from expert consultant Professor Graham Medley of the London School of Hygiene & Tropical Medicine, as well as advice from teachers and child psychologists, this is a practical and informative resource to help explain the changes we are currently all experiencing. The book is free to read and download, but Nosy Crow would like to encourage readers, should they feel in a position to, to make a donation to: https://www.nhscharitiestogether.co.uk/

A cyanide capsule and a bullet to the head. This is how Adolf Hitler is about to kill himself. The date is the 30th of April, the year is 1945. Hitler and his wife of less than two days, Eva Braun, are together in the Fuhrerbunker, an underground complex near the Reich Chancellery in Berlin. Berlin itself is not yet under siege, but it is apparent to all that it soon will be. For the Allies have defeated the Wehrmacht in the Belgian Ardennes and have already crossed the Rhine into Germany. While at the same time, the Red Army are advancing westwards towards the German capital, unstoppable since their decisive victory at Stalingrad. As a result, SS generals are now refusing to obey Hitler's orders. Stuck down in his bunker and feeling powerless, Hitler has begun to suffer a mental breakdown. The war is lost and he knows it now. Germany surrendered, unconditionally, a week after Hitler's death, on the 7th of May, 1945. The following day was declared Victory in Europe Day. The Second World War on the European continent was formally confirmed over. The war would continue in Asia for another three months, eventually ending on the 15th of August, 1945 - just over a week after the dropping of the Little Boy and Fat Man atomic bombs on the Japanese cities of Hiroshima and Nagasaki. Germany was in utter ruins and occupied by the armies of the Soviet Union, France, America, and Britain and her Commonwealth. Meanwhile the world had witnessed the utterly destructive power of atomic weapons. This was how the Second World War ended; it was also how the Cold War began. The Cold War would last nearly half a century, with flashpoints occurring in locations all across the globe; from Afghanistan to Vietnam, Korea to Cuba. The real Cold War battlefront, though, was in Germany. It was here where the militaries of the Soviet Union and the Warsaw Pact countries faced off against the militaries of America and her European NATO allies. It was here where the bulk of the nuclear missiles were located, where the troops were based. Germany - then Germanies - was the true frontier of the Cold War. Following the collapse of the Berlin Wall in 1989, and the dissolution of the Soviet Union shortly after in 1991, the militaries that had based themselves in Germany for the past 50 years started to slowly return to their respective home countries. The military bases, and all the infrastructure that went along with sustaining them, were stripped bare and left behind. The purpose of this book is to document these Cold War sites as they are today, in 2016. They will not be around for much longer; most face imminent demolition, and the ones that don't are decaying and succumbing to nature. The hope is that by documenting how these bases currently are, as well as providing a short history on each of the sites, an audience unable to visit them themselves will learn something new about the Cold War. It was a military stand-off on a scale of which the world has never seen before. We have history books that communicate that scale; that communicate the dangers faced; the close calls and near misses; the fallibility of all those involved. Perhaps this book, and the pictures it contains, can help to communicate some of these things too, but in a different way.

A parent always worries that their child will catch cold in winter weather if they don't wrap up warm. The Animal Alphabet series continues with the story of Charlie, the foolish Crocodile, who is so sure he can't possibly catch a cold that he won't wear his warm clothes. Lost in the snow he is rescued by a volunteer from an animal shelter, who traces his mother and returns Charlie to his home. Charlie has indeed caught a cold, and learns to wrap up warm during cold weather in future. Charlie's mother is traced by means of Charlie's microchip, so this gentle warning also introduces the concept of animal rescue centres and the important work they do helping and rehoming animals, inspired by the animal shelter.

"In print, online, or on your mobile device, Principles and Practice of Pediatric Infectious Disease provides the comprehensive and actionable coverage you need to understand, diagnose, and manage the ever-changing, high-risk clinical problems caused by infectious diseases in children and adolescents. With new chapters, expanded and updated coverage, and increased worldwide perspectives, this authoritative medical reference offers the latest need-to-know information in an easily-accessible, high-yield format for quick answers and fast, effective intervention!"--Publisher's website.

What to Do for Colds and Flu

The Good Doctor's Guide to Colds and Flu [Updated Edition]

Cold Ghost

Cold and Flu Relief

Cold Cases True Crime

Charlie the Crocodile Who Couldn't Catch a Cold

Many common health problems can be treated with simple remedies you can do at home. Even if the steps you take don't cure the problem, they can relieve symptoms and allow you to go about your daily life, or at least help you until you're able to see a doctor. Some remedies, such as changing your diet to deal with heartburn or adapting your home environment to cope with chronic pain, may seem like common sense. You may have questions about when to apply heat or cold to injuries, what helps relieve the itch of an insect bite, or whether certain herbs, vitamins or minerals are really effective against the common cold or insomnia. You'll find these answers and more in Mayo Clinic Book of Home Remedies. In situations involving your health or the health of your family, the same questions typically arise: What actions can I take that are immediate, safe and effective? When should I contact my doctor? What symptoms signal an emergency? Mayo Clinic Book of Home Remedies clearly defines these questions with regard to your health concerns and guides you to choose the appropriate and most effective response.

In partnership with the Centre for Addiction and Mental Health (CAMH), Tundra is proud to launch an important series of books for children who have to cope with adult-sized problems. Young Alex's father had been a policeman until he began to suffer from depression, perhaps the most common mental health issue we face. Alex's questions are those that are often asked by the children of parents who have depression: is the parent simply lazy? Does he no longer care? And is it something I can catch, like a cold? In simple, straightforward language, the book explains what depression is and how it is treated. It also prepares a child for working with a helping professional. And perhaps most important, it reassures a child that he or she is not alone. Written by Canada's foremost experts in the field, this is an important book to spur discussion and allay fears of those affected by depression.

Public health officials and organizations around the world remain on high alert because of increasing concerns about the prospect of an influenza pandemic, which many experts believe to be inevitable. Moreover, recent problems with the availability and strain-specificity of vaccine for annual flu epidemics in some countries and the rise of pandemic strains of avian flu in disparate geographic regions have alarmed experts about the world's ability to prevent or contain a human pandemic. The workshop summary, The Threat of Pandemic Influenza: Are We Ready? addresses these urgent concerns. The report describes what steps the United States and other countries have taken thus far to prepare for the next outbreak of "killer flu." It also looks at gaps in readiness, including hospitals' inability to absorb a surge of patients and many nations' incapacity to monitor and detect flu outbreaks. The report points to the need for international agreements to share flu vaccine and antiviral stockpiles to ensure that the 88 percent of nations that cannot manufacture or stockpile these products have access to them. It chronicles the toll of the H5N1 strain of avian flu currently circulating among poultry in many parts of Asia, which now accounts for the culling of millions of birds and the death of at least 50 persons. And it compares the costs of preparations with the costs of illness and death that could arise during an outbreak.

Describes the experiences of a newcomer to the Yukon when he attempts to hike through the snow to reach a mining claim.

Principles and Practice of Pediatric Infectious Diseases

The Threat of Pandemic Influenza

What to Eat

Out of the Cold

Abandoned Cold War Germany

What to Eat When

THE ESSENTIAL WORK IN TRAVEL MEDICINE -- NOW COMPLETELY UPDATED FOR 2018 As unprecedented numbers of travelers cross international borders each day, the need for up-to-date, practical information about the health challenges posed by travel has never been greater. For both international travelers and the health professionals who care for them, the CDC Y 2018: Health Information for International Travel is the definitive guide to staying safe and healthy anywhere in the world. The fully revised and updated 2018 edition codifies the U.S. government's most current health guidelines and information for international travelers, including pretravel vaccine recommendations, destination-specific health advice, and easy-to-reference maps charts. The 2018 Yellow Book also addresses the needs of specific types of travelers, with dedicated sections on: · Precautions for pregnant travelers, immunocompromised travelers, and travelers with disabilities · Special considerations for newly arrived adoptees, immigrants, and refugees · Practical tips for last-minute or resource-limited travelers · Advice for air crews, humar missionaries, and others who provide care and support overseas Authored by a team of the world's most esteemed travel medicine experts, the Yellow Book is an essential resource for travelers -- and the clinicians overseeing their care -- at home and abroad.

Discover How You Can Prevent and Treat Colds and FluLearn How to Get Rid Of Cold and Flu FastEveryone worries about the cold and flu, especially during flu season. Sometimes, you can feel helpless, but there are preventative methods that can make you feel in control again. You shouldn't feel as if you can't do anything about getting sick because there is a lot that you can helpless when it comes to the cold and flu, and really it is in your hands if you wish to raise your immune system to a level that will help you to make sure you aren't going to get sick. It will at least decrease the chance that you will catch the cold or even the flu. Viruses are something that only your immune system will be able to help, and that is exactly why it is important that you immune system during the season where it is at its most risk.7 Reasons to Buy This Book1. In this book you will learn how a flu vaccine works and how it can really help you to prevent the flu. 2. In this book you will learn how eating right can also help you to raise your immune system. 3. This book will explain why getting a good night's rest is a great prevention method for the co this book you will learn some of the herbs that can also help you to prevent the cold or flu. 5. This book will teach you how to exercise in a manner that will boost your immune system. 6. This book will teach you how being happier in your own company will limit your exposure to the cold and flu. 7. In this book you will learn what you should discuss with your doctor about the cold You'll Learn from "Cold And Flu Relief"* A Little Bit About the Cold & Flu* Why Washing Your Hands is So Important* Preventative Herbs Are Always Helpful* Getting the Flu Shot Actually Helps* Alcohol-Based Hand Sanitizer Will Prove Useful* A Face Mask Will Also Help You* Eat Healthily to Recover From Even Light Sickness* Getting Enough Rest Will Help Your Immune Sy A Vitamin D Supplement Is Also Recommended * Regular Exercise Will Also Help to Boost Your Immune System* Learn to Be Happy In Your Own Company A Little More* Some Final Things to Remember about the Cold & FluWant to Know More?Hurry! For a limited time you can download "Cold And Flu Relief - The Top 10 Ways To Stay Healthy During Cold And Flu Season" special discounted price of only $3.99 Download Your Copy Right Now!Just Scroll to the top of the page and select the Buy Button. -----TAGS: cold and flu relief, flu, flu vaccine, immune system, cold and flu, herbal medicine, influenza

The Pocket Book is for use by doctors nurses and other health workers who are responsible for the care of young children at the first level referral hospitals. This second edition is based on evidence from several WHO updated and published clinical guidelines. It is for use in both inpatient and outpatient care in small hospitals with basic laboratory facilities and essential medicine settings these guidelines can be used in any facilities where sick children are admitted for inpatient care. The Pocket Book is one of a series of documents and tools that support the Integrated Managem.

"The Quit Smoking Answer" is structured in such a way that all readers follow a process of "cold turkey" cessation through a step-by-step system to become nicotine free. The system shared is quick, easy, and proven, regardless of a person's dependency on nicotine. If you have ever thought, "wouldn't it be nice to quit smoking" than you've set the mood and you're ready to beg quit nicotine than you think! JW Smith, a smoker for 40 years, wrote this book after ending his vicious cycle of numerous failed attempts to quit. His system for nicotine cessation evolved over a subsequent six-week period of preparation to quit. He shares his story about a conversation with his nine year-old granddaughter that finally set the wheels in motion to find a better way - JW researched smoking cessation methods and used his own experience to forge a new path. This book may very well be destined to be in a category by itself in the nicotine cessation world of recommendations and advice. Why? Because it works! JW makes the case that smoking cessation is not an event, but rather a process. His book will teach you the key cognitive techniq both the physical and psychological addictions to nicotine. It debunks myths about nicotine replacement therapy products and instead lays out a natural progression of steps for becoming a nonsmoker. The premise of the book is based on this famous quote; "When you change the way you look at things, the things you look at change." In the beginning of the book it is recommer an environment and path of least resistance. Less resistance to quit is the first key step to becoming nicotine free. It is recommended that readers continue the use tobacco products including e-cigarettes while reading the book over a two or three day period of time- helping again to establish less resistance to quit. He additionally recommends as a first step that you tell no one - preventing anyone including yourself of sabotaging your intention. As you apply the techniques and methods written about it becomes a natural procession leading up to your very last cigarette or use of chewing tobacco. A transformation of your thinking takes place and ending your addiction will seem like an "almost non-event" - as something just happens to you as you read will be physically and mentally prepared to end your addiction after reading this one of a kind book. Free from nicotine for life - and all the great rewards that come with it!

The Hidden Brain

CDC Yellow Book 2018: Health Information for International Travel

The Common Cold and Common Sense

Before the Coffee Gets Cold

The Uncommon Life of Your Common Cold

The Mayo Clinic Book of Home Remedies

Enjoy the Wonderful Effects of Essential Oils There's a very good reason why more and more people are seeing the benefits of using Essential Oils good for colds. Over the years, the health benefits of essential oils have been more and more apparent. A cold is a common viral infectious disease that enters the body through the mouth, nose or eyes. It is caused by a general virus or most commonly from a rhinovirus. It is fairly easy to catch a cold from other people but compared to other infections that the body might catch, having a cold does not pose life-threatening infection. It affects the nose and throat or the upper respiratory tract of the body. It is also more common in children but some adults are still prone to getting cold viruses. Colds usually only last for up to 10 days and can be treated with simple self-care methods and over-the-counter medicine for its symptoms. Essential Oil Recipes for Diffusers, Roller Bottles, Inhalers & more that are goold for colds Explore the many healthy remedies for the Mind, Body and Soul. Inside you will find recipes good for colds. There is currently no cure or vaccine for colds but it can be relieved. Aside from drinking antibiotics such as paracetamol, colds can also be soothed with essential oils.Unlock the power of Essential Oils and enjoy the wonderful effects of essential oils good for colds. Priced normally at $7.99, for a limited time, you can get this Kindle Book for only $2.99

When Mr. Putter catches a cold, his friend Mrs. Teaberry sends over some special treats to help him feel better.

This is the story of one of the most familiar, if rarely fatal, diseases - the common cold. It examines the attempts by scientists and doctors from ancient to modern times to provide a cure, with particular emphasis on the work of an eccentric institution based in Salisbury - the Common Cold Unit.

Escapades of a lucky little girl who lives with a horse and a monkey - but without any parents - at the edge of a Swedish village.

The Quit Smoking Answer

A Story to Help Children Understand a Parent's Depression

Mr. Putter and Tabby Catch the Cold

How to Prevent and Treat Colds, Flu, Sinusitis, Bronchitis, Strep Throat, and Pneumonia at Any Age

What to Do For The Most Common Health Problems

To Build a Fire

Some colds are like mice, timid and annoying; others like dragons, accompanied by body aches and deep misery. In AH-CHOO!, Jennifer Ackerman explains what, exactly, a cold is, how it works, and whether it's really possible to "fight one off." Scientists call this the Golden Age of the Common Cold because Americans suffer up to a billion colds each year, resulting in 40 million days of missed work and school and 100 million doctor visits. They've also learned over the past decade much more about what cold viruses are, what they do to the human body, and how symptoms can be addressed. In this ode to the odious cold, Ackerman sifts through the chatter about treatments-what works, what doesn't, and what can't hurt. She dispels myths, such as susceptibility to colds reflects a weakened immune system. And she tracks current research, including work at the University of Virginia at Charlottesville, a world-renowned center of cold research studies, where the search for a cure continues.

What to Eat is a classic—"the perfect guidebook to help navigate through the confusion of which foods are good for us" (USA Today). Since its publication in 2006, Marion Nestle's What to Eat has become the definitive guide to making healthy and informed choices about food. Praised as "radiant with maxims to live by" in The New York Times Book Review and "accessible, reliable and comprehensive" in The Washington Post, What to Eat is an indispensable resource, packed with important information and useful advice from the acclaimed nutritionist who "has become to the food industry what . . . Ralph Nader [was] to the automobile industry" (St. Louis Post-Dispatch). How we choose which foods to eat is growing more complicated by the day, and the straightforward, practical approach of What to Eat has been praised as welcome relief. As Nestle takes us through each supermarket section—produce, dairy, meat, fish—she explains the issues, cutting through foodie jargon and complicated nutrition labels, and debunking the misleading health claims made by big food companies. With Nestle as our guide, we are shown how to make wise food choices—and are inspired to eat sensibly and nutritiously.

Kids from preschool through third grade will LOVE this silly story about a young boy whose vivid imagination goes into overdrive as he wonders why his classmates aren't showing up to school each day. He eventually discovers they are not being taken or in harm's way but rather they just caught a COLD. Uncertain what a COLD actually is, our hero sets out on an adventure to literally catch a COLD. Will he succeed? Will he actually catch a COLD? Anyone who has ever been in a classroom where students start getting sick should know the answer to that question. #H2CAC

What would you change if you could travel back in time? Down a small alleyway in the heart of Tokyo, there's an underground café that's been serving carefully brewed coffee for over a hundred years. Local legend says that this shop offers its customers something else besides coffee—the chance to travel back in time. The rules, however, are far from simple: you must sit in one particular seat, and you can't venture outside the café, nor can you change the present. And, most important, you only have the time it takes to drink a hot cup of coffee—or risk getting stuck forever. Over the course of one summer, four customers visit the café in the hopes of traveling to another time: a heartbroken lover looking for closure, a nurse with a mysterious letter from her husband, a waitress hoping to say one last goodbye and a mother whose child she may never get the chance to know. Heartwarming, wistful and delightfully quirky, Before the Coffee Gets Cold explores the intersecting lives of four women who come together in one extraordinary café, where the service may not be quick, but the opportunities are endless.

In Cold Blood

Billionaire Romance

How to Catch a Cold

Natural Ventilation for Infection Control in Health-care Settings

Coronavirus: A Book for Children

Essential Oil Recipes for Colds for Diffusers, Roller Bottles, Inhalers & More

From two of the world's top scientists and one of the world's top science writers (all parents), Dirt Is Good is a q&a-based guide to everything you need to know about kids & germs. "Is it OK for my child to eat dirt?" That's just one of the many questions authors Jack Gilbert and Rob Knight are bombarded with every week from parents all over the world. They've heard everything from "My two-year-old gets constant ear infections. Should I give her antibiotics? Or probiotics?" to "I heard that my son's asthma was caused by a lack of microbial exposure. Is this true, and if so what can I do about it now?" Google these questions, and you'll be overwhelmed with answers. The internet is rife with speculation and misinformation about the risks and benefits of what most parents think of as simply germs, but which scientists now call the microbiome: the combined activity of all the tiny organisms inside our bodies and the surrounding environment that have an enormous impact on our health and well-being. Who better to turn to for answers than Drs. Gilbert and Knight, two of the top scientists leading the investigation into the microbiome—an investigation that is producing fascinating discoveries and bringing answers to parents who want to do the best for their young children. Dirt Is Good is a comprehensive, authoritative, accessible guide you've been searching for.

Sixth in the New York Times bestselling Chicagoland Vampires series Turned into a vampire against her will, twenty-eight-year-old Merit found her way into the dark circle of Chicago's vampire underground, where she learned there was more to supernaturals than met the eye--and more supernaturals than the public ever imagined. And not all the secrets she learned were for sharing--among humans or inhumans. Now Merit is on the hunt, charging across the stark American Midwest, tailing a rogue supernatural intent on stealing an ancient artifact that could unleash catastrophic evil on the world. But Merit is also the prey. An enemy of Chicagoland is hunting her, and he'll stop at nothing to get the book for himself. No mercy allowed. No rules apply. No lives spared. The race is on.

Here's the newest twist on the familiar tale of There Was an Old Lady Who Swallowed A Fly.There was a cold lady who swallowed some snow.I don't know why she swallowed some snow.Perhaps you know.This time, the old lady is swallowing everything from snow to a pipe, some coal, a hat, and more! With rollicking, rhyming text and funny illustrations, this lively version will appeal to young readers with every turn of the page. And this time, there's a surprise at the end no reader will be able to guess!

This guideline defines ventilation and then natural ventilation. It explores the design requirements for natural ventilation in the context of infection control, describing the basic principles of design, construction, operation and maintenance for an effective natural ventilation system to control infection in health-care settings.

There Was a Cold Lady Who Swallowed Some Snow!

Cold Wars

Guidelines for the Management of Common Childhood Illnesses

How You Can Catch the Common Cold and how You Can Avoid it

How Our Unconscious Minds Elect Presidents, Control Markets, Wage Wars, and Save Our Lives

Pippi Longstocking

Teach your children how to protect themselves for whenever you will be away from them. May it be for their everyday and practical protection or for their long-term medical career path, this book will serve as your children's first learning material about diseases and how to avoid and cure them. Get a copy now.

True Murder Stories And Accounts Of Incredible Murder Mysteries From The Last Century Unsolved Mysteries, a famous show which started airing in 1987, continue to feature many stories of unsolved cases from missing persons, murders, wanted fugitives, and paranormal phenomena. Each episode, featuring 4 to 5 real-life cases, is aimed on publicizing the stories so that witnesses could come forward a report what they knew. With the show's success and good intentions, it was only natural for the crew and staff to receive letters of admiration and gratitude. However, on December 1993, Unsolved Mysteries received a strange post card. The letter from an anonymous person went like this: "Forget Circleville, Ohio. If you come to Ohio, you el sickos will pay." In the end, it was signed, "The Circleville Writer." Despite the warning, the letter only seemed to have fueled the interest of Unsolved Mysteries, so they dug into what was really in Circleville and found out more than what they bargained for... Imagine if you had to wait decades for a crime to be solved: when the murderers are already dead and when the victim's loved ones have already lost so much, will there still be satisfaction? For the police, Cold Cases be considered a failure, but for the families left by the victims, it's heartbreaking. They have to live their lives day in and day out knowing that something didn't add up. The cases in this book still perplex the minds of not just the police and the families, but also those who are familiar with the events...

Head Colds. Neglected Colds. Why are there so many Colds? Renowned artist André François explains in his own delightfully comical way in Never Catch a Cold, narrating just why the Cold—in all its various forms—continues to flourish. He also introduces readers to a host of fantastical creatures outlived by the Cold. François' tongue-in-cheek humor and inimitable black-ink drawings make this a Cold epidemic worth getting in on!

All Hager had to do was slow the dogsled to a walk, and his partner died. A perfect crime--no chance to get caught!

The Fight Against the Common Cold

Ah-Choo!

What You Need to Know about Infectious Disease

Never Catch a Cold

Are We Ready? Workshop Summary

Pocket Book of Hospital Care for Children

BILLIONAIRE ROMANCE Anna McCallister loves her billionaire real estate tycoon boss, Henry Reid, with all her heart. She loves his kindness, his innovation, his endless optimism, and his sense of humor. Not to mention the fantasies she has about him day and night. But shy, gentle Anna wouldn't dream of approaching him with her desires. She has convinced herself that he could never be interested in her, but takes every opportunity she can to be with him. On Christmas Eve, she gladly goes with him on a visit to a Catskills farmhouse that his company just completed rebuilding. There, they plan to tour the place, finish up with the construction team, and have a nice dinner with one of Henry's friends. Henry left off dating a few years ago after a horrible breakup led to his being stalked by his ex. He claims to be "picky", leaving Anna to feel that she has no chance. But when Henry's dour but attractive foreman, James Thompson, flirts with Anna openly in front of him, Henry reacts with obvious jealousy. Unfortunately this leads to his ignoring James when the man tries to warn him that a powerful snowstorm is bearing down on them. Later that night, before the pair can leave, the snowstorm hits, trapping them inside the farmhouse with only a few supplies. They have two days before they run out of the means to heat the farmhouse in the freezing weather. In the deepening cold, they share a bed for warmth...and Anna's longing catches fire when she finds herself in Henry's sleepy embrace.

Aims to show how you can live without catching a cold, getting the flu, or having to experience cold and flu symptoms like sore throats, nasal congestion, fever and laryngitis. This book shows how to get your metabolism to a state where you can't become infected, and also contains diet and exercise programmes useful to maximise body potential.

The Centre for Addiction and Mental Health recognized the need for materials to help healthy children deal with depression in their families. This book is the result of the creative thinking and dynamic collaboration of a variety of people.

From cold and flu to pneumonia and bronchitis; from tonsillitis and sinusitis to SARS and COVID-19: eminent Mount Sinai lung specialist and leading pulmonologist Neil Schacter, M.D., explains how to treat and prevent these illnesses. In The Good Doctor's Guide to Colds and Flu, he describes how to avoid illness, boost immunity, and combat congestion, fever, and discomfort when cold, flu, and other respiratory infections strike. This updated edition includes: A new chapter that offers practical strategies on how to prevent, treat, and recover from COVID-19 Prevention and treatment plans for the 6 most common respiratory infections: colds, influenza, sinusitis, bronchitis, tonsillitis, and pneumonia The four stages of a cold, and one of the best ways to avoid catching one The latest research on well-known cold remedies such as Vitamin C, Zinc, and Echinacea The four major types of pneumonias, and the prevention technique that can eliminate more than 80 organisms that cause it Why humming five seconds a day can reduce risk of sinus problems The surprising reason why women catch more colds Advice for people with diabetes, asthma, allergies, and more!

Never Get Another Cold

The Advantage of Germs for Your Child's Developing Immune System

Can I Catch It Like a Cold?

Can I Catch a Cold from the Cold? | A Children's Disease Book (Learning About Diseases)

True Murder Stories and Accounts of Incredible Murder Mysteries from the Last Century

Your Mind Can Stop the Common Cold

Selected by the Modern Library as one of the 100 best nonfiction books of all time From the Modern Library's new set of beautifully repackaged hardcover classics by Truman Capote—also available are Breakfast at Tiffany's and Other Voices, Other Rooms (in one volume), Portraits and Observations, and The Complete Stories Truman Capote's masterpiece, In Cold Blood, created a sensation when it was first published, serially, in The New Yorker in 1965. The intensively researched, atmospheric narrative of the lives of the Clutter family of Holcomb, Kansas, and of the two men, Richard Eugene Hickock and Perry Edward Smith, who brutally killed them on the night of November 15, 1959, is the seminal work of the "new journalism." Perry Smith is one of the great dark characters of American literature, full of contradictory emotions. "I thought he was a very nice gentleman," he says of Herb Clutter. "Soft-spoken. I thought so right up to the moment I cut his throat." Told in chapters that alternate between the Clutter household and the approach of Smith and Hickock in their black Chevrolet, then between the investigation of the case and the killers' flight, Capote's account is so detailed that the reader comes to feel almost like a participant in the events.

The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing exploration of the secrets our brains keep from us—and how they are revealed.

NY Times best-selling author Dr. Michael Roizen reveals how the food choices you make each day--and when you make them--can affect your health, your energy, your sex life, your waistline, your attitude, and the way you age. What if eating two cups of blueberries a day could prevent cancer? If drinking a kale-infused smoothie could counteract missing an hour's worth of sleep? When is the right time of day to eat that chocolate chip cookie? And would you actually drink that glass of water if it meant skipping the gym? This revolutionary guide reveals how to use food to enhance our personal and professional lives--and increase longevity to boot. What to Eat When is not a diet book. Instead, acclaimed internist Michael Roizen and preventive medicine specialist Michael Crupain offer readers choices that benefit them the most--whether it's meals to help them look and feel younger or snacks that prevent diseases--based on the science that governs them.

Dirt Is Good

Biting Cold

NIH MedlinePlus

A Strategic Plan to Improve Your Health and Life Through Food

What Essential Oils are Good for Colds

The Top 10 Ways to Stay Healthy During Cold and Flu Season