

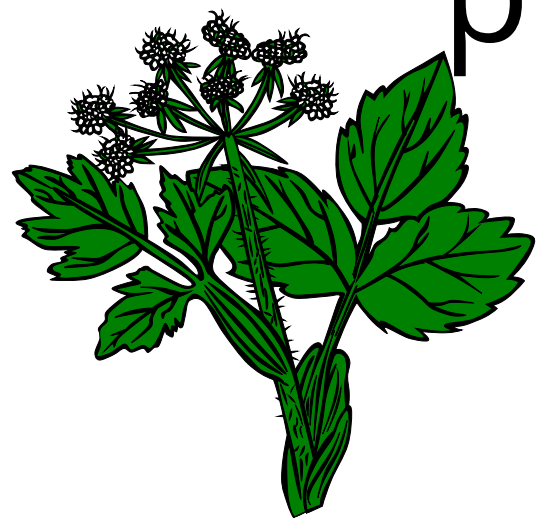


SURVIVING MEXICO PRESENTS

TRADITIONAL MEXICAN COLD AND FLU REMEDIES



Disclaimer: The content in this book is for information purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or another qualified health provider with any questions you may have regarding a medical condition.





Indigenous groups throughout Mexico were highly skilled in the use of native plants as medicine long before the Spanish conquest. After Europeans arrived, healers readily incorporated new herbs into their healing. In this way, modern Mexican herbalism evolved.

According to some experts, approximately 90 percent of Mexicans continue to use herbal remedies to treat different ailments. These plant medicines range from aloe vera for burns to more complex concoctions for cancer, heart disease, and diabetes. Many of these remedies are passed on orally through the generations. Very little scientific research has been done on their validity. Unsurprisingly, those that have been researched have been found to be effective treatments for the conditions they are prescribed.



Precautions:

Plants can have extreme effects on a person. The reactions could be mild to severe and can vary from person to person. Before using any plant or herbal supplement be sure to:

- positively identify the plant
- consult a trained herbalist or naturopathic doctor
- educate yourself about possible reactions
- be aware of interactions with medications
- be especially cautious if you are pregnant or breastfeeding
- take note of dosage recommendations



Website

SurvivingMexico.com

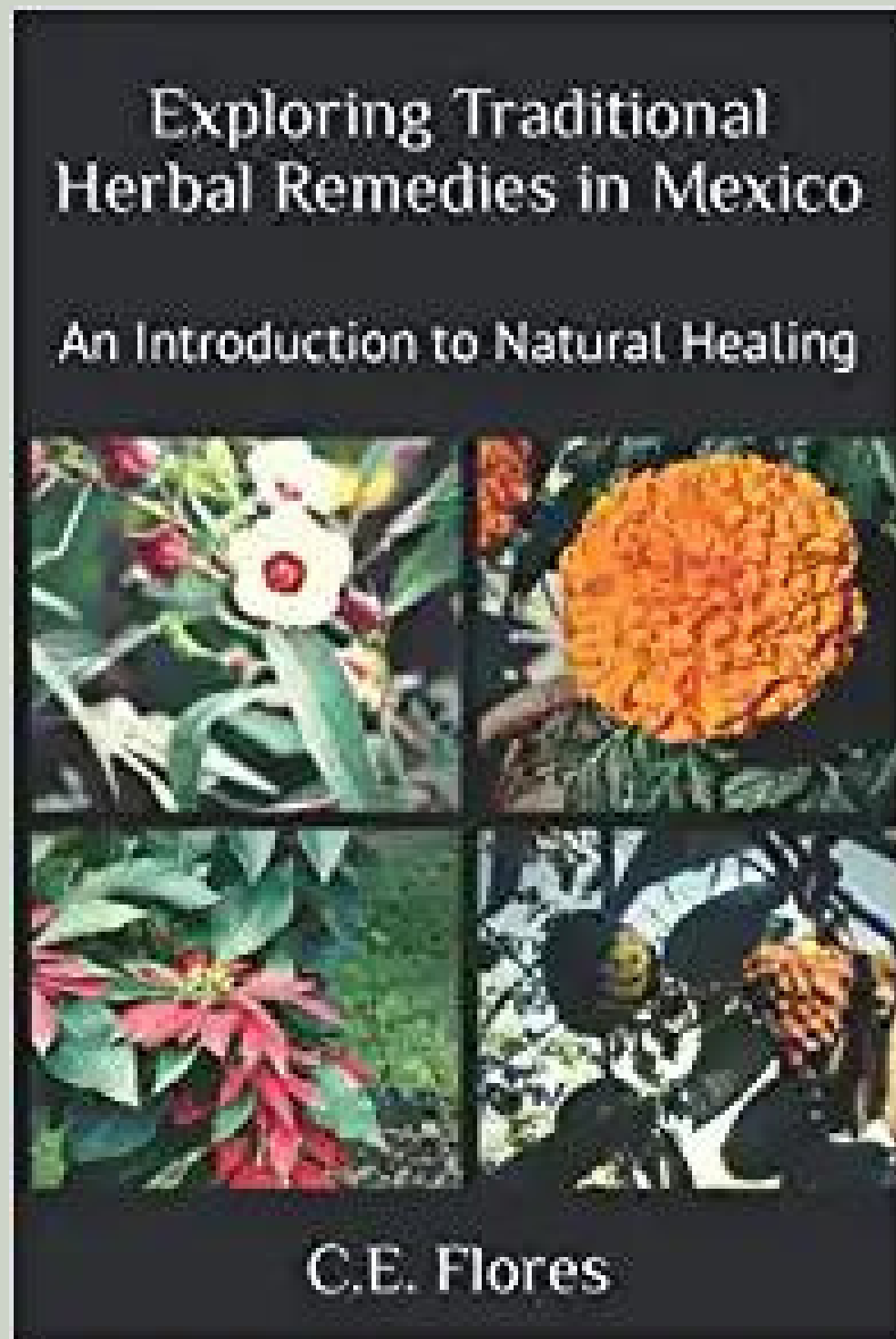
Email address

survivorinmexico@gmail.com

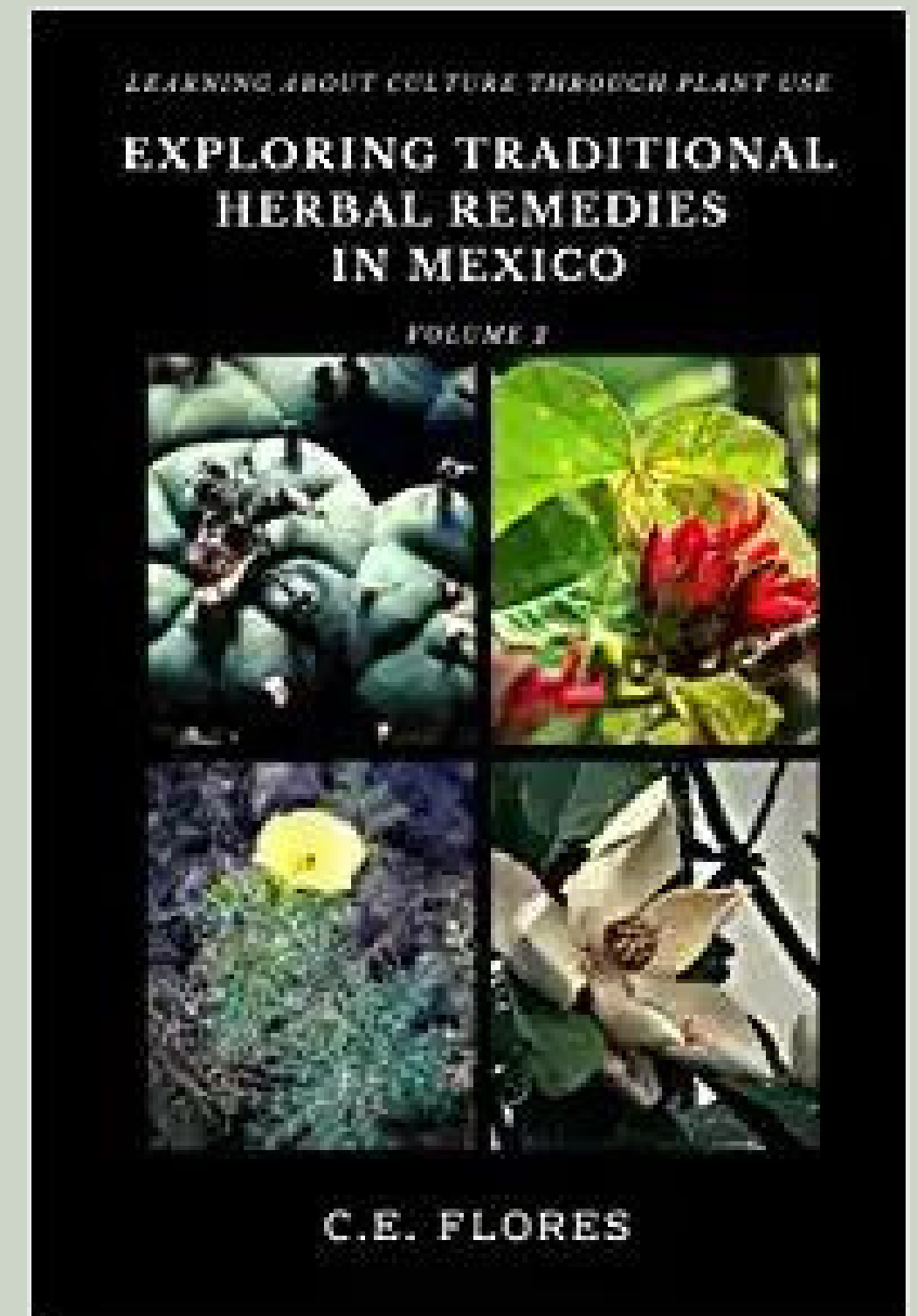
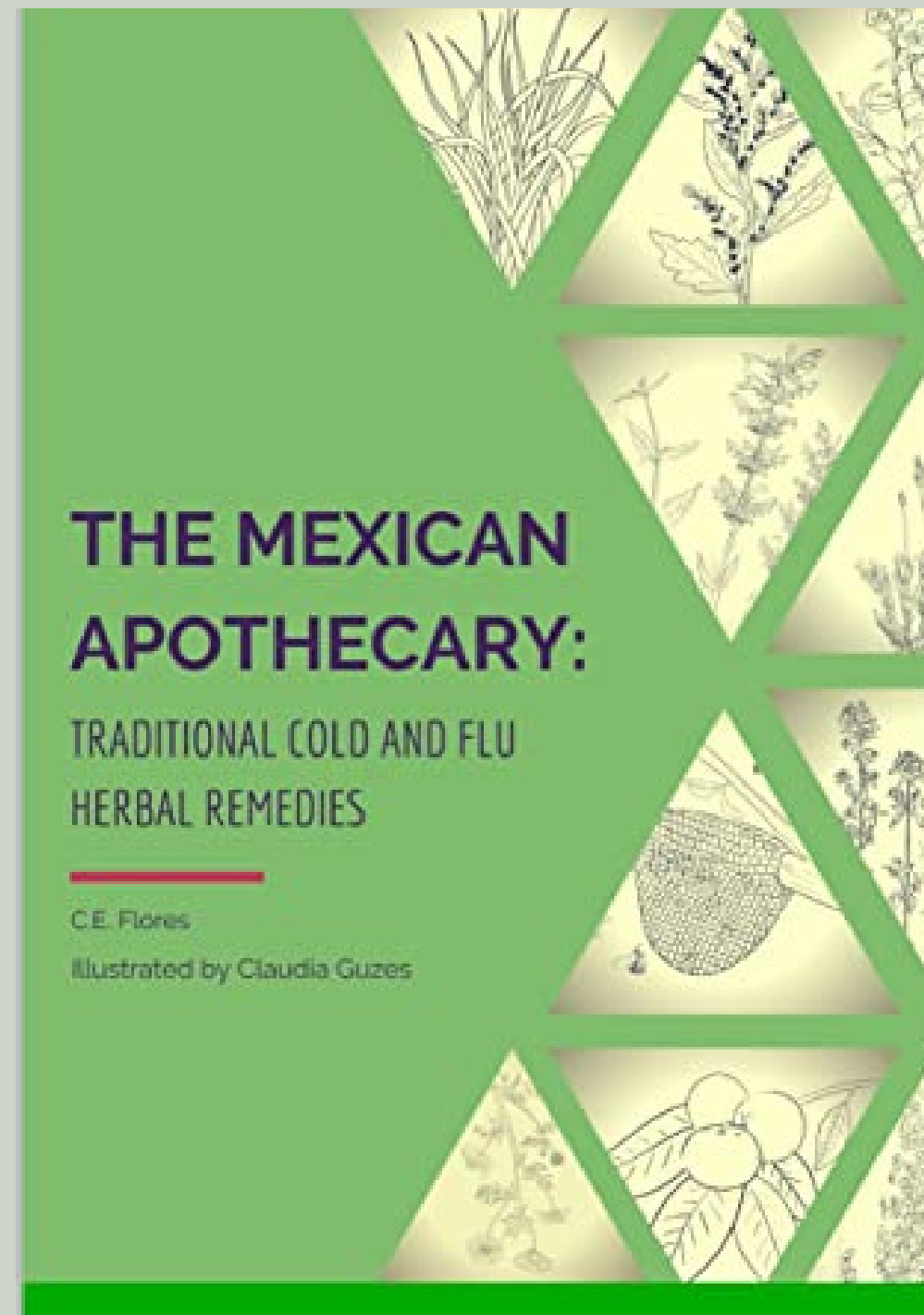
**CONTACT
INFORMATION**



Surviving
Mexico
ADVENTURES AND DISASTERS



Volume 1



Volume 2