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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Last Line of Defense Against Medication Errors: What You Need to Know to Keep your Family Safe

By Timothy McNamara, MD, MPH

The Last Line of Defense Against Medication Errors: What You Need to Know to Keep your Family Safe

by: **Timothy McNamara, MD, MPH**

This is a true story.

Yesterday, I picked up a new antibiotic prescription for my daughter from my local pharmacy.

Just before doing so, I had a quick double-take.

After another moment or two, I saw what had really happened.

This pharmacy error brought the topic of drug safety home to me...literally.

A recent study in the New England Journal of Medicine indicated that 25% of patients who take one or

In fact, you need to become the final line of defense in the battle against medication errors.

Throughout, we are going to give you some key rules that should guide your defense.

We'll talk about some specific resources that will help with each of these throughout this series.

Right on!

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Cold And Flu Defense

By Andrew Cavanagh

Cold And Flu Defense

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Cold and Flu defense can be simple, natural and healthy.

The simplest, most effective, proven cold and flu defense is hygiene.

But viruses like the cold and flu don't fly - they hitchhike.

So cold and flu defense rule number one – don't touch your face with your hands.

Your fingernails carry more viruses like the cold and flu than any other part of your body.

Washing your fingernails regularly is crucial as a first line of cold and flu defense.

Also washing your hands is just the beginning.

Other therapies like nasal irrigation are vital if you want natural, powerful cold and flu defense...

For more details on cold and flu defense

go to

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