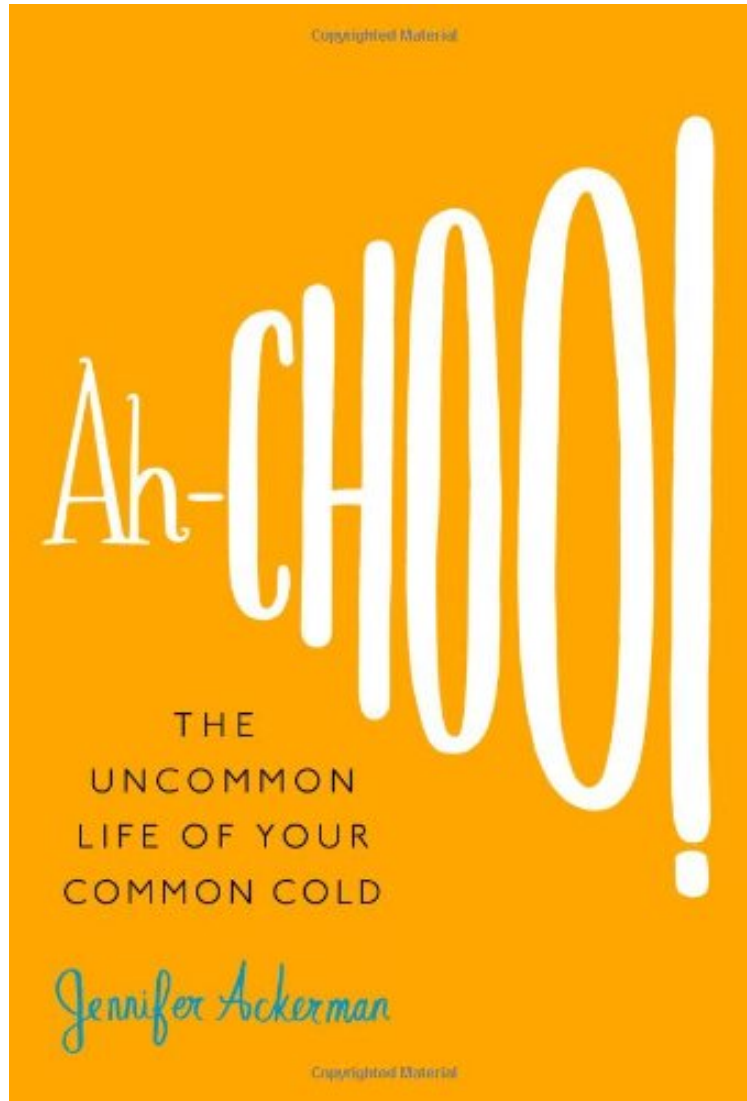


(Read now) Ah-Choo!: The Uncommon Life of Your Common Cold

## Ah-Choo!: The Uncommon Life of Your Common Cold

*From Twelve*

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**From Twelve : Ah-Choo!: The Uncommon Life of Your Common Cold** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Ah-Choo!: The Uncommon Life of Your Common Cold:

0 of 0 people found the following review helpful. Avoiding Cold, One day at a time!By Big Data ParamedicI heard the author on NPR and instantly captured my attention. Cold is a part of my family (2 kids) once school starts. Did not have great expectations of the book; but whatever limited expectations I had off the book, it delivered.Well, my objective of the book was to understand cold better so can reduce the number of times our family members get sick. Unless you are a medical professional, the only reason probably you are thinking of reading this book is because of the nuisance this cold in your home.Did you know (and ways to mitigate) What causes sore throat? Does green mucus means infection? What is cough? How old are you? and How often do you get cold? Do you get cold more in winter?

Fatigue's relationship with cold? Does sleep get in bed with cold virus? Even interesting correlation between wealthy childhood vs non wealthy childhood. While the conventional theories of sneeze on your sleeves, use sanitizer etc are known to everybody, the book emphasized the power of hand - eye - nose combination that seems to be the primary transmission source. As a direct consequence of reading this book, whenever someone in my home came with a cold, have been using lysol wipes to wipe the door knobs, faucets, TV remotes, switches, sofa and so on... Takes about 5-10 min and I am certain has reduced cold instances in my home. Worth the price and certainly worth the time! A MUST READ IF YOU HAVE SCHOOL GOING KIDS. 0 of 0 people found the following review helpful. great read By Allison Highly recommend for anyone interested in learning about our body process! I had to read it for school but I have been recommending to friends. 0 of 0 people found the following review helpful. Highly Recommend By andowd This book was fascinating! I thoroughly enjoyed reading about the common cold, research being done to find out more about the common cold, and even the remedies in the back offering suggestions that will help you alleviate those common cold symptoms.

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, Jennifer 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.

From Booklist \*Starred \* An entire arm of science even a British research center called the Common Cold Unit (CCU) dedicated to studying the common cold? Why not? Certainly an ailment that supports a multibillion-dollar industry of mostly quackery ought to inspire a certain amount of scientific interest. Indeed the common cold is far from being the stuffy subject one might expect. In the hands of gifted science writer Ackerman, the cold is addressed with dry wit while she covers every detail from soup (chicken, of course) to nuts (folk remedies). Only a science writer can find being intentionally inoculated with a cold virus and sequestered for a weekend entertaining. Among the lesser-known facts she reveals: colds are caused by more than 200 different viruses, one of which can even make you fat! What's more, building up one's immune system may exacerbate a cold's symptoms; and as for those trendy antibacterial soaps and lotions, they are worthless against cold viruses. Amid all this nasal gazing, there is one folk remedy that may be worth considering. In *Domestic Medicine* (1772), William Buchan instructs, Go to bed, hang your hat on the foot of the bed, and continue to drink until you see two hats. --Donna Chavez "In the hands of gifted science writer Ackerman, the cold is addressed with dry wit while she covers every detail from soup (chicken, of course) to nuts (folk remedies)." ---Booklist Starred About the Author Jennifer Ackerman is the author of *Sex Sleep Eat Drink Dream: A Day in the Life of Your Body*, *Chance in the House of Fate: A Natural History of Heredity*, and *Notes from the Shore*. Emily Durante has been narrating audiobooks for over ten years and is also an AudioFile Earphones Award-winning audiobook director. She has been acting since the age of seven and has performed in a number of stage productions at the professional, collegiate, and regional levels.