

Quit smoking



Gargle with salt water



Try a spoonful of honey



Elevate your head while you sleep



Stay well-hydrated



Try cough drops or lozenges



Inhale mint or eucalyptus vapors



How to Ease a Smoker's Cough

Smokers Cough

Allen Carr



Smokers Cough:

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, **Smokers Cough** . In a downloadable PDF format (Download in PDF: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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