

A Quick Diagnosis

As you can see from the 15 main symptoms listed in the table on the previous page, the Common Cold, Influenza, and Nasal Allergy have many symptoms in common. To make a quick diagnosis in the *early stages* of the illness so you can take appropriate action if it is a Cold, a doctor's years of clinical experience are important and necessary. In the absence of a doctor, you may consider the following:

1. **Common Cold:** Stuffy Nose, Sneezing, and Sore Throat, but *no* Itchy Nose, *no* Teary Eyes, and *no* Fever.
2. **Nasal Allergy:** Stuffy Nose, Sneezing, Itchy Nose, Teary Eyes, Worse near animals and after household chores like sweeping or vacuuming. But *no* Sore Throat, and *no* Fever.
3. **Influenza:** Fever, Headache, Aches and Pains, Exhaustion. But *no* Stuffy or Runny Nose, and *no* Sneezing.

If it is a Cold...

If you conclude that the illness is a Cold, you must begin the self-treatment with *Zap-a-Cold* within 4 hours. See the *exact* dosage instructions on the label on the *Zap-a-Cold* bottle, or go to the HealthiLifer Wellness Club website: <http://www.healthilifer.com/HL-site13a.htm>.



Your HealthiLifer Wellness Club Is Your Partner For Good Health

Your HealthiLifer Wellness Club is your friendly and supportive *neighborhood* Wellness Club where you'll learn how to improve your health, heal yourself, and prevent disease for yourself and your loved ones without Medicine, Herbs, or Surgery.

You may join *today* and obtain your regular supplies of Zap-a-Cold Vitamin Formula, Organic HealthiLifer Unrefined 100% Cane Sugar, PerfectBalance Multivitamin, Organic HealthiLifer Powdered Mushroom, and AthletiX-1: Performance Multivitamin, from the Club Director of your Independent HealthiLifer Wellness Club:

If for any reason, your HealthiLifer Wellness Club Director is unavailable or unable to supply, please call: 212- 615 - 6751.

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Get a Quick Answer to the Question...

Is It The COLD

THE 'FLU, OR A NASAL ALLERGY?



You need an answer - and quickly. Because the treatment for each illness is different. (You can Zap-a-Cold and see results in 8 hours or less, if you begin the treatment within 4 hours!)

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YOU NEED TO KNOW QUICKLY...

When you have symptoms in the nose and throat, what's the illness? Is it the Common Cold, Influenza, or a Nasal Allergy? You need to know, and you need to know *quickly*, because the treatment for each illness is different. You can treat the Common Cold with the *Zap-a-Cold* Vitamin Formula, and see results in 8 hours or less. But you must begin the *recommended* treatment within 4 hours.

Influenza will run its course in about 3 weeks (and may result in death). And a Nasal Allergy can last for months.

In this brochure, I present information that could enable you to make your own *quick* diagnosis in the early stages of the illness.

Of course, if you are *not* a doctor, you'll be making the diagnosis of a non-professional, but even such a diagnosis should be sufficient to help you take the *right* action without undue delay. If you are in doubt, you must consult a qualified health professional. This brochure provides information, not medical advice, and, please note, the **HealthiLifer Wellness Club**^{IP} is *not* a medical practice.

15 MAIN SYMPTOMS

The Common Cold, Influenza, and Nasal Allergy *first* manifest in the nose and throat, and they have many symptoms in common. We list 15 main symptoms in the table, below, to show you what a doctor considers *before* making a diagnosis. On the next page, we'll show you how to make a quick, *working* distinction for yourself.

Item	Symptom	The Common Cold	Influenza	Nasal Allergy
1.	Fever. 101-102°F. Lasts 3 to 4 days	No	Important symptom	No
2.	Extreme Exhaustion	No	Important symptom	No
3.	Stuffy Nose	Important Symptom	No	Important symptom
4.	Sneezing	Important Symptom	No	Important symptom
5.	Runny Nose	Yes	No	Important symptom
6.	Headache	May happen	Important symptom	May happen
7.	Teary Eyes	No	No	Important symptom
8.	Generalized Aches & Pains	May happen	Important symptom	No
9.	Sore Throat	Important symptom	May happen	No
10.	Chest Discomfort	May happen	Important symptom	No
11.	Cough	May happen	Important symptom	No
12.	Itchy Nose	No	No	Important symptom
13.	Affected by location, e.g. outdoors, cats	No	No	Important symptom
14.	Weakness and Fatigue	Yes	Yes	No
15.	May last for months	No	No	Important symptom