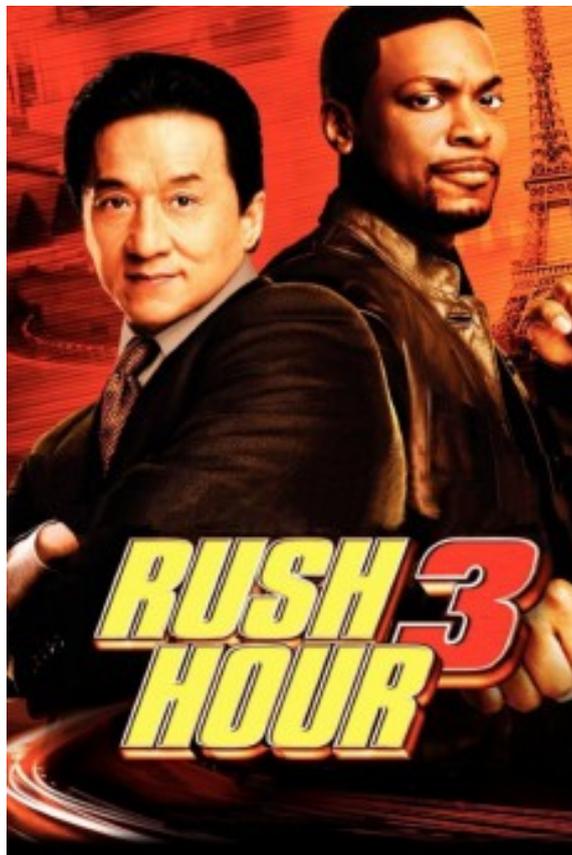


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## Fan Movie Download In Hindi Hd Kickass 720p



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.. With Bollywood superstar Ranbir Kapoor as lead in the latest action film directed by Anurag Kashyap starring Bipasha Basu, Sandeep Kishore, Sonali Bendre, Javed Jaffrey. People tend to catch flu during the winter season. You have to visit a doctor as early as possible in order to avail the treatment at an early stage. The flu, also known as seasonal flu or seasonal influenza, is a viral illness that affects the body's immune system. The symptoms include fever, cough and sore throat. Here's a top 10 list of foods and drinks that can help you recover from a cold. Try them out and see what works best for you. 1. This is especially true for the elderly or those who are already ill. Chicken soup, honey, and ginger all contain soothing and anti-inflammatory properties. 2. Before you go to bed, eat a small salad or something like a piece of fruit. This will help to raise your body temperature and make you sleep better. Make sure you don't consume any alcohol, since it'll interfere with your immune system.

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3. Drink plenty of fluids. Especially, if you feel like you're running a fever, have eight glasses of water or tea instead of other drinks. 4. Never chew gum. It may feel good to have a sweet taste in your mouth, but it can lead to bad breath, which could make you feel even more sick. Make sure to brush your teeth, too. 5. If your child is sick, make sure to stop their activity as much as possible. It's best to just rest and give them plenty of liquids. 6. If you are ill, don't give in to the temptation to smoke or drink alcohol. These may help your symptoms a bit, but they'll actually lead to a higher risk of flu symptoms or complications. 7. Don't eat after 7 p.m. Try to eat before you go to bed and stop before you are full. This will help you sleep better and prevent overeating. 8. Let your family and friends know that you have the flu and ask them to avoid you. If you know you are contagious, you might want to wear a mask or cover your mouth and nose. 9. If you are in the area where there is a lot of flu, take the time to get the flu shot. While the flu shot is mostly effective, it will still help protect you. 10. Wash your hands frequently. This will prevent you from getting 82157476af

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