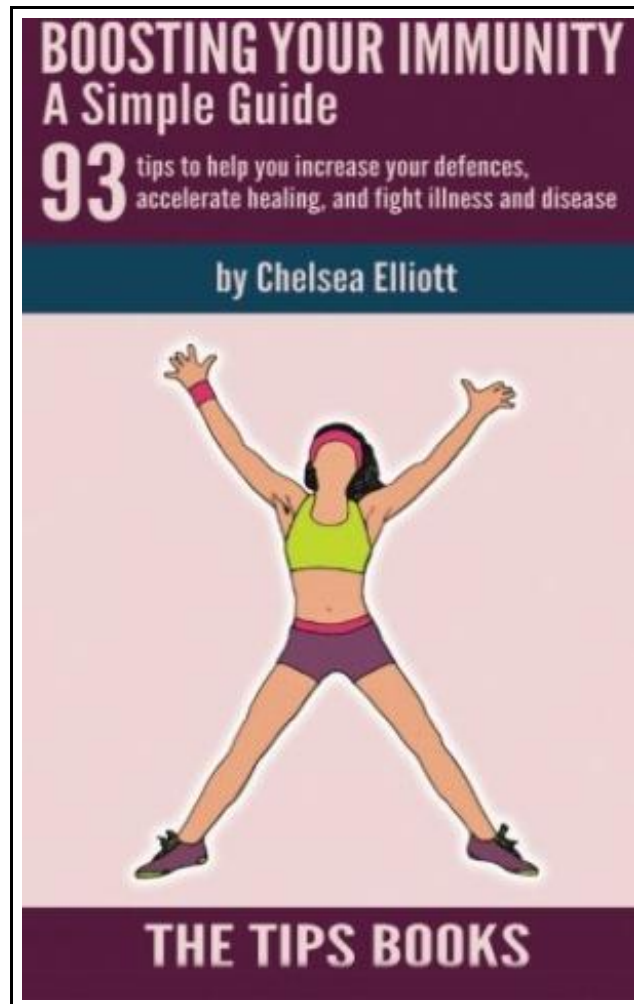


Boosting Your Immunity - A Simple Guide: 93 Tips to Help You Increase Your Defences, Accelerate Healing, and Fight Illness and Disease



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Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.93 Ways to Help You Increase Health, Reduce Stress, and Prevent Illness and Disease If you're one of the unfortunates who always catches everybody else's colds or flu, you know that blocked noses and sore throats drag you down, while aches, pains, chills and fevers knock you out. And if you suffer with allergies or any other types of illnesses, taking over-the-counter or prescription antidotes can leave you susceptible to some unwanted side effects. But by making just a few simple changes in your diet, fitness and lifestyle habits, you can harness the power of your immune system to help you live longer, stronger and healthier. **Boosting your immunity - A Simple Guide** is a quick reference handbook containing a compilation of practical tips on how to increase vitality and bolster your body's natural defenses against sickness, infections and the stresses of modern living. Filled with implementable advice in an easy-to-read format, you won't have to wade through hundreds of pages to find the answer to an issue or concern. You'll just find lots of clear and concise facts to help you make better eating choices and get you on the path to establishing a healthier way of life. In this book you'll discover: The Superfood Immunity Builders: The best nutritionally packed powerhouse foods for repelling disease and infections, protecting your body from damage, and for providing optimal health. The Germs Stop Here: Easy cold and flu prevention measures, 16 simple and completely natural home remedies for children and adults to help relieve cold symptoms, plus other no-nonsense tips on avoiding nasty bugs. Drug-free tips to help bring relief from dripping noses, sneezing fits,...



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