I Cant Get Sick



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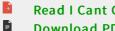
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(Ms. Zaria Kertzmann MD)

I CANT GET SICK



Dog Ear Publishing, LLC. Paperback. Book Condition: New. Paperback. 120 pages. Dimensions: 9.0in. x 6.0in. x 0.4in.Is getting sick a random event-a stroke of bad luck that happens for no reason If so, do you have to live in constant fear of catching every cold, infection, and virus that comes along According to wellness expert Angelica Joy, the answer to both questions is resounding no. In this basic wellness guide, she reveals her own personal secrets for optimal health and immunity. Angelica shows you how to take control of your health with simple, easy strategies that dont involve counting calories, weighing yourself, or cooking elaborate recipes; you dont have to eat weird foods you dislike, or track your progress on fancy spreadsheets, either. Instead, this book offers a simple, no-nonsense approach for busy mainstream people on the go who need to live and function in the real world. Learn how to cultivate a strong immune system by creating an environment within your body thats hostile to bacteria, viruses, and disease. Use these strategies to optimize your personal health and immunity. In this ground-breaking book, Angelica debunks some conventional dietary and lifestyle myths that you grew up believing, and challenges some of your old and current definitions of balanced meals, healthsupportive foods, digestively compatible food combinations, and appropriate lifestyle and entertainment choices. Sensible, no-nonsense alternatives are presented as well. Below are some of the steps you can take to amp up your health to whole new level: Detectivize your life. Manage food allergies. Create green environments where you work and live. Balance body pH with dietary and lifestyle fine-tuning. Learn the rules for good digestion that nobody ever taught you. Explore health-supportive nutraceuticals and holistic healing modalities. Angelica Joy is an in demand speaker and wellness consultant. For the past twenty-five...



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