



The Immune System, Autoimmune Diseases & Inflammatory Conditions: Improve Immunity, Eating Disorders & Eating for Health (Paperback)

By Anthea Peries

Createspace Independent Publishing Platform, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. The Immune System, Autoimmune Diseases & Inflammatory Conditions: Improve Immunity, Eating Disorders & Eating for Health. ABOUT THIS BOOK If you want to know how the immune system functions, what are autoimmune disorders and conditions, and how you can maintain a healthier body, then this book is for you. There are ways to improve your immunity against inflammatory conditions and even eating disorders. Health is more than looking fit; the right weight, shape or, following yet another crazy, fad diet. We are what we eat, and it is most important to find out exactly how the immune system works. This book provides great value and will explain the immune system functions; how it becomes impaired, what are autoimmune diseases, what is proper nutrition, types of deficiencies and toxins to avoid, tips on eating healthy, how you can improve and strengthen your immune system, alongside other benefits. Before you embark on any form of immunity improvement or diet plan with the help of a medical professional, it is crucial to understand basic immunology. The immune system is an incredibly vast network of cells, tissues, and organs...

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