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## 90-Day Immune System Makeover

By Janet Maccaro

Siloam Press, United States, 2006. Paperback. Book Condition: New. Revised, Updated. 213 x 137 mm. Language: English . Brand New Book. GIVE YOURSELF 90 DAYS TO. Build and strengthen your immune system. Bring your body s system into proper balance Experience disease-free living. No matter what your health has been in the past, there is something you can do right now to give your entire body a complete makeover!Dr. Janet explains how you can improve the quality of your life with: Valuable, interesting and easy self-test that help you monitor how well your body is functioning Vital news about which food heal and which vitamins and supplements build and restore your health Amazing facts- how your immune system is your miraculous internal pharmacy Charts that help you see your progress at 30, 60 and 90 days Delicious, health-enhancing recipes Imagine what your life could be like with a complete immune system makeover! You best days of health are ahead of you. What are you waiting for?.



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