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The Immune System Cure Optimize Your Immune System in 30 Days-The Natural Way

By Lorna Vanderheaghe

Kensington. Paperback. Book Condition: New. Paperback. 251 pages. Dimensions: 9.1in. x 6.1in. x 0.8in. What causes one person to catch a cold or flu and another to avoid it? Why do serious outbreaks of infectious diseases leave some individuals untouched? What allows someone to be incapacitated by allergies? The answer lies within nature itself—our immune system. The Immune System Cure provides simple techniques for supercharging your immune system to resist and prevent disease. Through diet, exercise, stress reduction and nutritional supplements, including plant sterols and sterolins, you can harness the power of your immune system in just 30 days and help it combat: Antibiotic-resistant bacteria, Fibromyalgia, Allergies, Hepatitis C, Tuberculosis, Cancer, Rheumatoid arthritis, and other autoimmune diseases, Chronic fatigue syndrome, and more. Now you can maintain a healthy natural resistance to disease and infection with The Immune System Cure. Lorna R. Vanderhaeghe is a health journalist who has been researching and writing on the subject of nutritional medicine for over fifteen years. She is editor-in-chief of Healthy Living Guide magazine and Alive magazine, and senior editor for the Encyclopedia of Natural Healing, a book that recently won the Benjamin Franklin Award. She is co-author with Udo Erasmus of Fats that Heal,...



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