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An Easy Way to Understand Your Body Systems

By Brian B Jacques

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In this latest book in my Mini Health Series, I want to discuss the body systems. I have put them into nine categories as follows: Digestive, Circulatory, Nervous, Respiratory, Urinary, Structural, Glandular, Immune and Intestinal. I have explained what important function each system performs in the body, as well as some lifestyle suggestions, and finally I have included some of the ailments that befall each system and some suggested natural herbal remedies and/or dietary supplements that have proved beneficial over the years. No medications have been included in this book for the simple reason that I wanted to focus on alternative treatments. Here is one thing I always find interesting watching drug commercials on TV. There is almost more air-time spent on describing the side effects of the medication than what there is on describing the benefits. To me, that says a lot! Sadly, in the fast paced world we now live in, if anything goes wrong with the body, then it is a trip to the doctor for a quick fix to put the problem right. Herbal...



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