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Boosting Your Immunity - A Simple Guide: 93 Tips to Help You Increase Your Defences, Accelerate Healing, and Fight Illness and Disease

By Chelsea Elliott

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.93 Ways to Help You Increase Health, Reduce Stress, and Prevent Illness and Disease If you are one of the unfortunates who always catches everybody else's colds or flu, you know that blocked noses and sore throats drag you down, while aches, pains, chills and fevers knock you out. And if you suffer with allergies or any other types of illnesses, taking over-the-counter or prescription antidotes can leave you susceptible to some unwanted side effects. But by making just a few simple changes in your diet, fitness and lifestyle habits, you can harness the power of your immune system to help you live longer, stronger and healthier. Boosting your immunity - A Simple Guide is a quick reference handbook containing a compilation of practical tips on how to increase vitality and bolster your body's natural defenses against sickness, infections and the stresses of modern living. Filled with implementable advice in an easy to read format, you won't have to wade through hundreds of pages to find the answer to an issue or concern. You'll just find lots of...



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