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LORNA R. VANDERHAEGHE & PATRICK J.D. BOUIC, PH.D.

# The Immune System Cure Optimize Your Immune System In 30 Daysthe Natural Way

**Robert G. Lahita** 

#### The Immune System Cure Optimize Your Immune System In 30 Daysthe Natural Way:

The Immune System Cure Lorna Vanderheaghe, 2000-01-01 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 Fats that Kill Your Guide to a Healthy Kitchen Patrick J D Bouic Ph D is a leading immunologist at Stellenbosch University Cape Town South Africa For more than a decade Professor Bouic has been researching the effects of sterols and sterolins on human health Coronavirus - The Inside Story Tom Garz, 2020-06-26 This Coronavirus Pandemic has affected all of us in some way or another Some of us have been diagnosed with Covid 19 and have survived Some still have lingering symptoms Some have not survived All of us however have been impacted psychologically and emotionally even if we never were affected physically This book gives practical information and resources on how to best survive and maybe even thrive in this pandemic physically psychologically emotionally and maybe even spiritually This book is for the average person as well as for the healthcare professional Everyone will probably get something helpful from this book When Technology Fails Matthew R. Stein, Matthew Stein, 2008-03-27 Matthew Stein's comprehensive guide to sustainable living skills gives you the tools you need to fend for yourself and your family in times of emergency or disaster It also goes a step further giving sound instructions on how to become self reliant in seemingly stable times and for the long term by adopting a sustainable lifestyle Cover p 4 Fat Wars Brad J. King, 2001-12-01 Yes it s you against your 30 billion fat cells They stay with you forever and can expand to store as much fat asyou choose to stash in them Fat Wars 45 Days to Transform Your Body isn t another diet book Instead it s the book that will tell you how your body works how it makes energy how it stores fuel fat how it moves fat around and how to get it to burn that fat instead of putting it into storage Then Fat Wars will tell you how to take that knowledge to craft an eating and activity plan that will work for you Instead of engaging in endless losing battles with your wily fat cells find out what makes them tick Then plan to live in harmony with your body and look forward to a leaner fitter and healthier you in 45 days Phytochemical Functional Foods Ian Johnson, Gary Williamson, 2003-05-27 Plant foods are rich in micronutrients but

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destroy cancer to multiple sclerosis lupus celiac disease rheumatoid arthritis and autoimmune disorders are all linked to one or another glitch in the immune system The purpose of this book is to provide significant information on the incredible complexity of the immune system and how the integration of spiritual scientific and emotional values can enhance health It is Dr Bob's hope that readers will find a new appreciation of the miracle that is the physical body and to understand the potential within our Biological Soul to promote longevity and overall happiness to life IMMUNITY STRONG Boost Your Body's Natural Healing Power and Live to 100 is a must read for anyone wishing to nurture and enhance their health

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