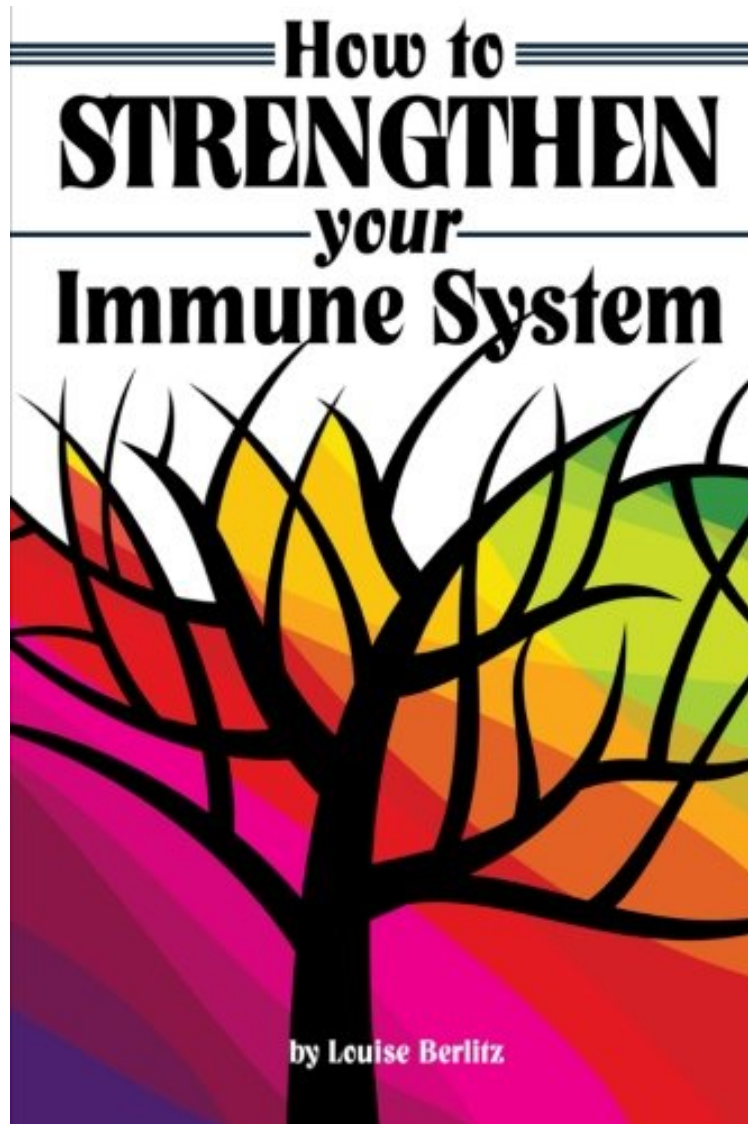


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How to Strengthen Your Immune System: Discover the Best Immunity Boosting Foods, Vitamins, Herbs, and Other Effective Ways to Strengthen the Immune System

Louise Berlitz

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Not only are we drastically reducing our life spans with our current culture of high stress and daily routines of low physical activity, but we are also reducing our quality of life. The rate of illness and disease is in a steady incline and more Americans are developing cancer and other life-threatening diseases each year. With heart disease topping the list for the leading cause of death and nearly two-thirds of adult Americans being overweight or obese, it is clear that the time for a lifestyle change is upon us. It is no surprise that your quality of life and longevity are largely determined by the choices you make each day, including the decision to strengthen your immune system in order to prevent disease. This book will guide you through your decision to extend your life by providing you with valuable insights on toxins in your body, your diet and physique, and healthy lifestyle choices. It also includes methods for keeping your home healthy and disease free. If you're ready to lead yourself and your family into a healthier, more enjoyable future together, then let's get started!