

Boosting Your Immunity For Dummies

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boost your body's defenses to fight off disease and live stronger and longer every single day our bodies are under attack from nasty little organisms which range from the pesky to the frighteningly serious so what's the best way to fight back thankfully nature has provided us with a powerful interior armor plating and boosting your immunity for dummies shows you how to keep that crucial biological gift in tip top condition brought to you by bestselling author kellyann petrucci ms nd a board certified naturopathic physician and wendy warner a board certified holistic physician boosting your immunity for dummies sets out the sound ways we can supercharge our immune systems to prevent illnesses and diseases such as arthritis autoimmune conditions pneumonia cancer and the flu using a simple program of diet exercise stress reduction and nutritional supplements we can keep our internal defenses humming happily

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