

# Boosting Your Immunity



Boost your immunity and stay healthy

Improve your overall health and combat disease

Bounce back when your immunity is compromised

Dr. Wendy Warner

ABIHM, Board Certified Holistic Medicine

Dr. Kellyann Petrucci

Board Certified Holistic Naturopathic Physician, coauthor of Living Paleo For Dummies

# **Boosting Your Immunity For Dummies By Wendy Warner 2013 03 04**

Wendy Warner, Kellyann Petrucci

#### **Boosting Your Immunity For Dummies By Wendy Warner 2013 03 04:**

Boosting Your Immunity For Dummies Wendy Warner, Kellyann Petrucci, 2020-09-23 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 along and get generally healthier in the process The best nutritional strategies to avoid cold and flu 40 recipes that show healthy eating can also be delish Cutting edge research on immune boosting health and diet Lists and tips for keeping a low cost healthy pantry Through diet exercise stress reduction nutritional supplements and the role of water sunlight and oxygen you can harness the power of your immune system and drastically improve your immunity to disease P S If you think this book seems familiar you re probably right The Dummies team updated the cover and design to give the book a fresh feel but the content is the same as the previous release of Boosting Your Immunity For Dummies 9781118402009 find this on the copyright page The book you see here shouldn't be considered a new or updated product But if you re in the mood to learn something new check out some of our other books We re always writing about new topics

#### Boosting Your Immunity For Dummies By Wendy Warner 2013 03 04 Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has be apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "Boosting Your Immunity For Dummies By Wendy Warner 2013 03 04," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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