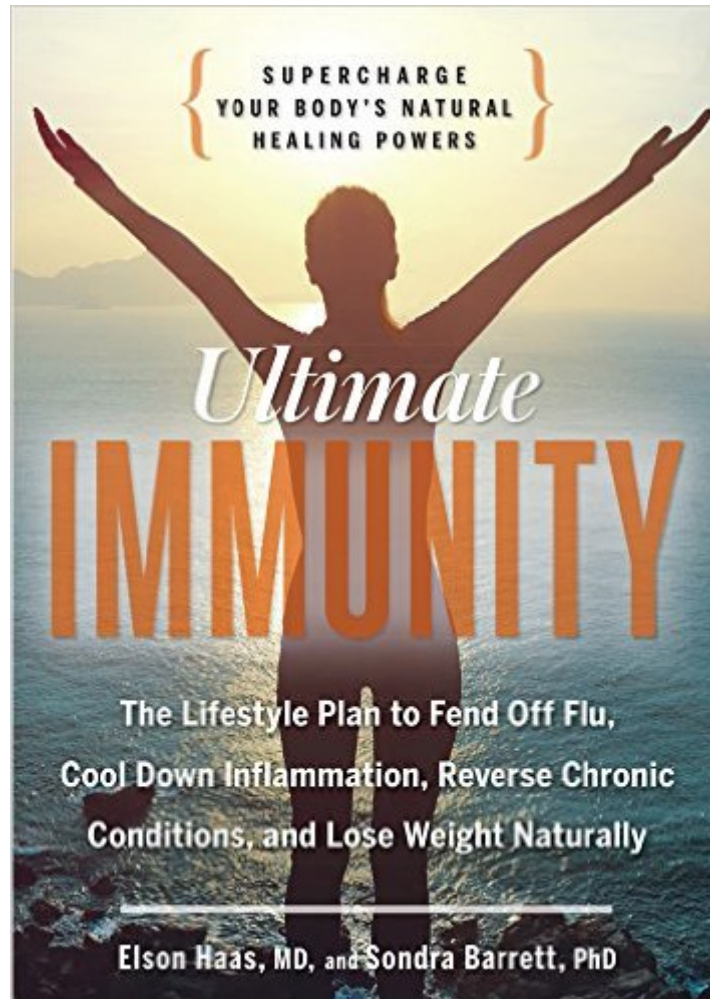


The book was found

Ultimate Immunity: Supercharge Your Body's Natural Healing Powers



Synopsis

If you think your immune system is just a simple thing that only helps you fight off colds and flus, think again. It is, in fact, a highly complex, protective, and intelligent system that can bolster health and healing from head to toe. A number of factorsâ€”from your diet, lifestyle, and the illnesses youâ€™ve had to the medications you take or the toxins and people you interact with on a daily basisâ€”can throw your immune system off balance, resulting in excessive inflammation that worsens allergies and pain and can even lead to serious health conditions. Donâ€™t panic: You can feed, nourish, and teach your immune system to work better, which will result in lifelong health. In *Ultimate Immunity*, experts Drs. Elson Haas and Sondra Barrett guide you through a unique plan aimed at balancing, amplifying, and managing your immune health. Beginning with easy-to-understand explanations of what the immune system is, how it works, and how it fails, then moving on to five important ways to reset it, *Ultimate Immunity* provides the answers you need. Including diet, exercise, and stress-reduction tips, as well as testimonials from people who used these methods to overcome chronic pain and immune health issues for good, *Ultimate Immunity* is your guidebook to total health.

Book Information

Paperback: 352 pages

Publisher: Rodale Books; Reprint edition (October 6, 2015)

Language: English

ISBN-10: 162336390X

ISBN-13: 978-1623363901

Product Dimensions: 6.5 x 0.9 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #153,406 in Books (See Top 100 in Books) #102 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems #694 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Healing

Customer Reviews

Useful information.

THANKS

[Download to continue reading...](#)

Ultimate Immunity: Supercharge Your Body's Natural Healing Powers Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) The Everything Candida Diet Book: Improve Your Immunity by Restoring Your Body's Natural Balance (Everything®) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Uterine Natural Killer Cells (Natural Immunity, 1) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) Tai Chi for Beginners: The Ultimate Guide to Supercharge Your Mind, Increase Your Energy & Feel Amazing By Unlocking the Power of Tai Chi (Tai Chi - Tai ... How to Fight - Martial Arts for Beginners) Help Yourself Natural Remedies 3 Book Bible: Pro Immunity Anti Inflammatory - Sleep Better Without Meds - Change Your Posture Naturally (Transform Your Life Naturally) Super Immunity: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free Fighting Radiation and Chemical Pollutants With Foods, Herbs and Vitamins: Documented Natural Remedies That Boost Your Immunity and Detoxify Reiki Healing: Reiki Healing, A Beginners Guide to Healing Your Body (Reiki for Beginners, Chakra for Beginners Book 1) Whole Body Reboot: The Peruvian Superfoods Diet to Detoxify, Energize, and Supercharge Fat Loss Miracle Cures: Dramatic New Scientific Discoveries Revealing the Healing Powers of Herbs, Vitamins, and Other Natural Remedies Natural Medicine and Herbs: 50+ Natural Medicine to Reduce Anxiety, Depression, and Ailments from Your Body: (Essential Oils, Aromatherapy, Herbal Remedies, Supplements, Healing, Vitamins) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language)

