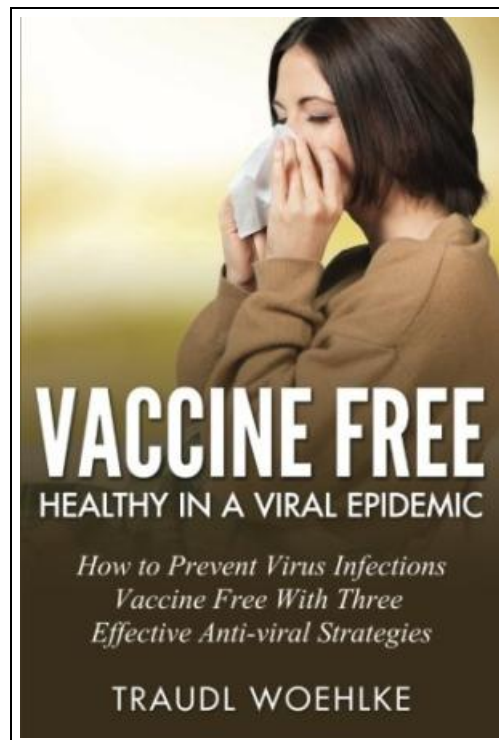


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you one of the ever increasing numbers of persons taking control of their own and their family's health? Are you someone who is regularly engaged in intense physical exertion as an athlete? Would you like to learn how to prevent the next flu or, in fact, any other viral infection naturally? If your answer is yes to just one of those questions, then this book is for you. It is a summary of the clinical experience of two great doctors, Benjamin Sandler M.D., and M. O. Bruker M.D. and provides you with invaluable information on the prevention of viral infection. Here is what you get: The first part of the book discusses viruses and their qualities: what makes them special and different from bacteria, and why it is best to prevent viral infections naturally. The book also discusses the downside of vaccines and why they often times just don't work. The second part reveals the crucial physiological condition you need to be in to contract a viral infection and how to avoid getting into that risky state. Proven strategies to prevent contracting a virus are outlined in great detail so they can be easily followed. You will learn which foods to eat, and which to avoid, why intense physical activities will weaken your immune system during an epidemic, small important lifestyle adjustments to improve your immunity, doable homeopathic flu prophylaxis. A final chapter offers homeopathic flu protocols. Be prepared for the next upcoming flu season and get this book now!.



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