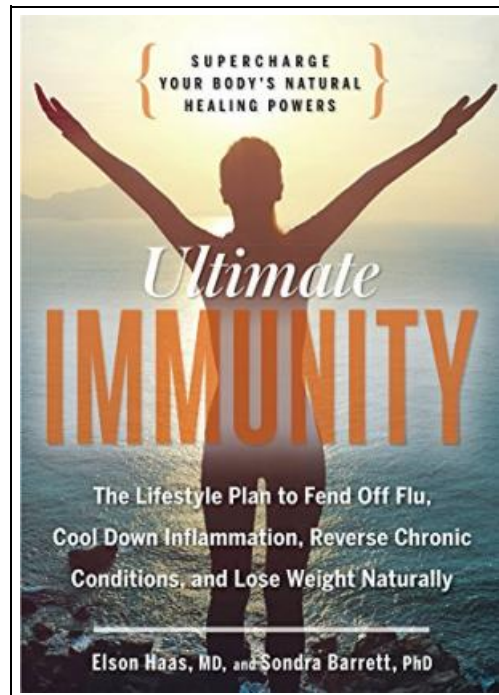


## Ultimate Immunity: Supercharge Your Body's Natural Healing Powers



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Rodale Press Inc. Hardback. Book Condition: new. BRAND NEW, Ultimate Immunity: Supercharge Your Body's Natural Healing Powers, Elson M. Haas, Sondra Barrett, If you think your immune system is 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. However, a number of factors from illnesses you've had to the medications you take to the toxins you interact with on a daily basis can throw your immune system off balance, resulting in excessive inflammation that worsens allergies g and pain and even leads to serious chronic conditions. The good news: You can feed, nourish, and train your immune system to work better for you. In Ultimate Immunity, health experts Drs. Elson Haas and Sondra Barrett will lead readers through a unique plan aimed at balancing, amplifying, and managing their intricate immune health. With a 5-day healing diet to reset the immune system, delicious foods and recipes to nourish immune cells, and testimonials from people who used these methods to overcome chronic pain and health issues, Ultimate Immunity is the guidebook to total health.



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