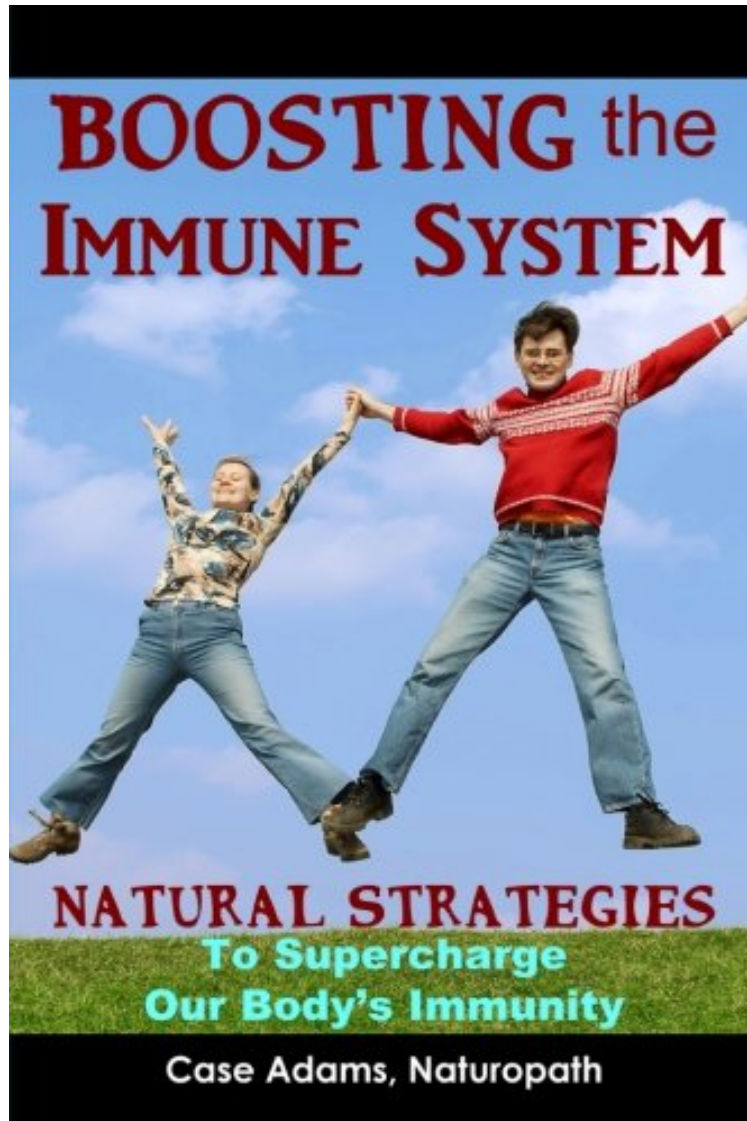


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# Boosting the Immune System: Natural Strategies to Supercharge Our Body's Immunity

Case Adams Naturopath

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Case Adams Naturopath : **Boosting the Immune System: Natural Strategies to Supercharge Our Body's Immunity** before purchasing it in order to gage whether or not it would be worth my time, and all praised Boosting the Immune System: Natural Strategies to Supercharge Our Body's Immunity:

Our body's immune system has not been that well understood to date. While immunity has been the focus of medical study from a disease perspective, many of its functional characteristics have eluded scientists. This is evidenced by the fact that many infections are becoming resistant to many drugs - and numerous bacteria and viruses are now multi-drug resistant. Here, in a groundbreaking compendium of the latest immunity research, the author reveals our immune system in a way that has vast implications for global and personal wellness. The vibrant, dynamic nature of our immune system is documented in detail, showing the interplay between immune cells, cytokines, immunoglobulins, probiotics and the many other immune system components that help us fight off colds, flu, infections, chronic fatigue and other diseases. The author - a California Naturopath and board certified Alternative Medical Practitioner - then unveils a host of natural strategies, including probiotics, diet, herbs and lifestyle factors, while referencing hundreds of clinical studies proving their ability to supercharge our immune system and help our bodies fight disease.