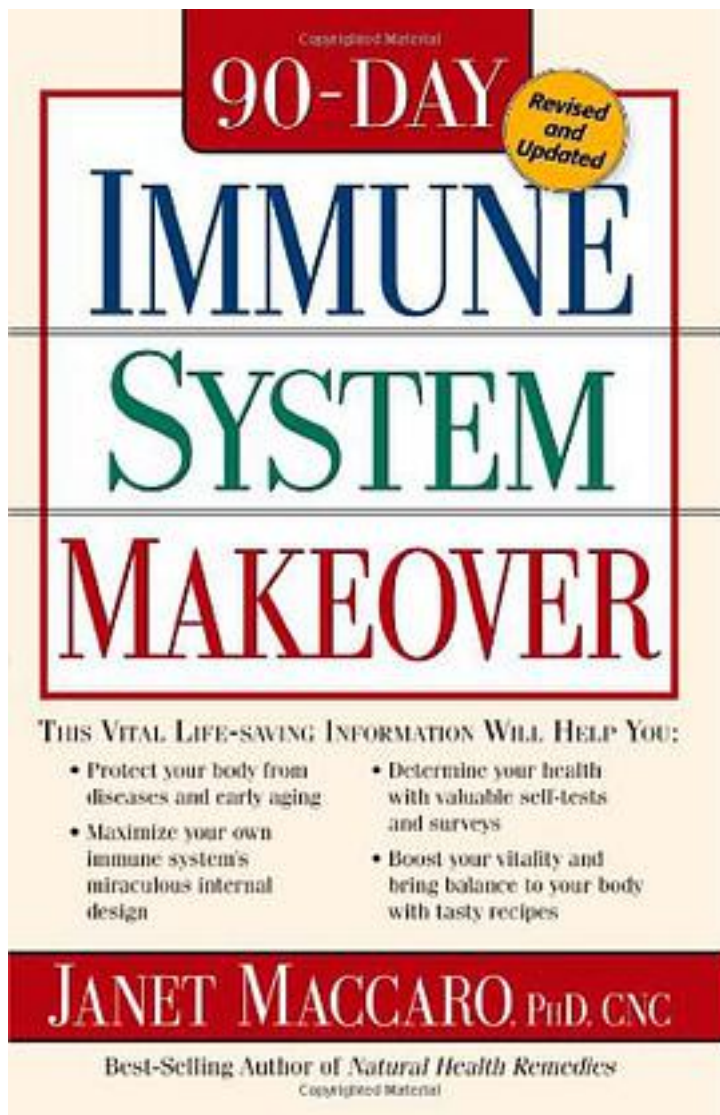


# 90-Day Immune System Makeover



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出版者:Strang Communications Co

出版时间:2001-1

装帧:Pap

isbn:9781591859628

GIVE YOURSELF 90 DAYS TO... Build and strengthen your immune system Bring your body's system into proper balance Experience disease-free living No matter what your health has been in the past, there is something you can do right now to give your entire body a complete makeover Dr. Janet explains how you can improve the quality of your life with: Valuable, interesting and easy self-test that help you monitor how well your body is functioning Vital news about which food heal and which vitamins and supplements build and restore your health Amazing facts- how your immune system is your miraculous internal pharmacy Charts that help you see your progress at 30, 60 and 90 days Delicious, health-enhancing recipies Imagine what your life could be like with a complete immune system makeover You best days of health are ahead of you. What are you waiting for?

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