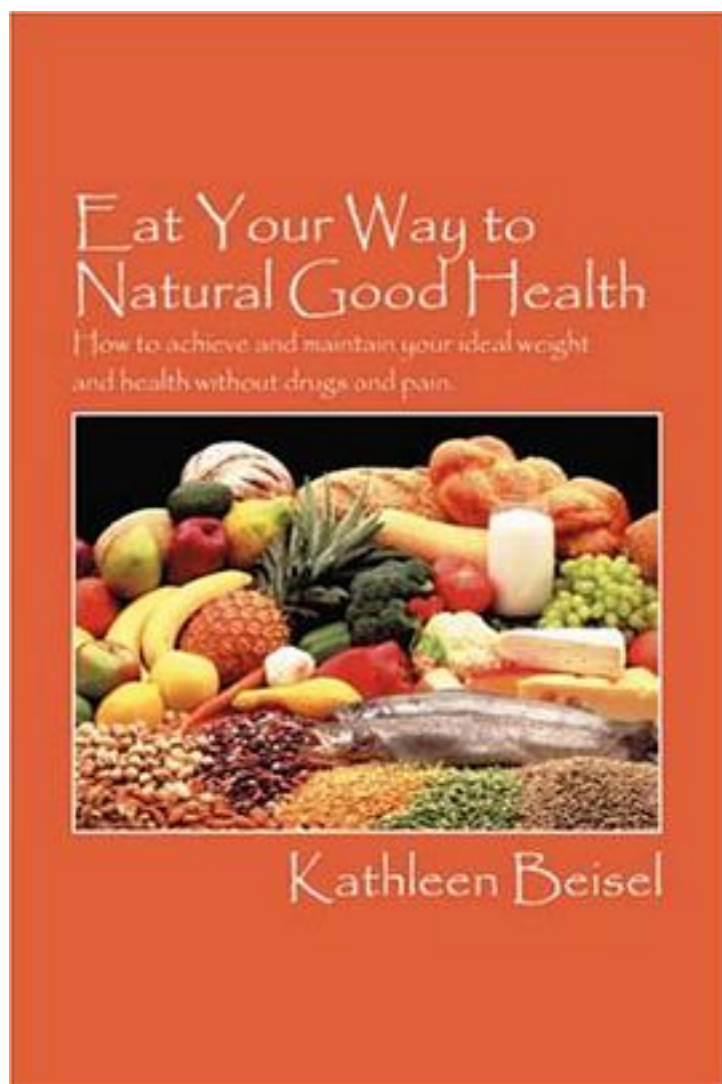


# Eat Your Way to Natural Good Health



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If you desire to have a good quality of life, your health should be your number one priority. Your health is your responsibility, so you can learn about making your food your medicine and your medicine your food. Your body was designed to win against any attack of viruses, infections or diseases. God also made natural food provisions to maintain and keep your system healthy and strong. Your immune system maintains your blood cells, but it cannot maintain itself without your consistent help. Each individual must maintain their immune system by choosing the right foods and exercise, as well as reducing stress and getting enough sleep.

作者介绍:

目录:

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