



I Cant Get Sick

By Angelica Joy

Dog Ear Publishing, LLC. Paperback. Book Condition: New. Paperback. 120 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Is getting sick a random event—a stroke of bad luck that happens for no reason? If so, do you have to live in constant fear of catching every cold, infection, and virus that comes along? According to wellness expert Angelica Joy, the answer to both questions is resounding no. In this basic wellness guide, she reveals her own personal secrets for optimal health and immunity. Angelica shows you how to take control of your health with simple, easy strategies that don't involve counting calories, weighing yourself, or cooking elaborate recipes; you don't have to eat weird foods you dislike, or track your progress on fancy spreadsheets, either. Instead, this book offers a simple, no-nonsense approach for busy mainstream people on the go who need to live and function in the real world. Learn how to cultivate a strong immune system by creating an environment within your body that's hostile to bacteria, viruses, and disease. Use these strategies to optimize your personal health and immunity. In this ground-breaking book, Angelica debunks some conventional dietary and lifestyle myths that you grew up believing, and challenges some...



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Completely one of the best publications I actually have ever studied. I really could comprehend almost everything out of this written publication. Your daily life span will likely be changed as soon as you start reading this publication.

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A high quality pdf and also the typeface used was exciting to see. It absolutely was written really properly and useful. I am quickly getting a delight of looking at a composed pdf.

-- Justina Kunze