



I Can t Get Sick! (Paperback)

By Angelica Joy

Dog Ear Publishing, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.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...



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Reviews

The publication is great and fantastic. It is packed with knowledge and wisdom You will like how the article writer publish this publication.
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Thorough information for publication lovers. it was actually writtren extremely properly and useful. I found out this publication from my i and dad suggested this book to learn.
-- Dr. Garnett McLaughlin II