



Fighting Radiation and Chemical Pollutants With Foods, Herbs and Vitamins: Documented Natural Remedies That Boost Your Immunity and Detoxify

Steven R. Schechter

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Our physical and emotional health is constantly impacted by innumerable threats - from indoor radon gas to chemical toxins to cigarette smoke to polluted air and water. Here at last is a practical guide that will reduce the risks of these and other toxins of our nuclear and industrial age. In this comprehensive self-help manual, naturopathic doctor Steve Schechter shows you how to use widely available foods, herbs, vitamins and minerals, as well as other remedies to accomplish the following: Boost immune system * Detoxify from chemical pollutants, radiation, x-rays, drugs, and alcohol * Prevent or treat degenerative diseases such as cancer and heart disease * Generate maximum vitality, health and longevity.

These natural remedies are safe and effective. They have passed the tests of time and clinical experience. Numerous charts, appetizing and vitalizing recipes, and easy-to-follow lifestyle suggestions are included.

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