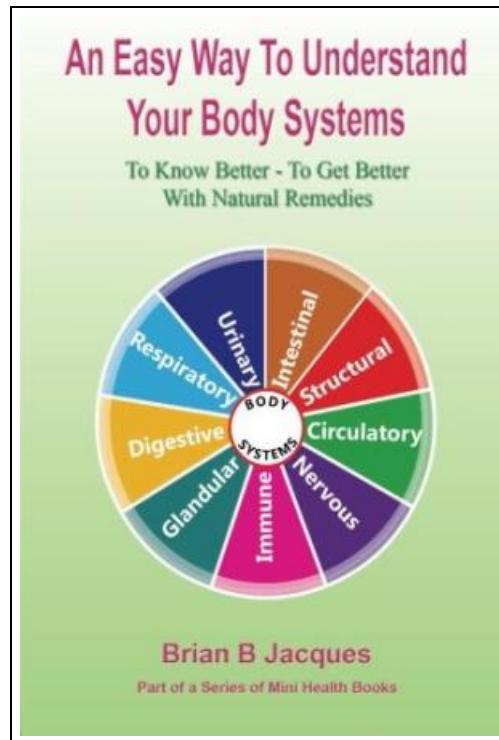


An Easy Way to Understand Your Body Systems



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Reviews

It is one of my personal favorite books. Sure, it is engaging, continue to an amazing and interesting literature. I am quickly could possibly get a enjoyment of looking at a published book.

(Wellington Rosenbaum)

AN EASY WAY TO UNDERSTAND YOUR BODY SYSTEMS



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In this latest book in my Mini Health Series, I want to discuss the body systems. I have put them into nine categories as follows: Digestive, Circulatory, Nervous, Respiratory, Urinary, Structural, Glandular, Immune and Intestinal. I have explained what important function each system performs in the body, as well as some lifestyle suggestions, and finally I have included some of the ailments that befall each system and some suggested natural herbal remedies and/or dietary supplements that have proved beneficial over the years. No medications have been included in this book for the simple reason that I wanted to focus on alternative treatments. Here is one thing I always find interesting watching drug commercials on TV. There is almost more air-time spent on describing the side effects of the medication than what there is on describing the benefits. To me, that says a lot! Sadly, in the fast paced world we now live in, if anything goes wrong with the body, then it is a trip to the doctor for a quick fix to put the problem right. Herbal medicine does not always work that way. The body takes time to heal, but it is well worth the time and effort to pursue an alternative approach to achieve good health. Today, there is a growing interest in using herbal products and vitamin and mineral therapy, as well as a more natural approach to treat all kinds of illnesses. Herbal medicine has been used for hundreds of years-and in some cases thousands of years to treat all kinds of health conditions very successfully I have written this book in an easy to understand style, which will be of interest to...



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