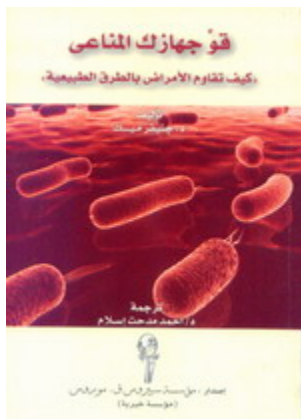


Strengthen your immune system



Authored By Dr. Jennifer Meek and translated By Dr. Ahmad Medhat Islam

This book explains how you can fight infections by natural means, while taking you on a voyage through the wonderful world of the immune system.

Author's academic background :

- 1- Former professor of micro-Biology at Redding University.
- 2- Immunity researcher at Sussex University and Bristol medical institute
- 3- Nutrition consultant at the institute of homeopathic medicine, UK.

Translator's academic background:-

- 1- PhD. in organic chemistry from Scotland's Glasgow University.
- 2- Former dean of Al-Azhar faculty of science
- 3- Member of the Egyptian Chemical Society.
- 4- Member of London's Chemical Society
- 5- Member of the Egyptian Arabic Language Congress.
- 6- Member of the Egyptian Scientific Congress.
- 7- Member of the Egyptian Academy for sciences.
- 8- Member of the council for basic sciences, affiliated to the Academy for scientific research

Highlights:

Chapter (1) Are you immune?

"Your life is in your hands

Helps you identify the significant impact of your food, lifestyle and environment on your immune system and shows you how to test the strength of your immune system and hence "your life is in your own hands".

This chapter offers satisfying answers to several pressing questions namely,

- (1) Can you help your immune system keep you healthy and disease-free?
- (2) How can you improve the efficiency of your immune system and help it make you feel better, perform better and live longer.

Chapter (2): Understanding immunity:-

Helps you understand every thing about your immune system and how complex a defense mechanism it really is by explaining how it works and the meaning of Auto-immunity as well as causes and consequences of infections and how it can be fought by natural means.

This chapter also helps you better understand allergic diseases.

Chapter (3) Strengthening your immunity:-

This chapter discusses, among other topics, the role of physical exercises and positive thinking in strengthening immunity.

There is also a special section dedicated to Acquired Immune Deficiency syndrome(AIDS).

Chapter (4)Immunity and nutrition:-

This chapter provides ample information about the importance of proper nutrition and delves into the significance of minerals, vitamins, Anti-oxidants, fats, proteins and carbohydrates.

It also encourages us to look at nature as a God-given pharmacy containing the various medicines needed for prevention and cure of diseases.

Facts provided by this book:-

- 1- Your body, regardless of its present condition, can be better and stronger if you work with your immune system.
- 2- Good health is neither accidental nor coincidental.
- 3- Our own deep-seated customs unleash the forces that will ultimately destroy us.
- 4- Our body is a complex living lab. with intellectual, emotional, social, physical and chemical needs, which must be satisfied for it to function efficiently and well.