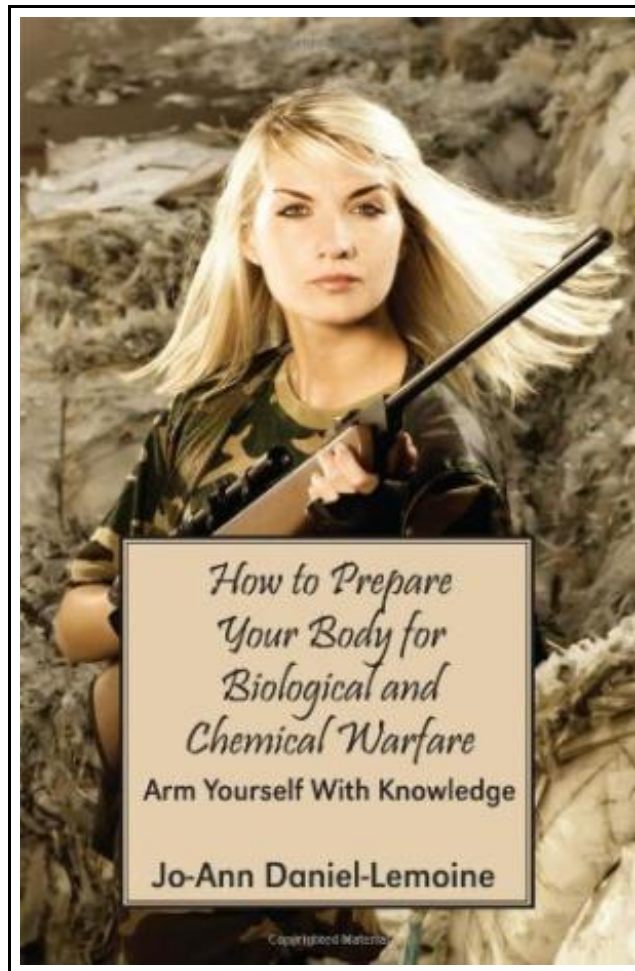


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Outskirts Press, United States, 2009. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Islamic extremist have gone global. Terrorism and weapons of mass destruction are a continued cause for concern. Biological and chemical weapons have been created that could destroy cities and the health and wellbeing of all. As an ever-growing body of scientific research shows, you can prepare your body for most, if not all, of these assaults. This is particularly well demonstrated in plague journals of the past. They reveal remarkable healing power of many foods and herbs you can consume today to prepare your body for optimum immunity. This practical guide helps you to prepare physically, and mentally for all potential assaults indicated by the CDC and National Safety Commissions. Learn the safest areas to live and what you should do in case of an outbreak. This book should be required reading for all citizens of this unstable world. About the Author: Jo-Ann s main interest since the age of 25 has been longevity medicine. Raised to believe the answers were in traditional medicine, she acquired her BS in Nursing from the University of South Florida. Certified by the NLN in both Critical Care and Community Health and by the AHA in Basic Life Support Teacher, and Advanced Coronary Life Support, she has held the highest standards of her profession. During her career in nursing administration she continued her education acquiring an MBA, PhD in Counseling, and certification as a hypnotherapist. Seeking spiritual enrichment, she trained in the healing arts to become a level two Reiki Master. Fascinated by energy healing, she continued her education in natural health and acquired credentials as a Doctor of Naturopathy and Doctor of Natural Health. Jo-Ann is dedicated to teaching others...



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