



THE IMMUNE SYSTEM CURE

Optimize Your Immune System
in 30 Days—The Natural Way!

Includes exciting new information on the
dietary supplement Moducare™ Sterinol™

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What causes one person to catch a cold or flu and another in order to avoid it? Why do critical outbreaks of infectious illnesses leave some individuals untouched? The solution lies within character itself-our disease fighting capability. What allows someone to be incapacitated by allergies? She is co-writer with Udo Erasmus of *Fats that Heal, Fats that Kill: Your Instruction to a Healthy Kitchen*. Through diet, exercise, stress reduction and nutritional supplements, including plant sterols and sterolins, you can harness the energy of your disease fighting capability in just thirty days and help it combat: Antibiotic-resistant bacterias Fibromyalgia Allergy symptoms Hepatitis C Tuberculosis Cancer Arthritis rheumatoid and other autoimmune diseases Chronic exhaustion syndrome and more Now you can maintain a healthy natural level of resistance to disease and contamination with *The Immune System Cure*. D. Vanderhaeghe is definitely a wellness journalist who has been researching and writing on the subject of nutritional medication for over fifteen years. She is editor-in-chief of *Healthy Living Information* magazine and *Alive* magazine, and senior editor for the *Encyclopedia of Organic Healing*, a book that recently earned the Benjamin Franklin Award. The *DISEASE FIGHTING CAPABILITY Cure* provides simple techniques for supercharging your disease fighting capability to resist and stop disease. Bouic, Ph. Lorna R. Patrick J.D., is a leading immunologist at Stellenbosch University, Cape Town, South Africa. For more than a decade, Professor Bouic has been researching the effects of sterols and sterolins on human being health.



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Advertising unsupported by sufficient evidence This book contains the right information and advice related to diet, supplements, exercise, and stress management. As claimed, following most of the advice can help modulate the disease fighting capability and therefore address related disorders, along with improving general health. But there are many substantial issues with the book:(1) The reserve was published in 1999 and is therefore somewhat dated for a medical book. I was scared to death to think that boosting my immune system would actually make the disease worse or make it pass on.(2) The reserve repeatedly promotes something called Moducare, which consists of plant sterols and sterolins. Many claims are created for the medical efficacy of Moducare for a number of health conditions. The only thing that will maintain this disease in check is Prednisone which has side effects worse compared to the disease itself. This lack of evidence doesn't necessarily imply that Moducare won't function for anyone, nonetheless it does increase doubts.(3) At least among the authors (Bouic) seems to have a economic interest in Moducare, which represents a conflict of interest and raises questions about bias.Because of these problems, I cannot recommend this book in good faith. Rather, I believe Whatever path you choose, all the best!by Jack Challem is a better choice. Many thanks. It provides helped me a whole lot in that feeling.Regarding the Moducare product, you might consider trying it for some months if you have exhausted other reasonable options and your need is great, but remember that the peer-reviewed proof for the product is weak.The Swelling Syndrome: THE ENTIRE Nutritional Program to avoid and Reverse Heart Disease, Arthritis, Diabetes, Allergies, and Asthma Help for auto-immune disorders We have sarcoidosis, it is thought to be an autoimmune disorder. Plenty of more latest books on this topic are available. Absolutely amazing book! I did a PubMed search and in addition read the Moducare website to examine the data for Moducare, and I came across it to become rather lacking, despite the fact that a decade has now passed since the book was published. A must read for all!The one thing I was concerned with may be the DHEA vs the Moducare/Sterinol supplement. It really is not clear cut that you should consider one or the other and not both. Once you browse all you will understand more of which to use. GOOD, IMPORTANT BOOK GOOD, IMPORTANT BOOK. After vitamin D has been so touted also amongst naturopaths, you would think its necessity could have been highlighted greater. Has important info about Moducare, a health supplement that they claim balances autoimmune illnesses and assists modulate the immune system.up or down while needed. For myself, I still possess high antibody counts for 2 thyroid antibodies after taking this supplement on / off over about a decade,,,more than thirty days every time. But thats alright, still a book to for sure can get on your shelves. And Dr Chris Kresser also writes about Autoimmune disease and Hashimotos online. On her behalf interviews also. The latest breakthroughs in Autoimmune Health are created by Dr Amy Myers MD (Functional Medication Dr) in her book "THE AUTOIMMUNE SOLUTION..excellent book, and her video about youtube and her free e-newsletters, and also another useful Med doctor, Dr Datis Kharrazian MD. They are more advanced and hopeful than standard medicine doctors and endocrinologists. Google his 2 books and in addition he's on youtube within the Immune summit on the web some time ago free of charge. Williams or "THE STREET to Immunity" Four Stars Great information. But there are newer books with advances in "Functional medication" that came out more recently that should be read after this one, which gives basic info on IMMUNE MODULATION, and a product, MODUCARE, and general ways to stay or improve your health. I was not in a position to scientifically verify that it worked well or not. DrKnews. Excellent source of info Excellent way to obtain information to aid a struggling immune system or actually any disease fighting capability nowadays of so many toxic things that we ingest via respiratory or gastro. Well written book on the Immune System and Healthy Function A lot of this information I had been aware of, but I am so thrilled that there is a book out there that addresses it

in more detail than I could.E. Nevertheless, I am surprised that vitamin D wasn't on her list of the very best 10 immune boosting items. WAS WRITTEN QUITE WAY BACK WHEN. I didnt take it regularly, 3x each day as required, therefore maybe that's why it didnt make my antibody count zero. A "must have" book. Very interesting and accurate! Better books will be "Viral Immunity" by J. She actually is so directly on what she assesses as necessary for the immune system to function in a wholesome way. Not sure if its still on-line free of charge or if its available. Just want could afford suppliment suggested. Five Stars great read!. I love it Great book! you can easily find them by doing some Amazon searching. Other books on this subject which are a lot more recent are also available, but I haven't read them yet; Good book Bought this to greatly help me better understand how our body does work and reacts to outdoors influences.com Autoimmune diseases can be cured or improived.We was thus excited to learn that boosting your immune system will in actuality help with autoimmune disorders. Now I've information on how I could heal my immune system without chemical drugs. some useful info but seems like a big ad for Moducare Sterinol Lots of references to the author's Moducare Sterinol item, it appears that Sterinol could cure anything! I will recommend this publication to all or any the people I match!



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