



9 Easy Ways to Enhance Your Immune System: Making The Connection Between Mind, Body and Spirit (Volume 100)

Dr. Sheila Wilkins Ph.D., Dr Sheila Wilkins

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9 Easy Ways To Enhance Your Immune System: From the common cold to life-threatening conditions like diabetes, cancer, and heart disease, Dr. Sheila's newest book gives you the power to improve your health, and as a result, your life. By including the word of God, certain nutritious foods, doing physical exercises, over 100 easy recipes and information needed to tap into the healing powers of the mind, body, and spirit, you can transform your body into a temple of health. Dr. Sheila is living proof and a model of how she applies her personal prescription for living life to the fullest. At 55, she spends vacations hiking, biking, and mountain climbing, and recently walked over 65 miles for the Sue Komen Breast Cancer Foundation Walk. By following her guidelines to strengthen your immune system, you will see and feel the proof in your own life also. Who is Dr. Sheila Wilkins CN, Ph.D., a Life Coach Engineer and Nutrition Coach. She believes that you already have what you need in order to live a full, complete, and healthy life. Dr. Wilkins operates from an 'All Things Are Possible' philosophy and enjoys educating her clients to achieve optimum health through her book, along with nutritional life style changes. 9 Easy Ways to Enhance Your Immune System was released on March 26, 2010. It is now being sold in over twenty-five different deliverable countries: This book has shipped to the United Arab Emirates, Australia, Belgium, Bahrain, Switzerland, China, Germany, Spain, Finland, France, Hong Kong, Indonesia, India, Japan, Kenya, Kuwait, Sri Lanka, Malaysia, Netherlands, New Saudi Arabia, Singapore, Thailand, and South Africa.

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