



## How to Prepare Your Body for Biological and Chemical Warfare: Arm Yourself with Knowledge (Paperback)

By Jo-Ann Daniel-Lemoine

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...

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