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Build Your Immune System To Superhuman Levels! Make Your Body Bullet Proof From Harm's Way

Why Do Many People NEVER Get Sick? How Does Someone Become Immune To Illness And Stage Off Disease Throughout Life?

Every day, including today, there are people suffering from nagging common colds, the flu, chronic conditions, ailments they've either had for years or picked up over their lifetime, as their body's ability to hold off disease slowly loses its potency. This isn't by accident; it's by habit. Habits we begin as children, and carry on into adulthood. Why are there more sick people now than ever before? Yet we're told our healthcare has never been better. The answer is clear to anyone who's studied it: Our bodies are becoming weaker.

Weak by the food we intake, the air we breathe, the habits we form, the rituals we agree to be a part of, and the lives we choose to live. When do you make a choice to change your habits? When your body gives up on you? Your body is the most precious asset you have in this life, and without it, there is no life. We can all be stronger, and better built. It is ultimately up to us to achieve this result through many different approaches. A Crocodile can have its legged chopped off, and literally never get infected. This comes from millions of years of evolution, but for you, you have 75-90 years to live the most impactful life possible, in the best health you can, and whether you're 20 or 50, it's never too late to make your body become SUPERHUMAN.

Specifically, you will learn these:

- The Superhuman Immune System
- Lifestyle Shifts
- Fuel For Life
- How To Develop Disciplines
- Utilizing Herbs
- What Is Your Guiding Force?
- Your Mind's Control Over Your Body
- Simplifying

This book holds the key processes, techniques and methods to ensure you will live a long, healthy and fulfilling life. You can raise your level of immunity to that of superhuman status by implementing each level of practice into your daily life. In the end, you will not only feel better but do more as you begin hacking your way through your immune system to bring about the superhuman health you are after.

What You'll Know from "Superhuman Health Hacks"

- 33 Health Hacks
- Daily Practices To Maintain And Grow Your Immunity
- Detoxing Your Body And Old Habits
- Increasing Your Senses
- How To Become Superhuman In Your Greatest Health

Want to Know More?

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TAGS: health hacks, superhuman health hacks, immune system, immune system remedies, superhuman success, superhuman abilities, superhuman strength, superhuman nature, immune system boost

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Natural aids to the Rescue!

By Laura R

Been searching for a book like this for a while. I suffer from a multitude of chronic conditions, and have slowly been incorporating natural methods to aid me. This is the first book I've seen that looks at turning your immune system into a superhuman machine that keeps you healthy 24/7.

1 of 1 people found the following review helpful.

Nice book. I like how they don't use too ...

By Thalia24

Nice book. I like how they don't use too much filler. They lay out the message up front, and get straight into each health hack, and what it is and can do for you. The information is to-the-point, and not hard to digest. Definitely will be hanging onto this one.

0 of 0 people found the following review helpful.

Most helpful book ever

By Nicole

I read a few other books by superhuman habits, and checked this one out too. It is loaded with tips, techniques, and methods on building your body up to be superhuman-esque and immune to all kinds of common viruses, colds, flu, etc. Worth the read folks

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