



# Healing Immune Disorders: Natural Defense-Building Solutions

*Andrew Gaeddert*

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## **Healing Immune Disorders: Natural Defense-Building Solutions** Andrew Gaeddert

Immune system disorders, from cancer and HIV to allergies and infections, are epidemic in contemporary society, and the numbers are rising. In *Healing Immune Disorders*, author Andrew Gaeddert offers hope for combating both simple and serious immune conditions using Chinese and Western herbs, supplements, diet, and lifestyle approaches. The author's straightforward instructions help sufferers enhance quality of life beyond what conventional wisdom calls possible. The book focuses on natural approaches to improving immune function and treating autoimmune conditions: maximizing digestive health, reducing stress, self-nurturing through positive thoughts, and developing healthy habits. Integrating mainstream with non-Western approaches, combined with focused exercises, says Gaeddert, can trigger improved energy levels, more restful sleep, better digestion, freedom from pain, and more inner peace. While many immune conditions are not curable, they are treatable. Case studies drawn from the author's practice testify to the success of the book's strategies in a real-world setting.

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