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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Exercise for Immunity

By Dr. Donald A. Miller

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Recent publications and news items show that moderate exercise works with good diet to enhance immune systems. It does not take much. Just walking a few miles per week can help prevent cancers in various parts of the body, as an example.

I'm not a body builder, although I respect people who are. My ideal is to keep a slender, wiry body, such as a runner or swimmer. Typically I spend only 15 to 45 minutes per day, which is nothing compared to an Arnold Schwarzenegger work out.

Here's my basic routine.

After breakfast and before my shower, at least 20 to 30 pushups, then 20 to 30 knee curls. For the curls, I lie on my back and draw my knees to almost touch my chest. After my shower, long enough for my arms to recover a bit, I do at least 15 to 20 chinups from an in-door-way bar.

Thus, I have stimulated my arm and chest muscles, abdomen, and lower back. If I have any lower back aches, which can happen from too much sitting, I tilt my pelvis back and forth, either while still on my back or standing, 10 to 30 times. By the way, this stretcher can be done nearly any where, if one does not make the moves very obvious.

Depending on my mood, available time, and weather, I do one of the following.

#1. As a break from any work, I take at least a 30 minute brisk walk, which covers about 1.8 to 2 miles in my neighbor-hood. While walking, I occasionally rotate my wrists, or wiggle them in all directions, to head off repetitive stress syndrome. I also ease my shoulders by moving them up / down and front / back, or stretching my arms out and rotating them.

#2. If weather or darkness discourage an outdoors walk, and no shopping center is handy, I ride my Schwinn[tm] air-dyne bicycle which pits both my arms and legs against resistance from a paddle wheel. This is the only expensive exercise equipment I own, and can be found used on the web. Five

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minutes with the meter above half scale is a workout. Or I could use a lower challenge but for longer time.

If I have the time, and need to burn off calories or tension, I have a whole range of low cost choices, from mild office stretches to aggressive army calisthenics. For details, see my "Easy Exercise All Ages".

Just a few of the conditions resisted by exercise are:

angina, arthritis, breast cancer, colon cancer, congestive heart failure, coronary artery disease, depression, gallstone disease, heart attack, high blood cholesterol, high blood triglyceride, hypertension, lessened cognitive function (e.g., Alzheimer's disease), low blood HDL, lower quality of life, obesity, osteoporosis, pancreatic cancer, peripheral vascular disease, physical frailty, premature

mortality, prostate cancer, sleep apnea, stiff joints, stroke, type 2 diabetes, spinal injury, weak bones, and more.

All without drugs. What a pleasant surprise!

Dr. Donald A. Miller is author of "Easy Health Diet" <http://easyhealthdiet.com/diet.htm>, "Easy Exercise All Ages" <http://easyhealthdiet.com/eeaa.htm>, and numerous free articles on health <http://easyhealthdiet.com/articles/>. Seven of ten deaths are caused by preventable diseases.

How To Rid Your Child Of Bacteria And Viruses Overnight

By John Hart

It's a well-known fact that children can be walking petri dishes when it comes to strange pathogens. Kids don't always wash their hands, they share food, and they come to school coughing and sneezing, and this leads to the spread of bacteria and viruses.

But my wife and I have discovered a protective shield that every parent can use to not only protect their children, but to knock out pathogens overnight.

It was recommended to us, and we think it's a miracle, so we're passing it on to you.

It's called Extreme Immunity.

We've been using it on our youngest since he started school four years ago, and whenever he comes home feeling awful, we give him a dose of Extreme Immunity and the next morning, his cheeks are rosy and he's back on the bus.

We've done a lot of research on Extreme Immunity and we believe it is critical product to have on the kitchen table, year 'round. We've interviewed the scientist who invented it, Dr. Eric Weaver, so we want to tell you what's in the product that makes it so amazing.

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First of all, Extreme Immunity is 100% pure immunoglobulin protein isolate powder that you mix in your child's fruit drink or milk. It's not just any protein, this protein is the fundamental basis of your body's immune system, according to Dr. Weaver.

Extreme Immunity doesn't just aid the immune system, it actually contains components of the immune system, and that's why it has such an immediate and effective response on your child's illness.

This pure protein powder consists primarily of immunoglobulins IgG, IgM, IgA, IgE, and IgD, and these five immunoglobulins identify invading antigens such as viruses, bacteria, parasites, fungus, pollens, etc.

Extreme Immunity has given our youngest child a defense shield that works for him 24 hours a day. When other children are out sick, our child is in school. This product was available in tablet form for a couple of years, but frankly, who can swallow a giant tablet when you've got a sore throat.

This flu season promises to be tougher than ever at school and at work. From one parent to another, we urge you to try Extreme Immunity instead of suffering through another sick school year.

Oh, and by the way, Extreme Immunity works on adults, too.

John Hart is the author of "Killer Bird Flu..Get Prepared Now," and his wife is a Master Herbalist. They both believe in using natural products to sustain and heal the body. You can learn more about Extreme Immunity at



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