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## Laurie Pippen s All Natural Antiviral Agents - Natural Ways to Prevent or Treat (Paperback)

By Laurie Pippen

Eiram Publishing, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The classification antiviral includes anything that destroys viruses or inhibits their ability to grow and reproduce. Herbals approach viral infection from two directions. They stimulate the immune system to produce more immune cells aiding your body s ability to fight the infection and they act in direct opposition to viruses by inhibiting their ability to grow and reproduce so they cannot survive. The first line of defense against viral infection is prevention . Disinfecting surfaces with known antiviral cleaners, maintaining good health through diet, rest, and exercise and minimizing exposure to infectious agents is far more effective than any treatment plan in the continued battle against viruses. Regardless of the preventative care you take, there are always times where treating an infection will be necessary. Traditionally, viral infection is fought by blending herbals that support the body s own natural defenses with those that act to kill the virus. Using a combination that blends both actions helps to minimize the duration and severity of any infection. Many herbs and oils act as natural immunostimulant and antiviral agents. Some of these natural...



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