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Health Box Set: Take Charge of Your Health by Learning How to Treat Candida, Protect Your Immune System and Reduce Tension Using Hand and Foot Reflexology (Health, Healthy living, Cleanse)

Tina Morgan, John Davis, Olivia Thomas

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BOOK #1: Coconut Oil: 23 Healthy Steps to Protect Your Immune System and Enhance Your Beauty.

The basic immunity booster that has been described in this book is “coconut oil”. You will come up with immersive ideas that how you can make your cooking oil as a disease fighter. Moreover, the 23 healthy steps have been described in this book to let you know how you can use coconut oil for enhancing your beauty and for protecting against the viral and microbial attacks.

The basic topics that have been covered in this book embraces:

- Boost up of immunity system: an astounding power of raw unprocessed extra virgin coconut oil
- 23 Healthy steps to protect your immune system & enhance your beauty by using coconut oil
- How does the coconut oil do for the immunity system?
- Get to know how coconut oil protects your brain, heart and the immunity system

BOOK #2: Candida: Learn how to Treat Candida and Rehabilitate Your Health Naturally in less than 30 days

Candida, yeast, or thrush: no matter the name, it’s still the same uncomfortable experience for sufferers the world over. Resulting with a myriad of symptoms from rashes and aching joints through to brain "fogs", strange discharges and flatulence, Candida is fungus that can take root in the skin, mouth, throat, genitals, gut and scarily enough, the blood. This book “Candida: Learn how to Treat Candida and Rehabilitate Your Health Naturally in less than 30 days” is your go-to guide to ridding yourself of the embarrassment this infection brings by giving you all you need to know about what Candida is, how to recognise the signs and get your body recovering naturally in your very own home.

Covering important topics, you will learn:

- How infection starts and spreads
- How to prevent infection among your loved ones
- What foods to eat to starve Candida and support your recovery
- What activities and habits are supporting your Candida infection
- How to naturally rid yourself of infections, and much more

BOOK #3: Reflexology:Take Charge of Your Health with These Easy Steps to Reduce Tension Using Hand and Foot Reflexology

Do you suffer from chronic pain? Have you been searching for an alternative pain reliever instead of swallow pills every six to eight hours? Reflexology could be the natural treatment you have been looking for. Reflexology Take Charge of Your Health covers easy techniques that you can perform on yourself to help improve your health, reduce pain and relieve stress. Reflexology is a relaxing treatment that stimulates the body's natural energies to promote self-healing. It is a non-intrusive technique with no side effects and has a remarkable number of benefits. This book will review what reflexology is and why it is so beneficial to your health while also explaining simple techniques you can perform that are surely to improve your health.

This book will cover the basics of hand and foot reflexology and focus on things like:

- How to relieve back pain
- How to reduce stress
- How to relieve neck and shoulder pains
- How to relieve headache and migraine pains.

Getting Your FREE Bonus

Download this book, and find **"BONUS: Your FREE Gift"** chapter right after the introduction or after the conclusion.

Download your copy of *"Health Box Set"* by scrolling up and clicking **"Buy Now With 1-Click"** button.

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