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Beating The Flu - Dr. J.E. Williams

Dr. J. E. Williams is an oriental and natural-medicine expert who has used herbs and vitamins to treat influenza and other viruses for more than two decades. In *Beating the Flu*, he begins not by telling you how to treat the flu bug, but how to (avoid it altogether) through a combination of good hygiene and super foods that offer the quick boosts your immune system needs to ward off the virus.

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Dr. J. E. Williams examines the bird flu and offers advice for avoiding it, as well as steps for overcoming the virus should you contract it. Dr. Williams argues that due to a shortage in antiviral pharmaceutical drugs, natural medicines will play a crucial role in minimizing the outbreak--Provided by publisher.

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advanced injection therapies, intravenous therapies, anti-aging medicine, and cell rejuvenation.

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Dr. J. E. Williams has practiced Oriental Medicine for more than two decades and is the author of three books. Presently, he is the academic dean at the East West College of Natural Medicine. Presently, he is the academic dean at the East West College of Natural Medicine.

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