

# THE *Natural* Pharmacist

## COVID-19 Prevention

by Jill Fandrich, PharmD, CRPh

### Book Summary

*Taking disease prevention methods not only safeguards one's well-being but also preserves the invaluable asset of good health. By prioritizing prevention, we invest in our physical and mental prosperity, enabling us to lead fulfilling lives and accomplish our aspirations. Proactively establishing healthy habits, seeking preventive healthcare, and making informed choices empower us to ward off potential illnesses, contributing to long-term vitality and overall well-being. Remember, it is far wiser to prevent disease than to endure its consequences, for good health is the foundation upon which everything else in life is built.*

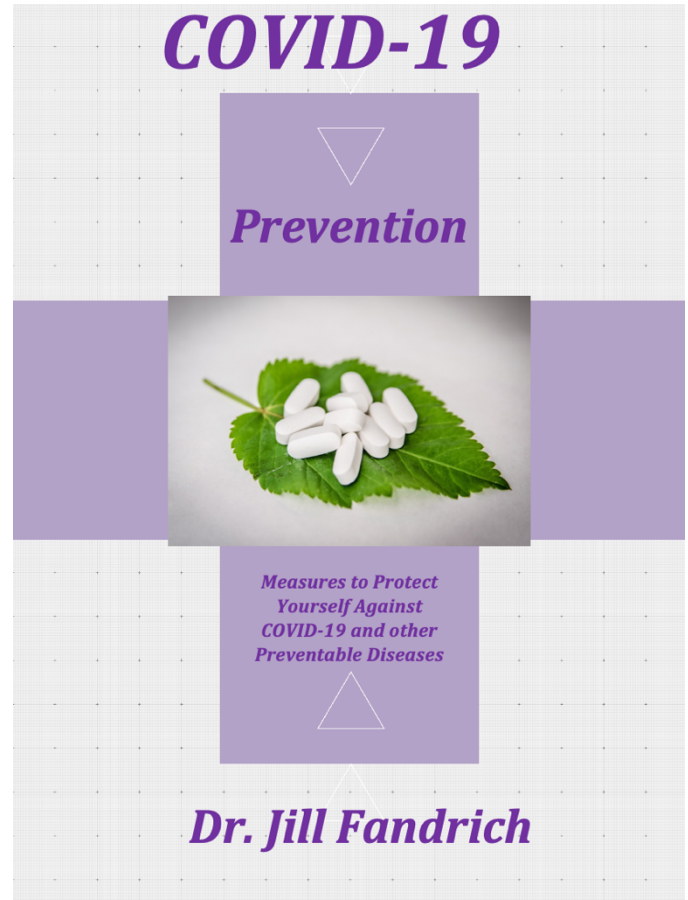
—Dr. Jill

*COVID-19 Prevention* is an interactive digital book with dozens of pictures and hyperlinks, sending you on a fun, light-hearted, humorous, informative, and educational journey of thought and discovery.

How are you protecting yourself from these and other tiny villains?  
What measures have you taken to deflect them?  
Is your immune system as strong as it can be?  
Do you have all the information you need to resist invasion?  
Where do you get your information?

You are a key player in shielding yourself by deflection, using simple methods with long-term benefits. Your body's immune system is the best defense against these vicious foreign bodies. By building up your child's system with these simple yet vital regimens, you will be able to ward off a multitude of intruders and prevent them from ever taking control of your body.

Your mind and the thoughts you think are an integral part of your ability to defend yourself against cellular assailants. Not only will you take steps to help strengthen your body, but your mind as well. Now is the time to integrate critical thinking into your health regimen and use logic and common sense as a guide. It's time to gear up, take charge of your health, body, mind, and spirit, and never give these invaders a chance. Download a digital copy today by following the link on the website, or download a version for the Kindle at Amazon.



**Format:** Found on Amazon for a *limited time* in [Kindle Unlimited](#)

**Pages:** 99

**Price:** \$0