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gut by killing off beneficial probiotic bacteria. This leaves the gut susceptible to overgrowth of toxic bacteria and fungi like candida.

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**The Immune System Recovery Plan :
Dr Susan Blum ...**

On this episode of Wellness Force Radio,
Preventive Medicine and Chronic
Disease Specialist, Founder and Director
of The Blum Center for Health, and
author of both The Immune System
Recovery Plan and the upcoming book,

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**The Immune System Recovery Plan:
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The Immune System Recovery Plan. I have just devoured every word of Susan Blum's book being launched today, The Immune System Recovery Plan. I fully expected to like the complimentary copy I received as a preview. What I didn't

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expect was that it would become one of
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