

Learn How to Boost Your Immune System at the Wellness Study Group at MRSAResources.com

In response to daily inquiries about what people can do to strengthen their bodies in order to help resist infection, MRSA Resources.com is announcing the launch of their Wellness Study Group, beginning this week, at <http://www.wellness.mrsaresources.com>.

(PRWEB) November 15, 2005 -- In a natural evolution of their work towards MRSA (Methicillin resistant Staphylococcus aureus) education, awareness and support, MRSA Resources (<http://www.mrsaresources.com/>) is beginning a study group for anyone who wants to learn more about natural immune system support and general wellness. They will be doing interactive group studies of popular books from well known authors in the fields of nutrition, wellness and healing. The first book in the study will be Dr. Andrew Weil's book, Eight Weeks to Optimum Health. Anyone who wishes to join the group is welcome, and prior association with MRSA Resources is not required. The study will officially kick off on Monday, November 21st, with Week One, but they will be covering the introductory materials during this week prior, so feel free to join the group right away. The purchase of the books involved in the study group is not required to participate in the group, but is recommended in order to get the most out of the group study.

With the spread of community acquired MRSA and other antibiotic resistant infections at an all time high in the United States and worldwide, MRSA

Resources is dedicated to helping people learn how to prevent these potentially life threatening illnesses. Denise Rauff, from MRSA Resources, says, "Our bodies were designed to heal and repair themselves, but many environmental factors in our lives today work against our bodies, and leave us prone to illnesses and dysfunction. We get daily inquiries about what we can do to help our bodies fight infection, and how we can prevent future infections from occurring.

People with immune systems suppressed by prior illnesses, surgeries or diseases are particularly susceptible to MRSA infections. Prevention is the key for everyone, but especially for these people, to avoid becoming infected. We want to stress that this is not a weight loss or fitness oriented group, but a whole body wellness group. There are many things to be learned about how our immune system works and the role of diet, exercise and overall strength and wellness in its function, and this is what our focus will be."

To participate, go to <http://www.wellness.mrsaresources.com/> and click on the Register link. The current book will be featured and available on the web site, or can be purchased at your local booksellers.

MRSA Resources was founded in April 2005, and is maintained by Christina Jones, Denise Rauff and Maureen Daly, as a combined effort to provide education, awareness and support to anyone that has been affected by MRSA, and for those people interested in prevention of infections. We invite you to come learn more about this antibiotic resistant bacterial infection, as we believe that education and awareness are the keys to prevention.

For more information: <http://www.wellness.mrsaresources.com/>

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