



Super Immunity: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free

Joel Fuhrman

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In *Super Immunity*, world-renowned health expert and *New York Times* bestselling author of *Eat to Live* Dr. Joel Fuhrman offers a nutritional guide to help you live longer, stronger, and disease free.

Dr. Fuhrman doesn't believe the secret to staying healthy lies in medical care—rather, the solution is to change the way we eat. With more than 85 plant-based recipes, a two-week menu plan, and lists of super foods that boost immunity, Dr. Fuhrman's proven strategies combine the latest data from clinical tests, nutritional research, and results from thousands of patients .

Fans of Alejandro Junger's *Clean*, Mark Hyman's *Ultraprevention*, and T. Colin Campbell's *The China Study* will appreciate Dr. Fuhrman's practical plan to prevent and reverse disease—no shots, drugs or sick days required.

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The experience that you get from Super Immunity: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free will be the more deep you excavating the information that hide into the words the more you get serious about reading it. It does not mean that this book is hard to be aware of but Super Immunity: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free giving you thrill feeling of reading. The article author conveys their point in specific way that can be understood by anyone who read this because the author of this e-book is well-known enough. That book also makes your vocabulary increase well. That makes it easy to understand then can go together with you, both in printed or e-book style are available. We advise you for having this particular Super Immunity: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free instantly.

Maritza Kress:

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Deanna Thompson:

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