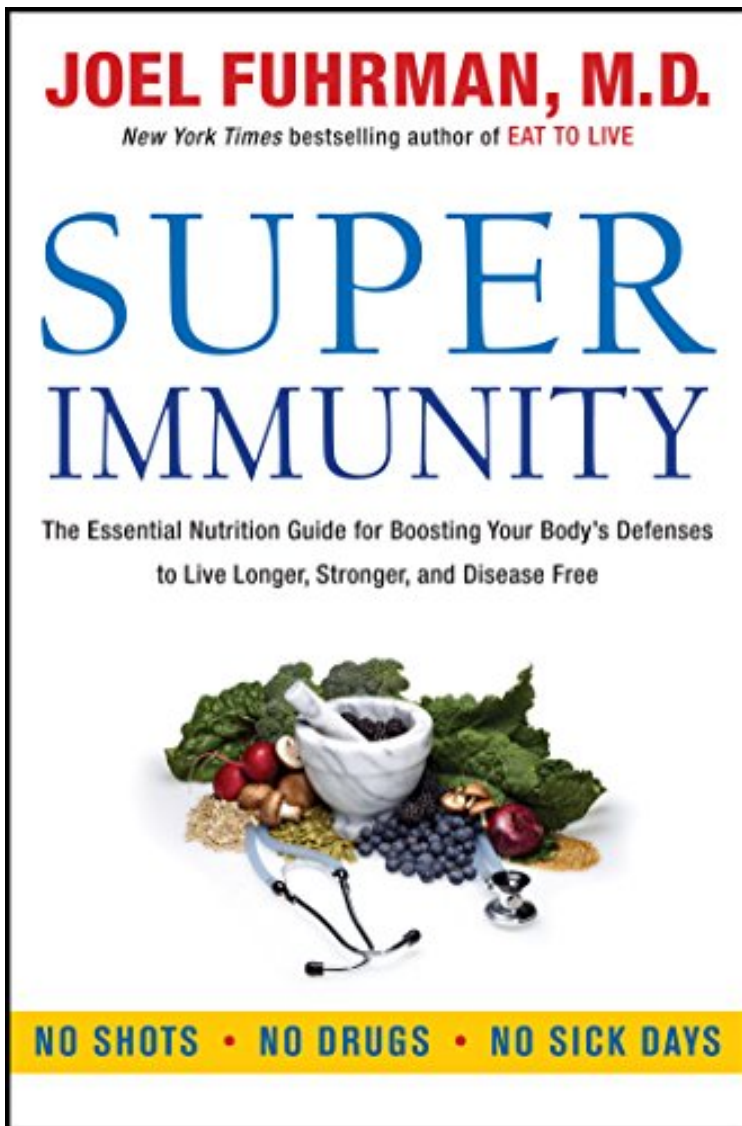


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Super Immunity: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free



Par Joel Fuhrman

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Description :

Prsentation de l'diteurIn 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 doesnt believe the secret to staying healthy lies in medical carerather, 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. Fuhrmans proven strategies combine the latest data from clinical tests,

nutritional research, and results from thousands of patients .Fans of Alejandro Jungers Clean, Mark Hymans
Ultraprevention, and T. Colin Campbells The China Study will appreciate Dr. Fuhrmans practical plan to
prevent and reverse disease no shots, drugs or sick days required. Revue de presse This book proves that
eating high nutrient dense foods is the best path to building a super immune system, leading to a healthy
long life with a sound mind and the recipes are superb. (Dr. Rudy Kachmann, Neurosurgeon, Kachmann
Mind Body Institute) Super Immunity should be the book everyone is talking about. I encourage you to buy
it, read it, and apply it so you can join the conversation on true health. (Wayne S. Dysinger, MD, MPH,
Chair, Department of Preventive Medicine, Loma Linda University President, American College of Lifestyle
Medicine) Super Immunity is a much needed book that contains the key to ending the cycle of sickness that
plagues many of our lives. This is enlightened medicine, at last! (Dr. Alejandro Junger, New York Times
bestselling author of CLEAN) Super Immunity is a fantastic read that scientifically explains the origins of
Western disease and lays out viable solutions to our unhealthy lifestyles. I will definitely be recommending
this book to my patients! (Garth Davis MD Star of TLC's "Big Medicine", Medical Director of Bariatric
Surgery at Memorial City Hospital, Houston, Texas) When it comes to diet and health, the scientific evidence
shows that one size really fits all. Super Immunity offers everybody the most sensible, most effective dietary
approach to become and stay truly healthy. (James Craner, MD, MPH, FACOEM, FACP Occupational
Environmental Medicine, Reno, NV Assistant Clinical Professor, University of California San Francisco
School of Medicine) Super Immunity expertly yet succinctly combines the latest nutrition and scientific
research, plus a handful of anecdotes from Fuhrmans patients, into 170 pages of air-tight, irrefutable advice
on how to get and stay healthy, even in an increasingly toxic and processed world. (VegNews
Magazine) Presentation de l'auteur 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
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