



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

By 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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### Editorial Review

#### Review

“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 Fuhrman’s 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)

#### From the Back Cover

#### The Science of Staying Healthy

The evidence is overwhelming: we can supercharge our immune system to protect our bodies against disease—everything from the common cold to cancer. Nutritional science has made phenomenal strides in recent years, and Dr. Fuhrman explains these discoveries while providing you with everything you need to turn this knowledge into action in your kitchen and in your life.

*Super Immunity* includes:

- A dos and don'ts checklist for colds and flu prevention
- The latest anticancer research
- A proven strategy to reach and maintain your ideal weight forever
- Lists of super foods for super immunity
- A two-week daily menu planner
- Over eighty-five super-delicious recipes

## About the Author

Joel Fuhrman, M.D., is a board-certified family physician and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods. Dr. Fuhrman is the research director of the Nutritional Research Foundation. He is the author of several books, including the *New York Times* bestsellers *Eat to Live*, *Super Immunity*, *Eat to Live Cookbook*, *The End of Dieting*, and *The End of Diabetes*.

## Users Review

### From reader reviews:

#### **Dorathy Byers:**

Why don't make it to be your habit? Right now, try to prepare your time to do the important work, like looking for your favorite book and reading a publication. Beside you can solve your trouble; you can add your knowledge by the guide entitled *Super Immunity: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free*. Try to make book *Super Immunity: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free* as your good friend. It means that it can to be your friend when you really feel alone and beside that course make you smarter than in the past. Yeah, it is very fortunated in your case. The book makes you much more confidence because you can know anything by the book. So , we should make new experience and knowledge with this book.

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#### **Andrew Hall:**

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