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ABHM, Board Certified Holistic Medicine

Dr. Kellyann Petrucci

Board Certified Holistic Naturopathic Physician,
coauthor of *Living Paleo For Dummies*

Boosting Your Immunity For Dummies Boosting Your Immunity For Dummies

Wendy Warner, Kellyann Petrucci



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Immunity - Foods & Tips Vikash Shukla, The immune system of our body is one of the most important systems supporting the efficient functioning of the human body The immune system not only is the first shield against viruses and diseases that might affect us but also if a virus enters our body it is the job of the body defense system to immediately go into action and destroy these unwanted germs and viruses from affecting our body Foods play the most important role in keeping you fit and your immune strong to defend and protect your body The following foods are especially known as immune boosting foods and have properties that will strengthen your immune system Colds viruses sore throats become more prevalent during the winter months These can be avoided through simple prevention with the aid of proper nutrition Immune boosting nutrition includes all those foods that ensure the proper functioning of the body s immune system **Eat To Boost Your Immunity**

Kristen Hartvig,2020-04-28 Boost your immune system the natural way with nutrient rich superfoods and recipes created by acclaimed nutritionist and naturopath Kirsten Hartvig Never before have we been so aware of the relationship between diet and immunity Our bodies have a truly remarkable ability to heal themselves and to ward off illness but it has been undermined by our reliance on processed and nutrient depleted foods This book shows you how to redress the balance by eating foods that stimulate the immune system and supply it with the nutrients it needs to promote optimum well being By explaining the simple principles of eating for immunity and showing how you can incorporate tasty immunity boosting recipes into your diet this informative and practical book tells you all you need to know to enhance your body s defence systems Common ailments such as recurrent colds flu asthma allergies bronchitis eczema and chronic fatigue indicate that your immune system needs a boost In addition stress and depression can weaken your body s natural defences Learn from this authoritative guide how the right choice of healing foods can help you fight off illness lift your spirits and gently restore balance to mind and body for complete health The structure of the book has been carefully devised so that you can source information according to your needs By food Look up the immunity enhancing properties of more than 150 different foods including several special star foods By ailment Find out which foods will address a particular ailment allergy or disorder By recipe Choose from more than 180 delicious and imaginative recipes Including diet plans and menus this unique combination of practical medical reference resource and immune boosting cookbook Eat to Boost your Immunity shows how anyone can

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