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Boosting Your Immunity

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and stay healthy

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and combat disease

Bounce back when your
immunity is compromised

Dr. Wendy Warner

ABHM, Board Certified Holistic Medicine

Dr. Kellyann Petrucci

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

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Theresa Cheung



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The Complete Idiot's Guide to Boosting Your Immunity Colleen Totz Diamond, Murdoc Khaleghi, MD, 2013-07-02 Learn to boost your immunity with this essential guide The key to overcoming chronic illness and recovering from chemotherapy treatments or just to avoid getting every virus that goes around is to build up the body's natural immune

defenses Nutrient poor diets contribute to their poor health so learning how to eat foods that boost your immune defenses is a very important step The Complete Idiot s Guide to Boosting Your Immunity shows readers which foods to eat in order to build up their natural resistance to viruses bacteria and chronic diseases including recipes showcasing nutrient dense foods that pack an anti disease punch It also provides knowledgeable guidance for navigating the complex world of vitamins and natural supplements helping readers formulate a regimen that works best for their needs The role of exercise in immunity is also explored with practical tips for using it to maximize wellness And to give readers the best chance of staying healthy the book shows hidden healthy habits that can keep them from picking up every germ that goes around **Boost Your**

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

eat for optimum health vitality and well being **The Immune System Reset: Boost Your Immunity and Stay Healthy Naturally in 30 Days** Pasquale De Marco, In an era where illness seems to lurk around every corner The Immune System Reset Boost Your Immunity and Stay Healthy Naturally in 30 Days emerges as a beacon of hope offering a comprehensive guide to boosting your immune system and safeguarding your health Through a holistic approach that encompasses nutrition exercise stress management and sleep optimization this book empowers you to take control of your well being and build an impenetrable fortress against disease Within these pages you ll discover the secrets to harnessing nature s immune boosting power incorporating nutrient rich foods medicinal herbs and essential oils into your daily routine Unlock the hidden potential of your immune system as you explore the fascinating world of natural remedies learning how to craft a personalized plan that suits your unique needs and preferences Embark on a journey of self discovery as you delve into the profound impact of stress and sleep on your immune function With mindfulness techniques relaxation exercises and sleep hygiene tips you ll unlock the gateway to a healthier more balanced life where stress takes a back seat and restorative sleep rejuvenates your body and mind The Immune System Reset Boost Your Immunity and Stay Healthy Naturally in 30 Days goes beyond mere advice it provides a step by step roadmap to immune enhancement featuring practical strategies and actionable advice that you can implement immediately Whether you seek to prevent illness recover from chronic conditions or simply live a longer healthier life this book will illuminate the path towards a stronger more resilient you Join the countless individuals who have transformed their health by embracing the principles outlined in The Immune System Reset Boost Your Immunity and Stay Healthy Naturally in 30 Days This book is your indispensable companion on the quest for enhanced immunity empowering you to make informed choices and tailor your lifestyle to promote optimal immune health Invest in your well being and embark on this transformative journey today The Immune System Reset Boost Your Immunity and Stay Healthy Naturally in 30 Days is the key to unlocking a healthier happier and more vibrant life If you like this book write a review *Chia* Wayne Coates,2012-05-01 For people trying to lose weight and enhance well being its a little miracle chia a tiny seed that the Aztecs used for centuries as a super food provides a complete source of dietary protein with more omega 3 fatty acids than salmon and more fiber but fewer carbs than rice grains and corn In fact chia is a gluten free natural appetite suppressant that helps regenerate muscle sustain energy and balance blood sugar This definitive work covers the history and benefits of chia and features a comprehensive daily strategy for weight loss plus delicious recipes *100 Ways to Boost Your Immune System (Collins Gem)* Theresa Cheung,2010-01-21 The perfect pocket guide to boosting your immune system for better physical and mental health all year round **Build Your Author Platform** Carole Jelen,Michael McCallister,2014-05-13 A great book is no longer enough An author platform is the most powerful key to success in today s saturated market and increasingly publishers are demanding that new authors come to them with an existing audience of interested followers Authors who are self publishing have an even bigger need to build an engaged audience Social media makes building the author platform

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