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

By Joel Fuhrman

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Super Immunity: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free, Joel Fuhrman, Joel Fuhrman, M.D., a leading expert and board-certified medical specialist in prevention and reversing disease, offers a comprehensive guide to superior health. Based on the latest scientific research, "Super Immunity" shows us how we can become almost totally resistant to colds, influenza, and other infections. 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 and discoveries in recent years, and when this new research is applied it enables us to seize control of our health like never before. Dr. Fuhrman explains this new science, providing everything you need to know to put this knowledge into action in your kitchen and in your life.



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