

## **SUPER IMMUNITY BOOK**



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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. Super Immunity is a fantastic read that scientifically explains the origins of Western disease and lays out viable solutions to our unhealthy lifestyles.

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### **Super Immunity eBook by Joel Fuhrman M D Author**

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.

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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.

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### **Super Immunity Audiobook by Joel Fuhrman Audible com**

Revered nutrition and health expert, PBS personality, and best-selling author of Eat to Live, Super Immunity, and The End of Diabetes, Dr. Joel Fuhrman delivers a hard-hitting, culture-shifting examination of the role fast and processed food plays in our nation's health crisis and offers a program to help us discover a lasting solution, including a two-week meal plan and 80 recipes.

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### **Joel Fuhrman Super Immunity Notes No Meat Athlete**

Onions and garlic are another great immunity food. Chopping them releases phytonutrients, so chop fine and let sit a bit before cooking. 1/2 cup onion daily has huge links to cancer reduction.

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### **Super Immunity A Breakthrough Program book by Joel Fuhrman**

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