

## [SUPER IMMUNITY FUHRMAN](#)



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### **Ep 37 Eat to Live with Dr Joel Fuhrman GreenSmoothieGirl**

Dr Fuhrman was doing good until he totally disrespected the work of some of the leading functional medicine doctors that have published their work in brain health and auto-immunity saying their work was sloppy at that point, I had to turn Dr Fuhrman off and I probably will not read any of his work.

<http://ebookslibrary.club/download/Ep-37--Eat-to-Live-with-Dr--Joel-Fuhrman-GreenSmoothieGirl.pdf>

### **Eat to Live by Joel Fuhrman Food list What to eat**

Dr. Fuhrman explained a bit more about his guidelines for canned foods in the recently released Eat to Live Cookbook. He says to avoid acidic canned foods such as tomatoes, because the acid leaches the BPA into your food.

<http://ebookslibrary.club/download/Eat-to-Live-by-Joel-Fuhrman--Food-list--What-to-eat--.pdf>

### **Why is chicken soup good when you have a cold Cold and**

Hot chicken soup has been regarded for centuries as a "cure" for common colds. While research affirms that this is not a cure, hot chicken soup is a potent mucus stimulant, especially when it is loaded with pepper, garlic, hot curry powder, and other pungent spices that help to thin out mucus in the mouth, throat, and lungs.

<http://ebookslibrary.club/download/Why-is-chicken-soup-good-when-you-have-a-cold--Cold-and--.pdf>

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