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Super Immunity The Essential Nutrition Guide for Boosting

Dr. Fuhrman is the research director of the Nutritional Research Foundation. He is the author of several books, including the New York Times bestsellers Eat to Live, Super Immunity, Eat to Live Cookbook, The End of Dieting, and The End of Diabetes.

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Super Immunity by Joel Fuhrman MD (2011): What to eat and foods to avoid Super Immunity (2011) describes a nutritarian diet to help build your immune system and make you less likely to get sick or chronically sick.

Vegan/near vegan, unprocessed foods concentrate on green vegetables, onions, mushrooms, berries, beans, seeds

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Super Immunity The Essential Nutrition Guide for Boosting

Dr. Joel Fuhrman's book Super Immunity is truly summed up in his byline: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free. Current nutritional studies are truly giving the public the opportunity to understand just how to eat the healthiest diet possible.

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Super Immunity

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