

**JOEL FUHRMAN, M.D.**

New York Times bestselling author of *EAT TO LIVE*

# SUPER IMMUNITY

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



**ENHANCED  
AUDIO:**  
Includes Recipes,  
Meal Plans  
and More!

Read by Ned Sparrow  
Introduction read by the Author

**NO SHOTS • NO DRUGS • NO SICK DAYS**

Joel Fuhrman

Super Immunity: A Breakthrough Program to Boost the Body's Defenses and Stay  
Healthy All Year Round



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Why do some of us get sick with higher frequency than others?, a leading expert and board-accredited medical specialist in avoidance and reversing disease, gives a comprehensive guide to superior wellness. Are we doomed to get ill when our coworkers and family do?D. But Dr. Will there be a secret to remaining healthy? What makes us more susceptible to illness? The typical American diet is nutrient deficient. The evidence is overwhelming: we can supercharge our immune system to protect our anatomies against disease - everything from the normal cold to cancer. Nutritional technology has made phenomenal strides and discoveries recently, and when this new analysis is applied it enables us to seize control of our health like nothing you've seen prior. Dr. Fuhrman clarifies this new science, providing all you need to understand to place this knowledge into action in your kitchen and in your daily life. What we eat has everything regarding our health, and, unfortunately, way too many of us you live with a severely depleted immune function. Our dietary choices are producing us sicker, shortening our lives, and costing us billions of dollars in doctor visits, medical center stays, and prescription drugs. Joel Fuhrman, M. Fuhrman doesn't believe more medical care is the solution. Rather, he clarifies the perfect solution is is to change just how we eat. Based on the latest scientific research, Super Immunity shows us how we can become nearly totally resistant to colds, influenza, and various other infections. We are eating too many highly processed foods, foods with added sweeteners, and animal fats and protein. At the same time, we are not wanting to eat enough fruits, beans, seeds, and vegetables, which leaves us without hundreds of the most important immune-building compounds. Fuhrman proves that super immunity exists and is certainly well within reach for those who choose it. We all have the ability to live healthier, stronger, and longer than ever before. By changing our diets and combining foods that contain powerful immune-strengthening features, we can prevent most typical modern diseases. Combining the latest data from scientific tests, nutritional study, and results from a large number of individuals, Dr. Isn't it time you discovered super immunity?



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Lots of advice. "In one recent study, women who ate at least 10 grams of refreshing mushrooms every day (equivalent to just one little mushroom) had a 64 percent decreased risk of breast malignancy. Fuhrman's! I experienced countless health issues and could not face yet another pill. I QUICKLY was diagnosed with Psoriasis and when I browse how insidious the disease could become and the cancers causing drugs found in treatment, I understood I had to change. I strongly suggest this publication to everyone, why wait until you perform become sick. Vegetables and fruit should comprise 90% of your calorie consumption... For a return to health, that i needed, that is great. I adhere to the book, am surprised at the results, in 5 months I am no more diabetic, and am off 1/2 of my other meds. INCREASE YOUR Immunity with a healthy diet plan As part of my work as a freelance writer I am often reviewing diet books and spend a fair amount of my time keeping up with the latest diet plan trends and reading the publications which are sizzling off the press. But after reading many versions of the same types of calorie-controlled diets, reformulated with a supposedly 'brand-new' twist, I find I am often left feeling less than inspired. Nevertheless, every now and then I am amazed with a eating plan that, not merely holds my personal interest, but also is also solid in its method of nutrition that truly supports the health and wellbeing of its readers. Thank God because I still possess grand babies to love on and play with. It is written by Dr. Joel Fuhrman - who specializes in preventing and dealing with disease with a high-nutrient plant-based diet - and can be the author of Eat For Wellness. One of the areas of Fuhrman's work that I appreciate is his focus on improving our health by paying attention to the quality of the foods we consume. The emphasis is definitely on whole foods, so oils are used very sparingly, with natural nuts and seeds becoming the main way to obtain fat in the dietary plan. Fuhrman! In Super Immunity, Fuhrman outlines how certain foods including leafy green vegetables, mushrooms, onions, garlic, pomegranate, berries and seeds can improve our natural defenses. Most of his claims are well supported by up-to-date scientific study. For example, mushrooms contain substances called aromatase inhibitors that significantly reduces the risk of breast cancer. I am a HUGE fan of Dr. per week for males." (Up to 89 percent decrease in risk.) In addition to emphasizing immune-strengthening and cancer-fighting foods, Fuhrman outlines recommendations to help visitors to adapt a brilliant Immunity diet. An eyesight opener! Eat at least one large green salad each day and ideally two. Consist of at least an ounce of natural nuts and seeds and something serving of beans in the diet every day. Preferably avoid animal products but at least limit intake to 10 oz. per week for women and 12 oz. Even more dramatic protection was gained by ladies who ate 10 grams of mushrooms and consumed green tea extract daily. My Doctor was astonished at my blood lab tests and the clearing of my Psoriasis, without meds! However, due to the high water and fiber content of the foodstuffs, the dietary plan is naturally lower in calories, making it a perfect program for dieters who wish to lose excess weight but also appreciate eating large meals. The meal program is vegan but a few of the quality recipes provide choices for dieters who choose never to completely eliminate animal products. Fuhrman isn't an advocate of a 100% raw diet, therefore the recipes include a mix of natural and cooked foods. Fuhrman's philosophy is centered on consuming those foods that have a higher ratio of nutrients with regards to their calories. Fruits and vegetables type the basis of each meal and food portion sizes are generous, and that means you certainly won't move hungry on this strategy. A two-week meal strategy is included alongside 85 'super immunity' recipes. Definitely would recommend. Fuhrman recommends. I've only been pursuing his nutritarian diet plan advice for about a week but already Personally i think better. Life Saver This book is packed full of information and I've been following his advice except..... It was difficult for the first 3 weeks to adjust and to possess the meals and ingredients on hand, but now it is easy as I continue to find recipes I enjoy. I haven't abandoned my milk or eggs...but still my health has improved so very much it's crazy and I have lost 50 pounds just from changing my eating habits! I haven't been able to exercise due to a bad knee I have and I'm still losing fat. Adding all of the goodness of true food I feel better, look better and also have not been sick since I've been eating

the way Dr. For those folks who would rather eat a raw food diet this is a list of a few of the raw food recipes one of them book: Cinnamon Apple Omega Milk Detox GREEN TEA EXTRACT Waldorf Blended Salad Marinated Kale Salad Rainbow Chopped Salad Triple Treat Cabbage Salad Golden Onion Morsels Chunky Blueberry Walnut Sorbet Coconut Carrot Cream Pie Golden Delicious Truffles Overall I found the reserve to be an enjoyable read and I picked up on a few key concepts that may without doubt improve my general diet. Literally I believe this reserve may have saved me from a premature loss of life. Super Immunity: THE FUNDAMENTAL Nutrition Guide to enhance YOUR OWN BODY'S Defenses to Live Longer, Stronger, and Disease Free is one such book. Hooray for Dr. By focusing on micronutrient rich very foods we can increase our immunity to defend against colds and flus, as well as protect ourselves from conditions such as autoimmune disorders, heart disease and cancer. When I first heard about Dr. Fuhrman. But folks are incorrect when they believe that because he is certainly really a nutritarian as I discovered when I go through one of his own books. I broke down and read it because I was identified as having cancer and all of the research I did so led me over and over to Fuhrman. It really is hard for me to believe but my back is certainly unbelievably better after just a week of consuming vegetables, fruits and nuts with very little dairy and no meat or poultry up to now. While many of these were factors that I currently was aware of, it is helpful to become reminded of the reasons why these foods are so good for us, because this can help to maintain the inspiration to be consistent to make intelligent food choices. I'll add in some animal items but only organic and not much in volume. I now have several of his books that I'm trying to read. For over 10 years I have had a painful lower back due to arthritis and degenerating disks. The food I am eating now could be delicious and I am not hungry. So many thanks, Dr. Fuhrman and his books I did not want to learn some of them because I believed he was a vegetarian and that is not what I needed to be. I wish I experienced known about you years back - but better late than never. Five stars This book was excellent with a wealth of information and handy recipes to use for each day. Right here is an example of a day's eating in the Super Immunity Program: Breakfast: Forbidden Rice Pudding (ingredients include dark rice, soy or almond milk, dried apple, wild blueberries, cinnamon and vanilla) Lunch time: Spinach Salad with Strawberry Sesame Vinaigrette, Tangy White colored Beans and Zucchini Dinner: Natural snow peas, broccoli and carrots, Island Black Bean Dip, Braised Kale and Squash with pumpkin seeds Dessert: Dark Cherry Sorbet Super Immunity includes recipes for both raw and cooked plant-based meals and can appeal to vegans along with anyone thinking about improving their wellness through an improved diet. Great useful book! Fuhrman! Focus on foods that are saturated in nutrients and preparing meals at home. Good inspirational book. Thank you Dr. Loaded with good and practical information. Five Stars good info Five Stars The most crucial guide to nutrition I've come across. would recommend to a friend great author good book The book may be the real deal This book truly enhanced my health when I embraced the teaching. My weight is regular (identical to when I married 48 years back), I love good food, rest well, exercise, have energy, and don't get sick. I really do not have confidence in maintenance drugs that are advertised continuously on tv by pharmaceutical companies therefore routinely handed out by doctors. In order to end up being in charge of your own health and want in order to avoid medications with their often dangerous side-effects (observed in family and friends), then I highly recommend this book for you. Dr. It's a lifestyle focused on health, not a diet book (although you will eventually lose fat). Fuhrman can be on target, nevertheless, you have to commit to healthy living for this to benefit you. Wish he could be my physician.! Joel Fuhrman can be an inspirational doctor and is passionate about supporting people regain their wellness. Amazing health results! Arrived in Very Good Condition Excellent



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