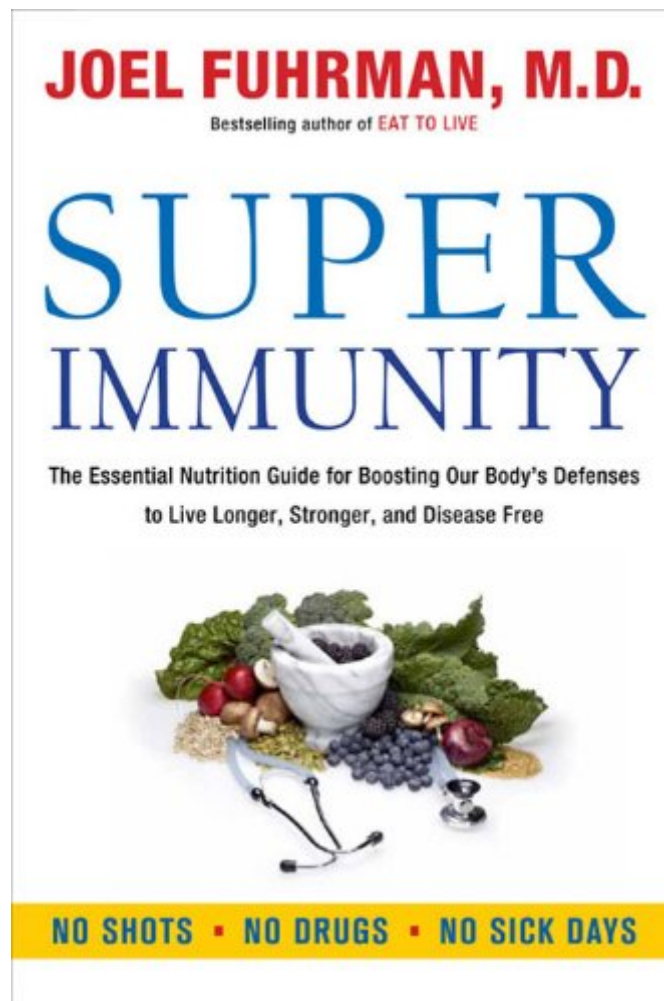


The book was found

Super Immunity: The Essential Nutrition Guide For Boosting Your Body's Defenses To Live Longer, Stronger, And Disease Free



Synopsis

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. 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. Fans of Alejandro Junger's *Clean*, Mark Hyman's *Ultra*prevention, and T. Colin Campbell's *The China Study* will appreciate Dr. Fuhrman's practical plan to prevent and reverse disease—no shots, drugs or sick days required.

Book Information

File Size: 851 KB

Print Length: 293 pages

Publisher: HarperOne; Reprint edition (September 20, 2011)

Publication Date: September 20, 2011

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B004U6WUYE

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #43,079 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 in Kindle Store > Kindle eBooks > Medical eBooks > Basic Science > Immunology #7 in Kindle Store > Kindle eBooks > Medical eBooks > Special Topics > Nutrition #11 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems

Customer Reviews

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 trends and reading the publications that are hot off the press. But after reading many versions of the same types of calorie-controlled diets, reformulated with a supposedly 'new' twist, I find I am often left feeling less than inspired. However, every now and then

I am pleasantly surprised with a diet program that, not only holds my personal interest, but also is also solid in its approach to nutrition that truly supports the health and well being of its readers. Super Immunity: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free is one such book. It is written by Dr. Joel Fuhrman - who specializes in preventing and treating disease with a high-nutrient plant-based diet - and is also the author of Eat For Health. One of the aspects of Fuhrman's work that I appreciate is his emphasis on improving our health by paying attention to the quality of the foods we eat. Fuhrman's philosophy is centered on consuming those foods that have a high ratio of nutrients in relation to their calories. By focusing on micronutrient rich super foods we can boost our immunity to ward off colds and flus, as well as protect ourselves from conditions such as autoimmune disorders, heart disease and cancer. In Super Immunity, Fuhrman outlines how certain foods including leafy green vegetables, mushrooms, onions, garlic, pomegranate, berries and seeds can improve our natural defenses. All of his claims are well supported by up-to-date scientific research. For example, mushrooms contain substances called aromatase inhibitors that significantly reduces the risk of breast cancer.

You may have read Dr. Fuhrman's other book "Eat to Live" and wonder what's new in store with Super Immunity, or is it just a rehash of the same information. While you will not find radically different information in Super Immunity -- it's the same good Fuhrman diet philosophy -- this book covers critical information about your health that I've personally never seen before in such an easy-to-digest format. It would be easy to summarize the book by saying "Eat your vegetables!" but Super Immunity goes beyond that. Yes, there's a ton of research that shows that phytochemicals found in certain vegetables have literally boost our immunity and can fight off cancer. The top foods recommended to add to your diet are:- Kale, collards, mustard greens- Arugula, watercress- Most greens and cabbage- Broccoli, brussel sprouts- Carrots, tomatoes- Onion, garlic- Mushrooms- Pomegranates- Berries of all kinds- Seeds (like sesame, flax, etc.) The book covers a lot more information, such as:- The pros and cons of certain vaccines. Why most people would not be advised to take a flu shot every year.- How diet alone can not only prevent but help reverse cancer- How exactly nutrition can increase our immunity and help us avoid contagious diseases- Simple tips I found very useful to further improve our immunity and avoid viral illnesses.- The controversy on being a complete vegan or not, what the science actually says about it The recipes are excellent but similar to what's found in other books by Fuhrman. What I like about Dr. Fuhrman is that he's obsessed about optimal nutrition, but he's also a scientist.

What an exciting premise! Nutrition and exercise not only can stave off deadly diseases, such as cancer and heart disease, but irritants such as colds and flu. The scientific explanations for this were clear and persuasive - and consistent with real life. I liked the refutation of America's obsession with medicines and medical treatments for everything - while medicine has its place, pharmaceuticals come with frightening risks, and lifestyle changes are definitely preferable. Dr. Fuhrman does not mince words - the life expectancy increases in the past 100 years, he explains convincingly, are due much more to improvements in plumbing and sanitation, and decreases in child and childbirth mortality rather than the new blood pressure/cholesterol/heart and cancer drugs and surgeries. Who knew? I guess rather than my doctor I have my cousin Joe, a retired plumber, to thank for my longevity. Actually this, like the other explanations, is quite original but makes a lot of sense. I also really liked the specific and original instructions for dietary changes needed - you should chew cruciferous vegetables very thoroughly to release their minerals (ok, it kind of makes you feel like an idiot to sit there and chew and chew and chew, but hey, it's for your health). Mushrooms, green vegetables, black rice and onions are powerhouses of nutrients, to be included almost every day. Red wine has resveratrol, which is good for your health (Cheers! I like this health advice. Nuts and seeds are critical to health, and do not increase obesity (I loved that! I always felt guilty eating tasty nuts because I kept hearing they were fattening, so this is good news!) A low fat diet is actually very unhealthy, and the reason many people give up on vegetarian/vegan diets. (Yeah!

[Download to continue reading...](#)

Super Immunity: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) Super Mario: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Super Mario Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Juice Up Your Life - Juicing Made Easy Guide And Tips, Live Healthy, Live Better, Live Longer! (Juicing Guide, Juicing Recipes) Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) Cheating Father Time: 77 Anti-Aging Hacks to Stop the Clock and Live a Longer, Healthier and More Fulfilling Life: (Build the Habits to Age with Grace and Become Sharper & Stronger by the Year!) The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Runner's World The Runner's Body: How the Latest

Exercise Science Can Help You Run Stronger, Longer, and Faster Eat Less, Live Longer: Your Practical Guide to Calorie Restriction with Optimal Nutrition The Liver Cleansing Diet: Love Your Live and Live Longer Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Bicycling Complete Book of Road Cycling Skills:Â Your Guide to Riding Faster, Stronger, Longer, and Safer Alzheimer's Disease: Dominate Alzheimer's Sickness With Nutrition Treatment, Brain-Healthy Lifestyle and Herbal Treatment (Alzheimer's Disease Complete ... Nutrition Treatment, Elder Care Handbook) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Fre Essential Oils Integrative Medical Guide: Building Immunity, Increasing Longevity, and Enhancing Mental Performance With Therapeutic-Grade Essential Oils Heart to Start: The Eight-Week Exercise Prescription to Live Longer, Beat Heart Disease, and Run Your Best Race BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies)

[Dmca](#)