



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

Joel Fuhrman

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Why do some of us get sick with greater frequency than others? What makes us more susceptible to illness? Are we doomed to get sick when our coworkers and family members do? Is there a secret to staying healthy?

Joel Fuhrman, M.D., a leading expert and board-certified medical specialist in prevention and reversing disease, offers a comprehensive guide to superior health.

Based on the latest scientific research, *Super Immunity* shows us how we can become almost totally resistant to colds, influenza, and other infections.

The evidence is overwhelming: we can supercharge our immune system to protect our bodies against disease - everything from the common cold to cancer. Nutritional science has made phenomenal strides and discoveries in recent years, and when this new research is applied it enables us to seize control of our health like never before. Dr. Fuhrman explains this new science, providing everything you need to know to put this knowledge into action in your kitchen and in your life.

What we eat has everything to do with our health, and, unfortunately, too many of us are living with a severely depleted immune function. Our dietary choices are making us sicker, shortening our lives, and costing us billions of dollars in doctor visits, hospital stays, and prescription medications. But Dr. Fuhrman doesn't believe more medical care is the answer. Rather, he explains the solution is to change the way we eat. The standard American diet is nutrient deficient. We are eating too many highly processed foods, foods with added sweeteners, and animal fats and protein. At the same time, we are not eating enough fruits, beans, seeds, and vegetables, which leaves us lacking in hundreds of the most important immune-building compounds. By changing our diets and combining foods that contain powerful immune-strengthening capabilities, we can prevent most common modern diseases.

Combining the latest data from clinical tests, nutritio...

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