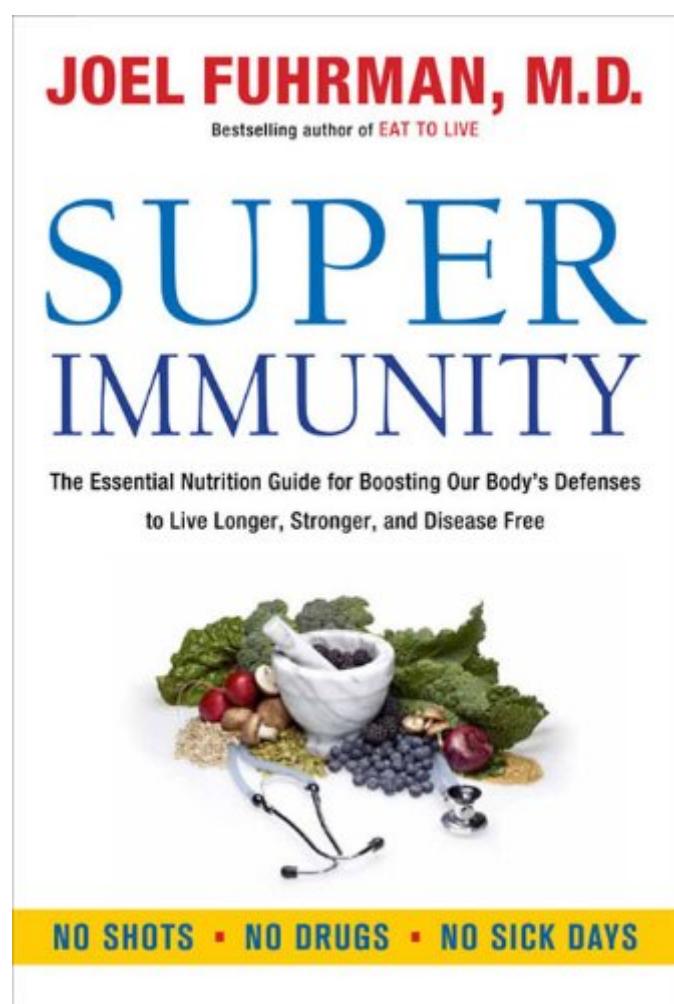


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# Super Immunity: The Essential Nutrition Guide For Boosting Your Body's Defenses To Live Longer, Stronger, And Disease Free



## **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 Ultraprevention, 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**

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## **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!)

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