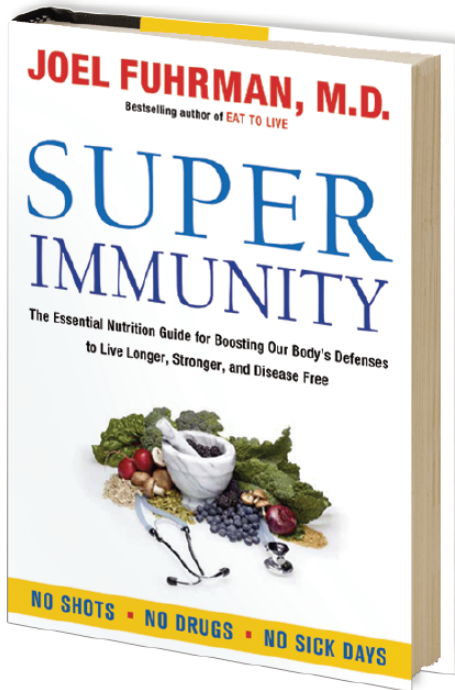


SUPER IMMUNITY

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

NO SHOTS • NO DRUGS • NO SICK DAYS



Hardcover
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also available as an eBook

“We have scientific evidence that the right raw materials and nutritional factors can double or triple the protective power of the immune system. It is possible to hardly ever get sick, and boosting your body’s defenses to the level of super immunity can save your life.”

-- Dr. Fuhrman, from SUPER IMMUNITY

Super Immunity includes:

- A dos and don'ts checklist for colds and flu prevention
- The latest anticancer research
- A proven strategy to reach and maintain your ideal weight forever
- Lists of super foods for super immunity
- Two-week daily menu planner
- Over eighty-five super-delicious recipes

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, nutritional research, and results from thousands of patients, Dr. Fuhrman proves that super immunity exists and is well within reach for those who choose it. We all have the ability to live healthier, stronger, and longer than ever before. Isn't it time you discovered super immunity?

(see reverse)

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Eat your "GOMBBS":

Super Immunity is created by a diet with a portfolio of immune systems-strengthening and cancer-fighting foods. "GOMBBS" is good way to remember these essentials:

- 1) Greens
- 2) Onions
- 3) Mushrooms
- 4) Berries
- 5) Beans
- 6) Seeds

5 Daily Rules:

- 1) Eat one large green salad every day (preferably two)
- 2) Eat at least a half-cup serving of beans or legumes in soup, salad or a dish once daily
- 3) Eat at least 3 fresh fruits a day, especially berries, pomegranate, cherries, plums, oranges
- 4) Eat at least one ounce of raw nuts and seeds a day
- 5) Eat at least one large (double-size) serving of steamed green vegetables daily.

"Super Immunity is a much-needed book that contains the key to ending the cycle of sickness that plagues many of our lives. This is enlightened medicine, at last!"

—Alejandro Junger, M.D.
NY Times bestselling author of *Clean*

"If we prepare our bodies correctly by putting in the right nutrients, we will be much healthier. In Super Immunity Dr. Fuhrman approaches health and disease in a balanced, scientific manner that is both interesting and practical. This should be the book everyone is talking about. I encourage you to buy it, read it, and apply it."

—Wayne S. Dysinger, M.D.
M.P.H., chair of the Department of Preventive
Medicine at Loma Linda University
President, American College of Lifestyle Medicine

"Dr. Fuhrman has found a way we can prevent most of the diseases that plague Western society. Super Immunity is a fantastic read that scientifically explains the origins of Western disease and lays out viable solutions to our unhealthy lifestyles. I will definitely be recommending this book to my patients!"

—Garth Davis, M.D.
Star of TLC's *Big Medicine*
Medical director of bariatric surgery at
Memorial City Hospital in Houston, TX