



Boosting Your Immunity For Dummies

Wendy Warner, Kellyann Petrucci

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Boost your body's natural defenses against disease

Good nutrition is a key weapon against colds and the flu. The foods, supplements, and practices outlined in *Boosting Your Immunity For Dummies* can boost your body's natural defenses against disease when they're incorporated into your daily diet and lifestyle.

Boosting Your Immunity For Dummies provides hands-on techniques for supercharging your immune system to resist illness and prevent disease. Through diet, exercise, stress reduction, and nutritional supplements, the role of water, sunlight, and oxygen, you can harness the power of your immune system and help your body combat health issues that include: antibiotic-resistant bacteria, allergies, Hepatitis C, pre-menopause, menopause, cancer, Rheumatoid arthritis, dental, and autoimmune diseases.

In addition, *Boosting Your Immunity For Dummies* includes tasty recipes for every meal of the day along with shopping lists and tips for stretching grocery dollars while still eating healthy!

- Expert advice and tips on living and eating healthy
- Includes more than 40 healthy and tasty immunity boosting recipes
- Shows you how to supercharge your immune system

If you're looking for a resource that will help you improve your overall health by eating properly and exercising to drastically improve their immunity to disease, *Boosting Your Immunity For Dummies* has you covered.

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