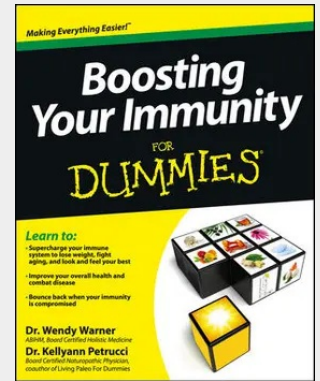


Boosting Your Immunity for Dummies

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.

Learn to: * Supercharge your immune system to lose weight, fight aging, and look and feel your best * Improve your overall health and combat disease * Bounce back when your immunity is compromised Boost your body's natural defenses against disease 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, nutritional supplements, and the role of water, sunlight, and oxygen, you can harness the power of your immune system and drastically improve your immunity to disease. * Immune System 101 - grasp the parts and functions of your immune system and get to know what it means to live an immune-boosting lifestyle * When things go haywire - discover the hows and whys of specific conditions such as allergies, autoimmune conditions, and cancer, as well as immune-boosting suggestions specific to each * Eat your way to good health - understand the immune properties of superfoods - one of the most amazing tools you can use to experience fewer colds, the flu, and other illnesses * Start cookin' - dive into 50 immune-boosting recipes for every meal of the day, from easy breakfasts and energizing lunches to body strengthening dinners and sides Open the book and find: * Ways to strengthen your allergy defense system * Tips for improving your immunity with nutrition * The immune properties of superfoods * Supplements and herbs that boost immunity * The importance of sleep, sunshine, water, exercise, and stress reduction * Ways to detox your body and your environment * 50 recipes for health and a stronger immune system



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