



Boost Your Immune System: The Drug-free Guide to Fighting Infection and Preventing Disease

Patrick Holford, Jennifer Meek

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Revised and updated, a guide to winning the war on colds and flus, decreasing allergy potential, and protecting yourself from cancer—all using food

Preventing disease and fighting infection can be done, by using a simple yet powerful medicine—food. Understanding nutrition and correctly supplementing your diet is the key to boosting your immune system. Today, our immune systems also face a growing number of enemies, such as stress, pollution, pesticides, and food additives. This guide explains how to meet all these challenges in order to beat infections naturally, supplement for immune strength, assess which vaccinations are necessary, beat sinus infections and hay fever, stay healthy with an HIV-positive status, and much more. Easy-to-follow and practical, this book includes an action plan for immune power, complete with recipes, that will help you stay free from disease, feel great, and perform better.

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