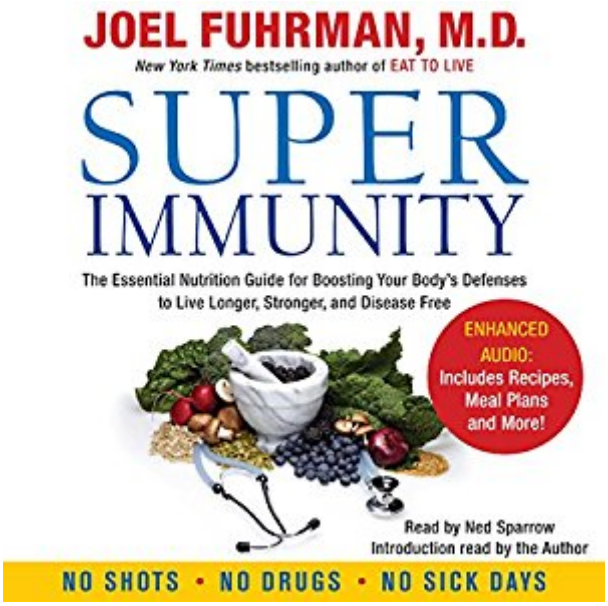
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Super Immunity: A Breakthrough Program To Boost The Body's Defenses And Stay Healthy All Year Round



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Synopsis

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?

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. "In one recent study, women who ate at least 10 grams of fresh mushrooms each day (equivalent to just one small mushroom) had a 64 percent decreased risk of breast cancer. Even more dramatic protection was gained by women who ate 10 grams of mushrooms and consumed green tea daily." (Up to 89 percent decrease in risk.)In addition to emphasizing immune-strengthening and cancer-fighting foods, Fuhrman outlines guidelines to help readers to adapt a Super Immunity diet. Focus on foods that are high in nutrients and prepare meals at home. Eat at least one large green salad every day and ideally two. Include at least an ounce of raw nuts and seeds and one serving of

beans in the diet every day. Preferably avoid animal products but at least limit intake to 10 oz. per week for women and 12 oz. per week for men. Fruits and vegetables should comprise 90% of your caloric intake.A two-week meal plan is included along with 85 `super immunity' recipes. The meal plan is vegan but a few of the recipes provide options for dieters who prefer not to completely eliminate animal products.Fuhrman is not an advocate of a 100% raw diet, so the recipes include a combination of raw and cooked meals. The emphasis is on whole foods, so oils are used very sparingly, with raw nuts and seeds being the main source of fat in the diet.Fruits and vegetables form the basis of every meal and portion sizes are generous, so you certainly won't go hungry on this plan. However, because of the high fiber and water content of the meals, the diet is naturally low in calories, making it a perfect program for dieters who want to lose weight but also enjoy eating large meals.Here is an example of a day's eating on the Super Immunity Plan:Breakfast: Forbidden Rice Pudding (ingredients include black rice, soy or almond milk, dried apple, wild blueberries, cinnamon and vanilla)Lunch: Spinach Salad with Strawberry Sesame Vinaigrette, Tangy White Beans and ZucchiniDinner: Raw snow peas, broccoli and carrots, Island Black Bean Dip, Braised Kale and Squash with pumpkin seedsDessert: Black Cherry SorbetSuper Immunity includes recipes for both raw and cooked plant-based meals and will appeal to vegans as well as anyone interested in improving their health through a better diet. For those of us who prefer to eat a raw food diet here is a list of some of the raw food recipes included in this book: Cinnamon Apple Omega Milk Detox Green Tea Waldorf Blended Salad Marinated Kale Salad Rainbow Chopped Salad Triple Treat Cabbage Salad Golden Onion Morsels Chunky Blueberry Walnut Sorbet Coconut Carrot Cream Pie Golden Delicious TrufflesOverall I found the book to be an enjoyable read and I picked up on a few key concepts that will no doubt improve my overall diet. While many of these were factors that I already was aware of, it is helpful to be reminded of the reasons why these foods are so good for us, because this helps to maintain the motivation to be consistent in making intelligent food choices.

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 itThe 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. Some radical natural hygienist claim that the entire germ theory is a scam and that viruses never cause illnesses, but those claims are not supported by science.Furhman shows you how you can dramatically increase your immunity so that' you'll never catch a flu, even when a lot of people are sick.I've lived something close to the recommended lifestyle for over 12 years and although I occasionally got a cold, I've never had a flu in all that time and the more closely I followed the recommendations, the healthier I've become.It's not an "all or nothing" lifestyle. You can pick and choose what you incorporate in your life. If you've read other books like those by Dr. McDougall or Esselstyn, the Furhman books, including Super Immunity, are great additions.

I have struggled with lupus since childhood never realizing that choosing to eat highly nutritious food could make all the difference in how well I could live and how good I could feel. I am grateful to Dr. Furhman for writing this book which takes the research and makes it easy to understand. I wish I had this information a lot sooner, I am sure it would have made my life easier.

I highly recommend this book (and lifestyle) to anyone. The main idea: Eat highly nutritious food at every meal. I will admit I already had a fairly health diet, so many of the concepts were not foreign to me. What impressed me the most about Dr. Fuhrman's ideas is that this information is not fad-like. It's simple and makes more sense than any nutritional information I have ever read.I have lost 11 pounds since I changed my diet. The following health issues completely or nearly completely resolved within the first month: endometriosis symptoms, acne, reflux (when I actually keep off coffee), and insomnia. I intend to eat like this for the rest of my life and I can honestly say (coming from someone who lives in the Deep South), it's not been difficult. I'm not hungry at all.

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