



## Boost Your Immune System: The drug-free guide to fighting infection and preventing disease (Paperback)

By Patrick Holford, Jennifer Meek

Little, Brown Book Group, United Kingdom, 2011. Paperback. Condition: New. Revised, Expanded, Updated ed.. Language: English . Brand New Book. We can all prevent disease and fight infection 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. In BOOST YOUR IMMUNE SYSTEM, experts Jennifer Meek and Patrick Holford show you how to meet all these challenges in order to beat infections naturally, win the war against colds and flu, decrease your allergic potential, protect yourself against cancer, supplement for immune strength and much more. Easy to follow and practical, this book will help you stay free from disease, feel great and perform better.

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