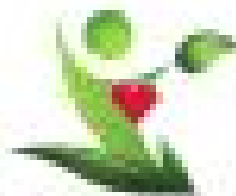


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Jiyuan Zhang



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4 Weeks to Maximum Immunity Editors Of Prevention Magazine, Kim Galeaz, 2008-04-15 Publication of Prevention's Maximum Immunity couldn't be more timely. As health experts are ever more loudly sounding the alarm about the dangers of a flu pandemic and the general rise in treatment-resistant disease strains, men and women increasingly find themselves juggling hectic stressful schedules that deplete their immune defenses. Now Prevention, the magazine widely recognized as the premier source for cutting-edge authoritative health information, examines the various lifestyle factors that influence immune function, including diet, nutrition, exercise, sleep, stress, and environment, to construct a scientifically sound 28-day program that measurably improves the body's ability to ward off illness, both short and long term. Developed specifically for this book, the program features daily menus of immune-boosting foods, daily tips to create an immune-friendly lifestyle, the keys to maximum immunity, including moderate and consistent exercise, 2 servings of fruits and vegetables at every meal, adequate sleep, 15 minutes outdoors without sunscreen, and a few laughs whenever possible. Targeted self-care strategies ranging from nutritional supplements to behavioral changes enable anyone to tailor the program to fit individual needs. Preventive and treatment measures that help people fight back against specific conditions, from allergies, asthma, and food poisoning to Lyme disease, shingles, and pneumonia.

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Supercharge Your Immunity Simon & Schuster, 1999-09 *Health & Weight-loss Breakthroughs 2009: Maximum immunity*, 2009 **Clinical Tuberculosis** Francis Marion Pottenger, 1922 *Immune Power Boosters* Carlson Wade, 1990 **Boosting Your Immunity For Dummies** Wendy Warner, Kellyann Petrucci, 2020-09-18 Boost your body's defenses to fight off disease and live stronger and longer. Every single day, our bodies are under attack from nasty little organisms which range from the pesky to the frighteningly serious. So what's the best way to fight back? Thankfully, nature has provided us with a powerful interior armor plating, and **Boosting Your Immunity For Dummies** shows you how to keep that crucial biological gift in tip-top condition. Brought to you by bestselling author Kellyann Petrucci, MS, ND, a board-certified naturopathic physician, and Wendy Warner, a board-certified holistic physician, **Boosting Your Immunity For Dummies** sets out the sound ways we can

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