

Maximize  
Your  
Immunity



# Maximize Immunity

**Jiyuan Zhang**

## **Maximize Immunity:**

**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 that 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 Lyme disease shingles and pneumonia [Alive! Achieve Maximum Immunity with These Lifestyle Changes](#)

Rachna Chhachhi,2021-04-13 It s not about the years you live it s about how much life you put in each year We live longer than our ancestors did thanks to modern medicine Yet building a society with a healthy life expectancy has become our greatest challenge In ALIVE Lifestyle Changes to Age Proof Your Mind and Body nutritional therapist and cancer coach Rachna Chhachhi shares a holistic living plan that can help slow down the ageing process fend off disease and improve quality of life Focused on building the mind body connection and opting for an unhurried pace to heal yourself this nutrition exercise sleep and stress management programme follows four steps 1 Eliminate what harms you 2 Imbibe what heals you 3 Discover your mind body balance 4 Nurture your healing lifestyle ALIVE is essential reading in a post COVID 19 world where an integrated approach towards strengthening our immune system has become even more critical

**Supercharge Your Immunity** Simon & Schuster,1999-09 [Health & Weight-loss Breakthroughs 2009: Maximum immunity ,2009 Clinical](#)

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