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### **Super Immunity The Essential Nutrition Guide for Boosting**

Super Immunity by Joel Fuhrman This was an interesting book although I can't say that I learned anything new or that I believe all his dietary claims. Basically he is saying eat more fresh fruits and vegetables, whole grains, and nuts. Stop eating junk, processed anything, and eat much less eat. Exercise. Nothing new there.

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In Super Immunity, world-renowned health expert and New York Times bestselling author of Eat to Live Dr. Joel Fuhrman offers a nutritional guide to help you live longer, stronger, and disease free.

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