



# **Super Immunity Foods: A Complete Program to Boost Wellness, Speed Recovery, and Keep Your Body Strong**

*Frances Sheridan Goulart*

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**Achieve Optimal Health with the Top 25 Immunity-Boosting Foods Build immunity that beats disease and slows down aging while increasing your energy**

Who doesn't want fewer colds, softer skin, or youthful vitality? Frances Sheridan Goulart, author of the ever-popular *Super Healing Foods*, now brings you a program for the 25 foods that strengthen the body's six immune centers and help heal and reverse the most common ailments.

Focusing on the top 25 foods provides a simple plan that you can easily incorporate into your lifestyle. With delicious recipes and complete menus, a newer, healthier you is now within reach.

Did you know these food facts?:

Apple peels are rich in a compound that helps to halt the growth of cancer cells

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