

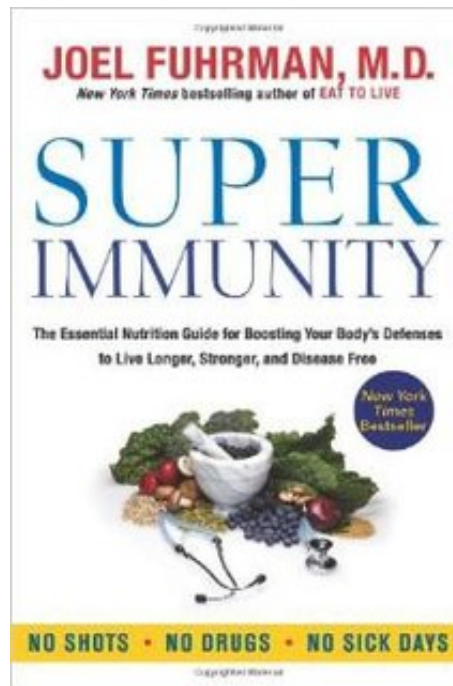
Joel Fuhrman Super Immunity

Reading excerpt

[Super Immunity](#)

of [Joel Fuhrman](#)

Publisher: Harper One



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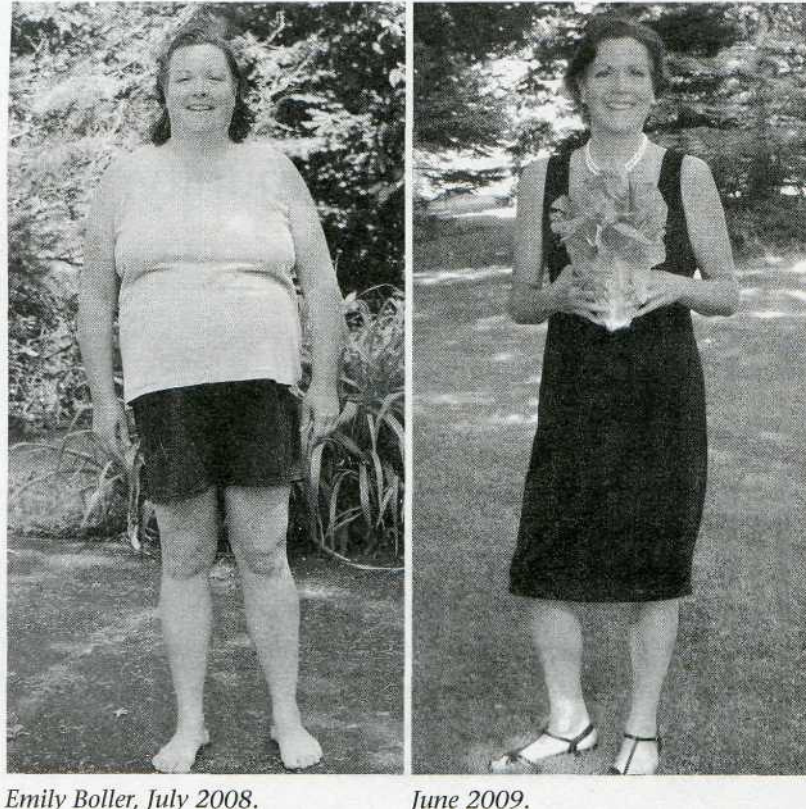
INTRODUCTION

What Is Super Immunity?

It just dawned on me that two and a half years ago I began the wonderful journey with you to get my health back, and I did not just lose one hundred pounds; I haven't had a virus, cold, or flu bug since. Considering that for over thirty years straight I would get a nasty case of bronchitis every winter and I'd cough like crazy for six weeks, this freedom truly is wonderful—in more ways than just preventing obesity, cancer, type 2 diabetes, and heart disease.

—Emily Boiler

Super Immunity can be best defined as the body's immune system working to its fullest potential. Modern science has advanced to the point where we have evidence that the right raw materials and nutritional factors can double or triple the protective power of the immune system. If you learn to fill every cell receptor lock with the right nutrient key and meet the demands of each cell, the body's defenses take on superhero qualities—and you will hardly ever get sick again. More important, this change from average immunity to Super Immunity can save your life.



Emily Boller, July 2008.

June 2009.

The fact is that Super Immunity is needed now, more than ever. In the United States, adults can expect to catch a cold two to four times a year, and children can expect to get six to ten colds annually. All of these colds sap about \$40 billion from the U.S. economy in direct and indirect costs. On top of that, getting sick is no fun. Influenza, for example, can result in a prolonged and serious illness. With health authorities' warnings about the potential of new flu epidemics and the global spread of viral illnesses, it is vital that we keep our immune system strong and know the steps to take to protect ourselves and our families. In someone without a well-

functioning immune system, a mild infection can hang on for weeks; worse yet, it can develop serious consequences such as heart damage or nerve paralysis, or it can blossom into a difficult-to-treat bacterial infection such as a life-threatening pneumonia.

Our immune system also protects us from developing cancer. The same white blood cells and other immune system components that are utilized to fight infection are also used to recognize our own human cells as they become abnormal and to remove them before they can evolve into a tumor or cancer.

The immune system is like an angel watching over our lives and protecting us from the risks around us. With Super Immunity you can have a healthier, happier life with more comfort and productivity. Super Immunity can also enable you to push the envelope of human longevity, because it puts a force field of protection around the body, radically reducing the risk of annoying minor infections, serious major infections, and even cancers.

Today we are exposed to more dangerous infections from around the world than ever before. We are routinely in airports and jets crowded with world travelers who have come in contact with exotic and newly created microbes, and we are in schools and hospitals with bacteria circulating that have developed antibiotic resistance. Scientists suggest that environmental, social, and nutritional changes have helped trigger an unprecedented explosion of infection: more than thirty-five new infectious diseases have burst upon the world in the past thirty years. The U.S. death rate from infectious diseases is now double what it was in 1980, up to 170,000 annually. With two billion people traveling by air each year, the potential for serious viral illnesses looms even larger in our future.¹

Once a disease takes hold these days, it tends to be globalized quickly by travel and trade. The West Nile virus, for example, is thought to have reached New York from its traditional home in the Middle East on an infected bird carried by a ship or a plane. Within

six weeks after SARS (severe acute respiratory syndrome) first appeared in November 2002, it had spread worldwide, carried by unsuspecting travelers. According to the World Health Organization (WHO), 8,000 people were infected with this severe viral illness, and about 800 eventually died during the outbreak.² This will certainly not be the last viral illness to travel from one region of the globe to another, spreading rapidly to highly populated areas, but it set a record for speed of continent-to-continent transmission.

In addition to the increased risk of dangerous infections circling the globe, we have another modern epidemic affecting a large segment of our population: cancer. The lifetime probability of being diagnosed with an invasive cancer is 44 percent for men and 37 percent for women. However, because of the earlier median age of diagnosis for breast cancer compared with other major cancers, women have a slightly higher probability of developing cancer before the age of sixty. Currently, one in four deaths in the United States is due to cancer. The statistical trend for women looks bleak: breast cancer, almost unheard of a hundred years ago, now affects one in eight women over their lifetime, with signs that this may increase in the next few decades.

Together, we can turn these statistical trends around. Research from the field of nutritional medicine has shown us that there is a clear way to improve and sustain our health and fight off illness in all its forms.

I believe that the nutritional research and information in these pages is essential and needs to become common knowledge. The modern diet is causing a tragic reduction in immune competency. Due to the increase in consumption of processed foods, "fake" foods, food additives, and all the cancer-causing elements these things contain, our current food environment is compromising our health. We must intercede with relevant research from nutritional science and empower people to protect themselves *before* we see the continued degradation of our daily health; *before* a massive life-threatening epidemic explodes; and *before* we witness a secondary explosive wave of cancer.

an alarm. Those frequent infections are like your body's immunity alarm. Excellent health is not merely how you feel at the moment; it is how resistant your immune system is to microbes, which also reflects how resistant you are to cancer. This is a serious subject that may be uncomfortable to discuss, but it is too important to hide from. Laura's frequent infections and dependency on drugs finally triggered an alarm and alerted Laura. Deep down she knew she had to change. Today, with her improved health, she has protected herself in more ways than she even knows at this point. She was heading toward a health tragedy that she averted.

Protecting Yourself with Super Immunity

We were taught that viruses are passed from person to person via hand-to-face behavior but are otherwise unavoidable. If this is true, why do some of us get sick more often than others? What makes some people more susceptible? Once someone in our household or workplace is sick, are we simply doomed to get sick as well?

What if science advanced to the point where it became possible to become almost totally resistant to colds, influenza, and other infections—and if you did "catch" something, you bounced back to wellness within twenty-four hours? What if we could prevent the complications of viral and bacterial exposures and keep them as minor annoyances that never evolved into more dangerous infections? What if it were possible to develop Super Immunity to infections? Wouldn't you want to have it?

What if we found out how to build immune defenses with proper nutrition to develop Super Immunity—defenses so strong that more than 80 percent of cancers would not occur? What if these same positive actions enabled you to age more slowly and maintain your youthful vigor and excellent health into your later years?

The truth is that nutritional science has made phenomenal strides

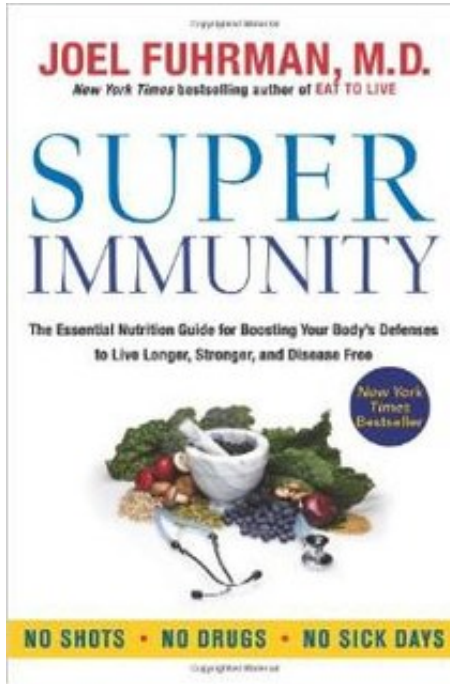
and discoveries in recent years, and if you apply this new science to your dietary choices, it will enable you to take control of your health destiny. At this point in the history of nutritional science, evidence exists demonstrating that the human immune system can be supercharged to protect our bodies against disease. I will help you understand this new science and put it into action in your kitchen and your life.

Food gives us energy and the building blocks to grow in the form of calories, but we have not fully appreciated the *noncaloric* micronutrients in food, including those that are neither vitamins nor minerals, but phytochemicals—elements that strengthen and support normal immune function. This book teaches you about these critical factors for normalizing and strengthening immune function. Utilizing a combination of foods that are rich in powerful, immunity-strengthening phytochemicals and other micronutrients, it's possible to prevent most common modern diseases. By maximizing the function and protective potential of the human immune system, we can earn Super Immunity.

Super Immunity helps with everything from the colds and flu to cancer. This is not only about getting through the flu season; it is about living with superior health *for the rest of your life*. We are not talking about just a quick fix, but an entire shift in how we understand our health and wellness.

Life is not without risks, and of course optimal nutrition cannot prevent all microbial diseases and all cancers. Nevertheless, with advancements in modern medicine, nutritional science, and microbiology, there is no reason why the most common serious diseases should not become exceedingly uncommon.

I hope you scrutinize and critique carefully the information presented in this book. I hope many of you review the scientific references listed as well, and confirm their accuracy. If you do so, I think you will find that the evidence is too great to be ignored, and the solution too delicious. Super Immunity is available for those who choose it!



Joel Fuhrman

[Super Immunity](#)

The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free

304 pages, pb
publication 2013



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