

Supercharge Your Immune System

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100 Ways to Help Your Body
Fight Illness—One Glass at a Time

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It's now an accepted medical fact that the nutrients in certain fruits and vegetables make them "super foods" because they are the highest in the vitamins and other nutrients that naturally build our immune systems. Smoothies --frosty, thick, luscious drinks--are a way that all members of the family can gleefully boost their nutrition and maintain strong immune systems, and "Supercharge Your Immune System" is a book that allows them to do so deliciously. One hundred recipes for special smoothies include a delicious assortment of food and flavors, take minutes to prepare, and are packed with the vitamins, antioxidants, and minerals that fight autoimmune disorders. Most importantly, they taste great-because readers won't benefit from what they don't drink. Includes recipes that are delicious and kid-friendly.

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