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## Maximum Immunity

By -

RODALE PRESS, United States, 2008. Paperback. Book Condition: New. First.. 229 x 163 mm. Language: English . Brand New Book. 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..



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