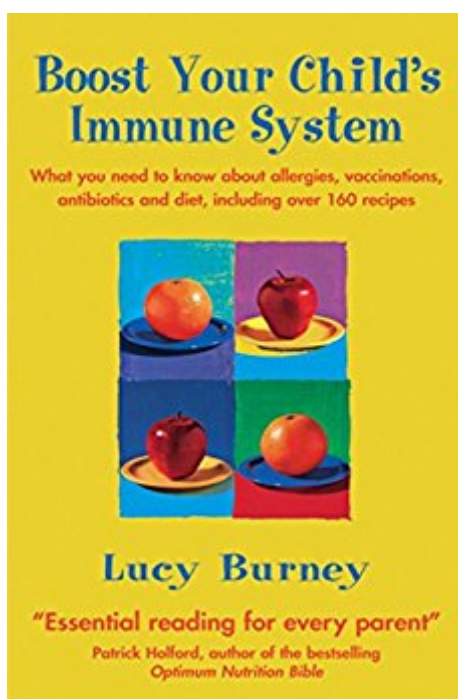


The book was found

# Boost Your Child's Immune System: What You Need To Know About Allergies, Vaccinations, Antibiotics And Diet, Including Over 160 Recipes



## Synopsis

Healthy children need healthy immune systems, to fight off bugs and infections they can pick up at school. The most effective way to strengthen your child's immune system is through a healthy diet. With suggestions to suit children from 0-18, top nutritionist Lucy Burney shows you how. Discover: The importance of good nutrition; The immune-boosting diet for all children, from babies to teenagers; The pros and cons of vaccinations for kids; The latest research on food allergies - and how to avoid them; How to fight infections naturally, and avoid antibiotics; Tips on food storage and preparation, to avoid bugs and preserve nutrients; Easy-to-follow menu plans and over 160 easy-to-make recipes that all your family will love

## Book Information

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## Customer Reviews

A welcome approach to boosting childhood immunity, the very cornerstone to health that one rarely hears mention of in conventional healthcare media. A fascinating read, the author prepares parents to treat illness with powerful nutrients. Wonderful, objective info on deciding whether to immunize. I found the advocacy of soy outdated, however. (For more up to date research and conclusion on the

dangers of a soy diet see [...]Overall, an informative book that I will use often for super-immunity and the occasional cold or flu.

I actually bought this book for my sister who's just had her first baby. I just browsed though it but I think she would have fun putting meals together for her little girl when it's time.

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Boost Your Child's Immune System: What you need to know about allergies, vaccinations, antibiotics and diet, including over 160 recipes Herbal Antibiotics: 25 Best Herbal Remedies Way To Heal Yourself Faster (Herbal Antibiotics, Herbal Remedies,herbal antibiotics and antivirals) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) What to Eat if You Have Cancer (revised): Healing Foods that Boost Your Immune System Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid (ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes,ketogenic plan) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Natural Remedies For Colds And Flu: How To Boost Your Immune System, Protect Yourself Naturally and Prevent Colds and Influenza with Herbal Remedies and Easy Lifestyle Changes Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Low Carb Recipes For Diabetics: Over 160+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & ... Weight Loss Transformation) (Volume 100) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo

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