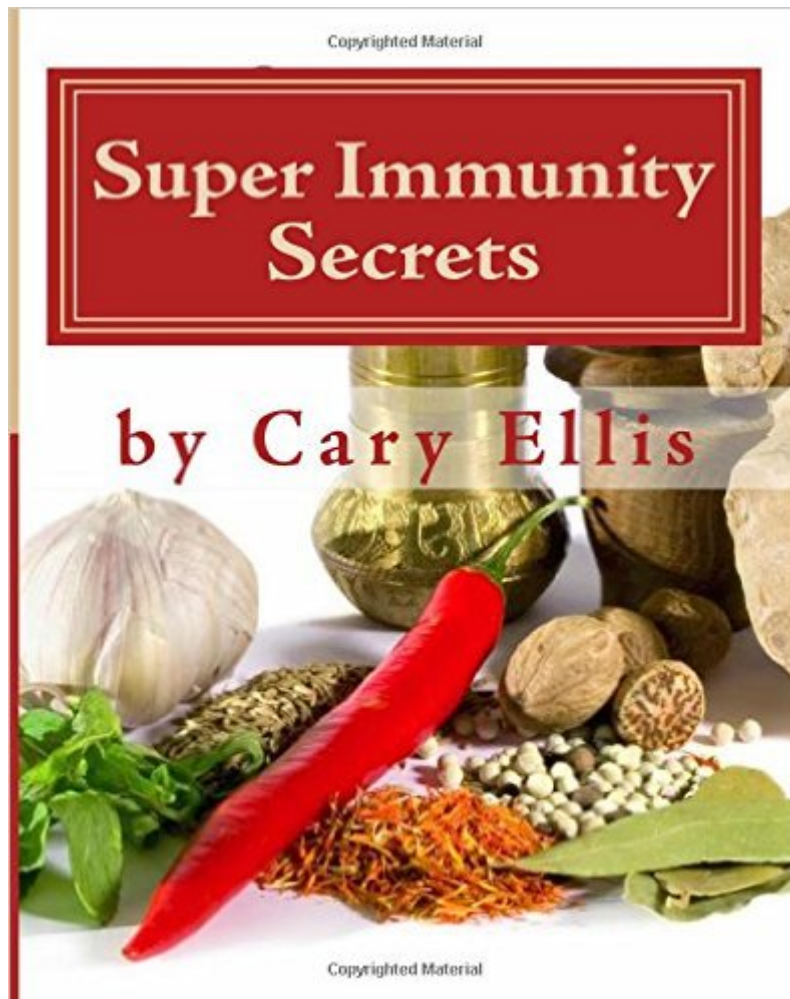


The book was found

# Super Immunity Secrets: Powerful Immune Protective Herbs And Spices: Lean Healthy Everyday Fare



## Synopsis

FIFTY DELICIOUS EVERYDAY VEGAN-VEGETARIAN RECIPES that anyone can make and the whole family will enjoy. Simple for even non-cooks to read and follow. Well-seasoned with everyday herbs and spices used for thousands of years. [Adapted with "soup bone" or dairy garnish for transitional eaters.] 175 clinical references on herbs and spices protective against colds, flu, cancer, heart disease and other degenerative conditions and improving immune system vitality. Excellent compliment to alternative cancer remedies, great addition to the breast cancer diet or for those pursuing holistic, alternative natural therapies for any condition. Offers inspiration: "An ounce of prevention is worth a pound of cure." In a hurry? Thankfully, when we don't have much "time," the author's efficient use of words makes it easy. "Must-have" guide offers everyday tips on how to take responsibility for our own well-being. So simple, why wouldn't we do it? LEARN MORE AT <http://www.21stCenturySuperhuman.com>

## Book Information

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## Customer Reviews

What a delightful gift this book is !! Ms. Ellis has created a volume full of the most flavorful and clean-tasting combinations I've ever eaten ! (and I'm a good cook ! ) No bland tofu here ! Lots of flavor ! And most of her recipes take less than 30 minutes to prepare... a real plus for the busy person who wants to eat healthy but also works full time. The book also contains suggestions for life style changes to lose weight, fight disease, feel terrific and look better doing it ! Photos of the food will make your mouth water. And one only has to see the photos of Ms. Ellis to believe that her methods do work. She looks beautiful, healthy and happy ! I am thrilled with this book and do hope

there will be new volumes to follow .

The book arrived an hour ago and I sat down to read for just a minute - now here I sit, with a bowl of my first ever homemade Hummus! And it's great! I'm not a "cook" at all, but I'd read the earlier article about the benefits of garlic, and it inspired me to add half a clove of garlic to the Hummus. Now I feel like Super Chef - I'm going to make it for my next book club meeting. The book is packed with photos and I love the combination of recipes, information, variation suggestions, web links, tips, and the "Stone Soup" story. Bravo.

I want say Yhat I own a meat company and do not always eat the healthiest. So this book of great recipes which some times we not vegan types have to pay attention if we want to live longer and healthier. I have tried eating some of the SUPER soups and they tasted great and I did not feel cheated and will share with the author that I may add some lean beef to some just to balance my with my lifestyle. I look forward to volume 2 and more great tasting , healthier foods.John Nebraska

Cary really makes this fun and simple to a healthy body... Some important and simple kitchen items as Garlic and Onions which have a natural form of antibiotic so why take Penn .I really like the oregano oil as far as anti viral ,and always add cayenne , curry , turmeric to my dishes . Most important keep your body alkaline . Nothing band can live in an alkaline body .get it enjoy the dishes and your body will thank you for that .

Thanks for a great book! I am loving it. I expected just another cookbook with healthy recipes. Instead,along with lots of simple, yummy recipes, Super Immunity Secrets is packed with so many easy to follow ideas, valuable information and personal reflections, that I feel like I have a personal nutrition and lifestyle coach right in my own kitchen.

Cary Ellis has so much knowledge to offer! This cookbook is more than just a cookbook full of healthy, delicious recipes. It supplies tips for creating a healthy lifestyle and fun in the kitchen. Easy to use format and beautiful pictures keep you inspired!

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