



Date : 13/10/2020

Pages : 256

Format cm : 15 x 21

Prix : 18.0

EAN : 9791028518875

## The Big Book of Nutrition "Special Immunity"

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Publisher : Leduc

Category : Practical Books

Genres : Well-Being/Self-Help

Keywords : Threesome - Daily Life - Wandering

To avoid getting sick, eating healthier food is essential.

To avoid getting sick, it is important to eat healthier food. We are not all created equal in our resistance to illness. The Coronavirus epidemic reminds us that prevention is important and must be taken into account. Although age and chronic illness are common factors among those who are most seriously affected, nutritional intake is also crucial. To boost your immunity--that is, help your body fight this new virus (and many others), thus avoiding serious illness--you have to have a balanced diet and, occasionally, take specific dietary supplements. Not to mention, of course, healthy living habits (sleep, exercise, stress management, etc.).