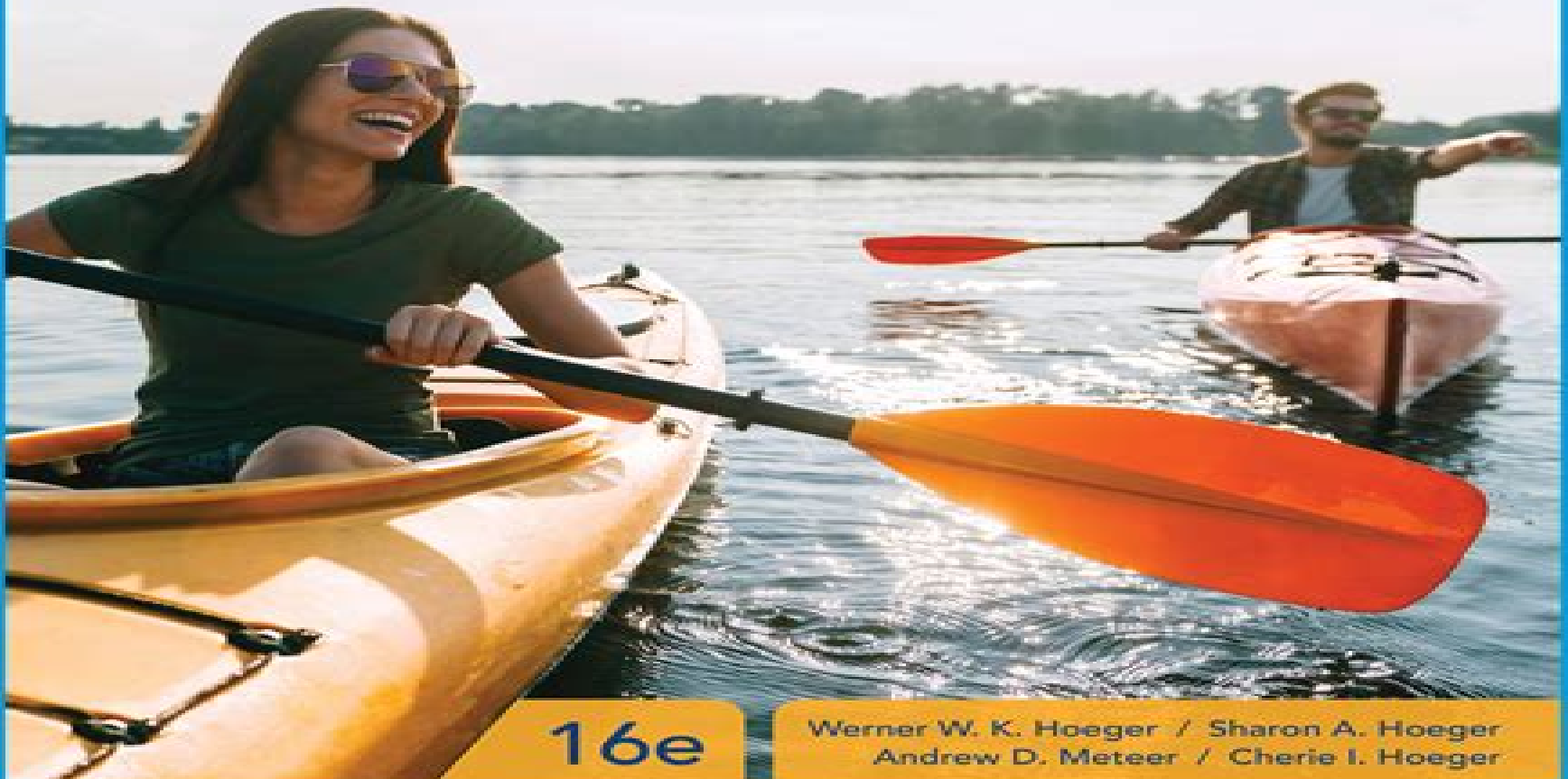


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Nutrition·Immunity·Longevity Dr. Jau-Fei Chen,2016-09-28 Nutrition aside there are other interesting topics worth exploring in the pursuit of health Can cancer be prevented Why doesn't everyone live long healthy lives What is the relationship between cardiovascular disease and the immune system How does the immune system affect overall health Which is a healthier food option natural and wholesome plant foods or animal based foods How do our lifestyles affect our health Good health is not a secret To achieve good health we must first understand it By drawing links between diet health and the immune system this book provides fascinating insights into the preventive science of Nutritional Immunology

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