



**Andrea's Immune Boosting Smoothies: Stop  
Getting Sick by Building Your Immune System the  
Natural Way (Therapeutic Cooking Collection)  
(Volume 3)**

*Andrea Silver*

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# Andrea's Immune Boosting Smoothies: Stop Getting Sick by Building Your Immune System the Natural Way (Therapeutic Cooking Collection) (Volume 3)

*Andrea Silver*

## **Andrea's Immune Boosting Smoothies: Stop Getting Sick by Building Your Immune System the Natural Way (Therapeutic Cooking Collection) (Volume 3)** Andrea Silver

This is a great opportunity to rev up your immune system and start preventing colds and other sicknesses. As a smoothie fanatic myself, I decided to focus a new cookbook on recipes designed specifically to supercharge your immunity. If you want practical recipes that can have an immediate positive effect on your life, this is the book for you. Many common sicknesses can be defeated at the gates to your body. When your immune system is not working in an optimal way, you'll find that every single seasonal cold comes after you like heat-seeking missiles. However, going on an immune system diet is like creating your own internal missile-defense system. It's very possible to become like that one person you know who virtually never gets sick. Wouldn't that be awesome? Contained within are smoothie recipes that are carefully tested by yours truly, containing infusions of ascorbic acid, antioxidants, and important immune "superfoods" like kiwi. "Immune Boosting Smoothies" is available on your Kindle OR your web browser with just one click. The paperback edition is also available. Thank you for supporting indie publishers!

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