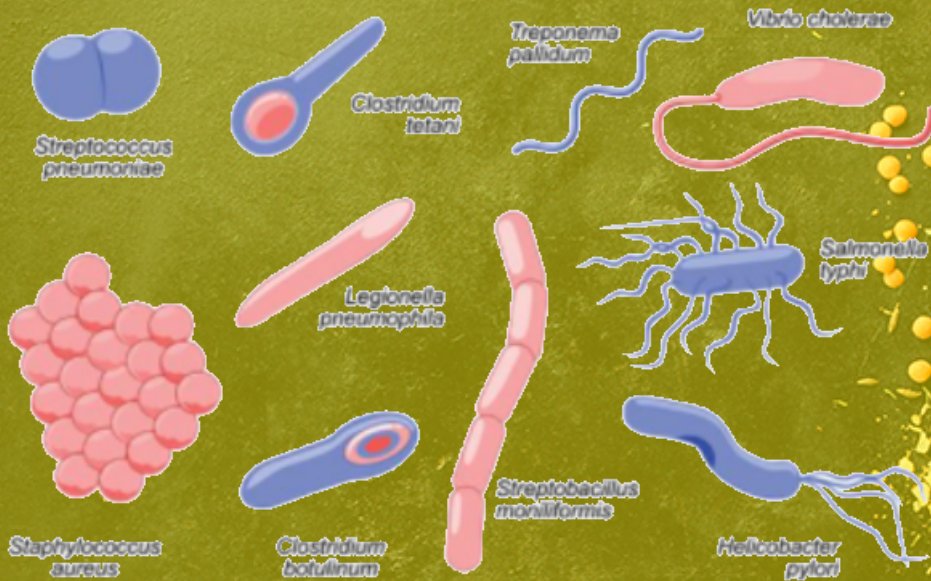


**FOOD THAT CAN HELP YOUR DIGESTIVE SYSTEM
TO FIGHT OFF DISEASE AND BOOST YOUR IMMUNITY**

IMMUNE FOOD SOLUTIONS



**Find Out Which Good
Bacteria Helps To Fight Off
Disease & Stave Off Cancer**

NUTRITION FOR YOUR IMMUNE SYSTEMS



This eBook is designed to help people understand how they can help themselves to build up their immune system and fight the virus

- How the immune system works and what effects it.
- How your diet can improve or worsen your immunity.
- How to introduce Phytochemicals into your diet to improve your immunity.
- How Antioxidants can boost your immunity and which food can you find them in.
- How to introduce polysaccharides into your diet to improve your well-being and immunity.
- The connection between cancer and your immune system, and how plant-based foods can combat cancer.
- Omega 3 Fatty Acids: What are they? Where to find them? And how can they improve your immunity?
- How to add prebiotics to your diet? and how can it help improve your gut health and immune system?
- How to add probiotics to your diet and can it help improve your immunity.
- Top 10 immunity boosting food you need to add to your daily regime now.
- And so much more information that will help your immune system.

Introduction

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All of us are aware of how important it is to eat a healthy diet when it comes to maintaining and supporting your overall health and well-being.

Introduction

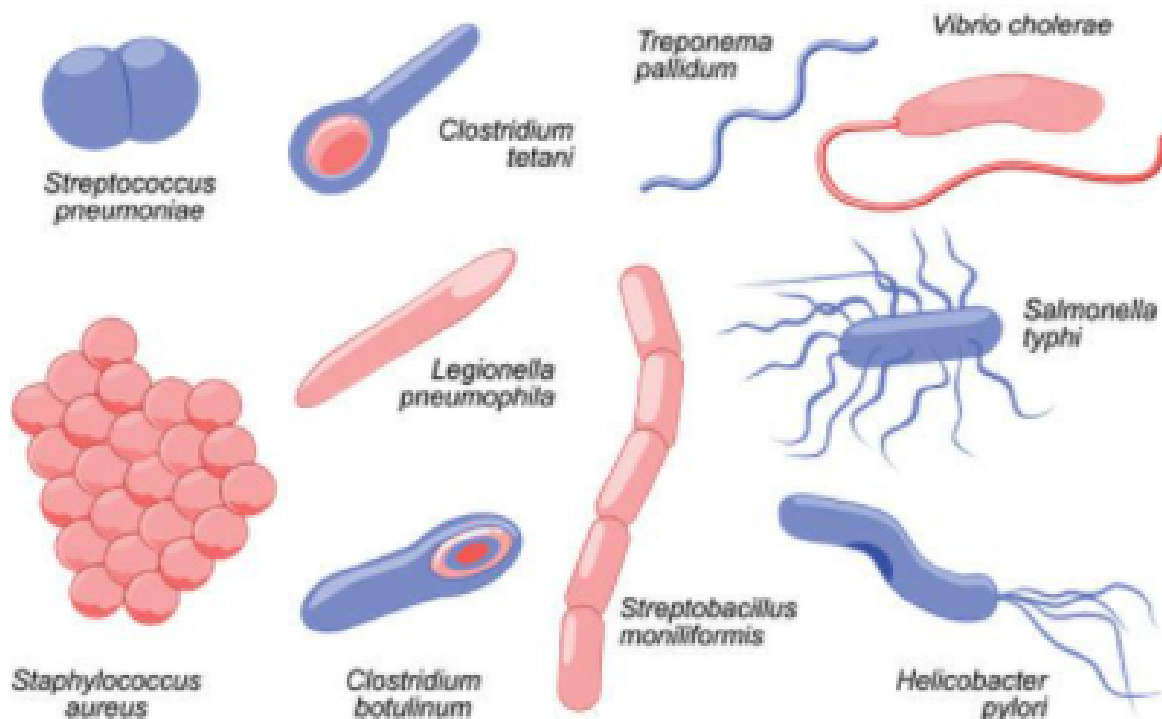
However, it's all too easy to overlook the role that food can play in boosting our immune systems and helping us to withstand diseases and illnesses.

We all know that if we eat plenty of fruits and vegetables, as well as foods with a high content of vitamins and minerals, we can ensure a better quality of life, with less risk of becoming unwell due to malnutrition or obesity.

Yet, all too often, we don't realize that we need to eat the right kinds of food to keep our immunity levels high.



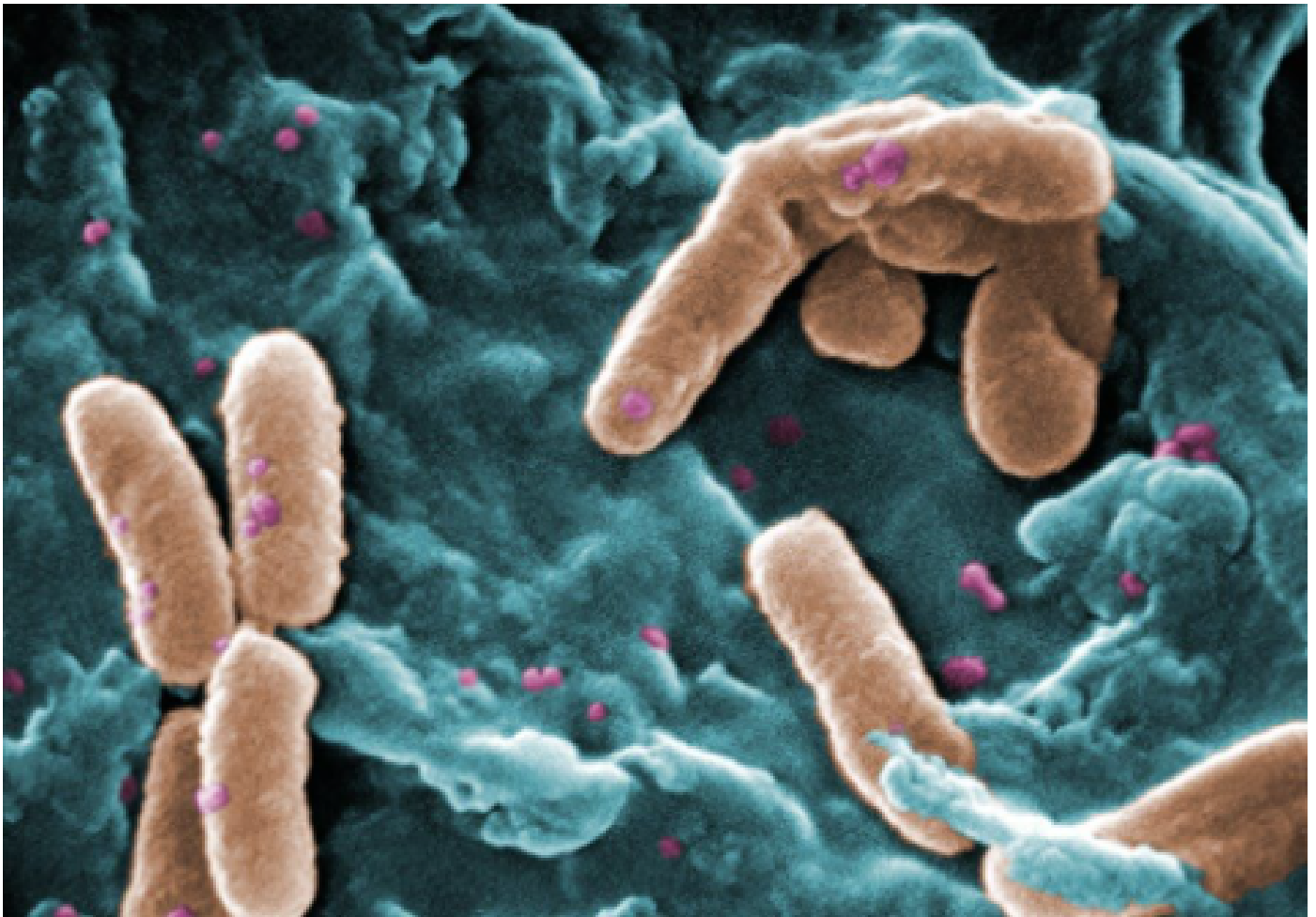
Immune Food Solutions Chapter 9



Probiotics can be found in certain foods such as yogurt as well as in certain supplements.

Probiotics work to keep us healthy by: • Replacing the good bacteria inside the body that are lost through taking antibiotics. • Balancing the bad and good bacteria levels so your body can continue to function in the way that it should.

Many bacterial types are kinds of probiotic. All offer different benefits.



However, the majority are covered by two main groups:

- Lactobacillus – this probiotic is the most common. You find it in fermented foods and yogurt.

- Bifidobacterium – this probiotic can also be found in some types of dairy product.

Saccharomyces Boulardii is a yeast that can be found in probiotics. It helps combat digestive problems and diarrhea.