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- **Bounce back when your immunity is compromised**

**Dr. Wendy Warner**

*ABIHM, Board Certified Holistic Medicine*

**Dr. Kellyann Petrucci**

*Board Certified Naturopathic Physician,  
coauthor of Living Paleo For Dummies*



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FOR

# **DUMMIES®**

**by Dr. Wendy Warner and  
Dr. Kellyann Petrucci**



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# About the Authors

**Wendy Warner, MD**, is a holistic gynecologist, educator, and writer. After receiving her BS at the University of Tennessee, she attended medical school at the University of Tennessee at Memphis and completed her residency in obstetrics and gynecology at Temple University Hospital in Philadelphia, where she served as Chief Resident her final year. She started private practice in a conventional ObGyn setting in suburban Philadelphia after residency and served as Chair of the Department of ObGyn at two hospitals.

Shortly after starting practice, Dr. Warner realized that although she was trained to do an awful lot of medicine, much of it wasn't relevant to getting and staying healthy. After training with herbalists and energy workers, she eventually became involved with the American Board of Integrative Holistic Medicine, the organization that certifies physicians in integrative holistic medicine. She served on the board of directors for ten years, two of those as president. She has been on the teaching faculty for that organization since 2002. In 2004, Dr. Warner founded Medicine in Balance, a collaborative holistic medical practice in suburban Philadelphia. In that practice, she provides conventional gynecologic care as well as holistic medical consultations for women, men, and teens.

From early on in her practice, Dr. Warner has been teaching. She has led workshops and "Mini Med School" at her office, is a frequent presenter at medical conferences about holistic medicine, has spoken to various lay groups, and was an invited guest on *The Dr. Oz Show* to discuss functional medicine. To receive periodic health information updates, sign up for her blog at [www.medicineinbalance.com](http://www.medicineinbalance.com).

**Kellyann Petrucci, DC**, earned her BA from Temple University, hosted her alma mater's Department of Public Health Intern Program, and mentored students entering the health field. She earned her MS from St. Joseph's University and her DC from Logan College of Chiropractic University Programs, where she served as the Postgraduate Chairperson. Dr. Kellyann did postgraduate coursework in Europe. She studied Naturopathic Medicine at the College of Naturopathic Medicine, London, and she is one of the few practitioners in the United States certified in Biological Medicine by the esteemed Dr. Thomas Rau, of the Paracelsus Klinik Lustmühle, Switzerland.

In Dr. Kellyann's many years in a thriving nutritional based practice and consulting, she's helped patients build the strongest, healthiest body possible. She learned early on that looking and feeling amazing came down to learning simple lifestyle principles that made amazing differences in people's lives. She realized that deep nutrition wasn't about fancy powders, ancient elixirs, or the latest creams; it was about reprogramming the body to get back to the

basics and eat and live in a way that naturally boosts immunity, and all else will follow. She found the principles of eating and living for superimmunity to be the key for those that get well, stay well, lose weight, and fight aging. Dr. Kellyann has seen so much success from learning these immune-boosting health principles that she feels a moral obligation to spread the message of eating real food and living in a way that moves people toward health and super immunity.

Dr. Kellyann is the coauthor for the health and lifestyle book *Living Paleo For Dummies* (Wiley). She also created the successful kids' health and wellness program Superkids Wellness and developed the PaleoSmart System and International Wellness Consulting. You can find free nutritional videos and a weekly dose of news, tips, and inspiration on her website at [www.drkellyann.com](http://www.drkellyann.com).

# *Dedications*

**From Dr. Warner:** I dedicate this book to my patients, who teach me every day and remind me why I became a physician. Also to my colleagues and staff at Medicine in Balance, who help make my professional dream come true. To my parents, Jim and Betty Warner, who have been wondering when I'd get around to writing a book, and to my friends and colleagues at the ABIHM, who are mentors and sounding boards and inspiration.

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**From Dr. Kellyann:** First, a big thanks to my gifted coauthor Dr. Wendy Warner for making this collaboration such a pleasure. Her talents as a physician are matched by her truly good heart; Wendy lives the lifestyle she promotes, and you can't help but feel a sense of calm in her presence. Thanks for adding nothing but positivity to my life! I also feel deep gratitude and will be forever thankful to my agent, Bill Gladstone, of Waterside Productions, Inc., for not only motivating me but, more importantly, believing in me. And to Margot Hutchinson of Waterside Productions, who is always selflessly shepherding a deal behind the scenes. Also, thank you to my friends at Wiley: Acquisitions Editor Tracy Boggier, who always puts in 110 percent, and Project Editor Elizabeth Rea, who managed every detail to perfection.

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# Introduction

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You're probably familiar with the many diet plans, books, infomercials, and products on the market that have one goal in mind: to get you skinnier. Okay, fair. But what if you could get the same results by just getting healthy and staying healthy? What if you could look better, feel better, *and* experience fewer cold and flu symptoms or other illnesses just by making simple diet and lifestyle changes that boost your immunity? The simple truth is that when you boost your immunity, you *can* have it all.

When you begin to eat and live in a way that boosts your immunity, you naturally remove inflammatory foods as well as the foods that don't move you toward health. You begin eating true *superfoods* — foods rich in vitamins, minerals, and antioxidant power that make you feel better than you may have in years. What overall effect does boosting your immunity have in your life? You'll have reduced risk of heart disease, diabetes, cancers, colds, flus, and other illnesses. You'll have more energy, look younger, lose weight, get stronger, and sleep more soundly.

The immune-boosting plan isn't a diet in the traditional sense, although we do ask you to give up certain foods — sometimes just for a short time and, in some cases, indefinitely. Although that may sound intimidating, this book shows you the reasons you should avoid certain foods for optimal health. We also provide plenty of practical tips to make the transition as easy as possible for you and your family. From how to stock your kitchen cupboards to how to stay healthy while you travel, from reversing disease to exercising wisely, you'll find everything you need to adopt an immune-boosting lifestyle.

## About This Book

Embracing a healthier paradigm may feel overwhelming at first, but *Boosting Your Immunity For Dummies* helps you understand the benefits of living an immune-boosting life. In this book, we explain the underlying science of how the immune system works and define all its parts and functions. We pay special attention to what happens when your immune system gets off track and what you can do about it.

We break down the patterns of an immune-boosting lifestyle so you know exactly where to begin, and we help you understand just what to include in your diet to reach your goals. Whether you're trying to get healthy, stay healthy, lose weight, reverse a medical condition, fight aging, or improve your energy, you'll find the information you need to succeed. We also explain the nutritional aspects of the immune-boosting lifestyle and answer your questions about superfoods, herbs, vitamins, minerals, supplements, and more.

Because boosting your immunity goes beyond the food that you put on your plate, we also explore how you can improve your sleep, enhance your cells through detoxing, and benefit from immune-boosting breathing and moving.

If you're more interested in practical application than scientific theories, we've got you covered there, too, with chapters that outline how to revamp your kitchen for boosting immunity and how to plan and stock your kitchen for the nutritionally superior immune-boosting foods.

And finally, *Boosting Your Immunity For Dummies* wouldn't be complete without plenty of delicious, satisfying recipes to help you and your family make the transition to living healthier. The recipes will keep you nutritionally fed from breakfast through dinner with healthy snacks in between and even a few dessert recipes for those special occasions when you want something a little sweeter than usual. We also share a lot of easy meal ideas that don't require a recipe at all.

## *Conventions Used in This Book*

We use the following conventions throughout the text to make things consistent and easy to understand:

- ✓ All web addresses appear in `monofont`.
- ✓ When this book was printed, some web addresses may have needed to break across two lines of text. If that happened, rest assured that we didn't put in any extra characters (such as hyphens) to indicate the break. So when using one of these web addresses, just type in exactly what you see in this book, pretending the line break doesn't exist.
- ✓ We use **boldface** to highlight keywords in bulleted lists and the action parts of numbered steps.

Here are some specific recipe-related conventions that apply throughout the book:

- ✔ Vegetarian recipes are marked with a tomato in the Recipes in This Chapter list.
- ✔ Temperatures are all given in degrees Fahrenheit. (If you prefer working in the metric system, turn to the appendix for help converting temperatures to Celsius.)
- ✔ All eggs are large, unless noted otherwise.

## *What You're Not to Read*

We've written this book so you can find information easily and quickly. Each chapter covers one aspect of boosting immunity and includes specific details and practical tips to help you understand how to incorporate it into your new lifestyle. If you don't have the time (or the desire) to read every word, you can skim the text in the shaded sidebars. They provide interesting but not essential anecdotes and additional information.

## *Foolish Assumptions*

As we wrote this book, we made the following assumptions about you:

- ✔ You want to build your immune system to experience fewer colds, flus, and other illnesses or to manage some type of medical condition, lose weight, or fight aging, and you know that to achieve these goals, boosting your immunity makes sense.
- ✔ You understand how to eat and live healthy, and you want your loved ones to enjoy a healthy, immune-boosting lifestyle, too.
- ✔ You want to stop eating processed and unhealthy foods to feel younger, healthier, more vibrant, and happier.
- ✔ You're interested in discovering how food affects you physically and mentally and how to live a healthier lifestyle but don't want to get bogged down in too much scientific detail.
- ✔ You're open to the idea of making lifestyle changes — avoiding certain foods, making sleep a priority, and adopting healthy principles — to enhance your quality of life.

- ✔ You want to gain a better understanding of how the immune system works and what you can do if your immune system isn't functioning properly.

## *How This Book Is Organized*

We've divided this book into five parts to make the different topics more manageable and easier to digest. Each part deals with certain aspects of boosting immunity and discusses the relevant topics.

### *Part I: Getting to Know Your Immune System*

If you're interested in starting with the basics, this part is for you. The first chapter gives a broad overview of living an immune-boosting lifestyle, pointing out all the ways your decisions impact your immune system. In this part, we explain the immune system in detail, from the many organs involved to the different cells and how they interact. If you're a bit of a science geek, this is the place for you.

### *Part II: What Happens When Your Immune System Gets Off Track*

Although most of the time the immune system functions well, other times it doesn't. If things go haywire, some disease states can develop. This part addresses the *hows* and *whys* of specific conditions, such as allergies, autoimmune conditions, and cancer, as well as immune-boosting suggestions specific to each. We also discuss immune deficiency states, both inherited and acquired, along with suggestions that help modify immune activity.

Also in this part, we discuss the impact of other medical conditions on the immune system and the immune system's impact on other medical conditions, showing you how interconnected your overall health is to your immune system.

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## ***Part III: Laying the Groundwork for Super Immunity: Nutrition, Lifestyle, and Detox***

In these chapters, you find out why eating immune-boosting foods is the best choice for you and your family and how they can get you well and keep you well. Tapping into the immune properties of superfoods is one of the most amazing tools you can use to improve your health. Packed with nutrients, they provide you with the deepest nutrition. However, living an immune-boosting lifestyle goes beyond food. Lifestyle patterns also make a difference, and the chapters in this part explore the principles of living an immune-friendly lifestyle. We also show how detoxing can work its magic in people who need a cellular cleanse.

## ***Part IV: Cooking Up Recipes for Immunity and Wellness***

Getting reacquainted with your kitchen can be a gift for you and your family. We live in a busy world filled with responsibility, and this section helps you overcome the obstacle of feeling overwhelmed when you're ready to jump back into your kitchen. Chapter 13 provides tips on planning and stocking your kitchen. Chapters 14 through 19 include a collection of delicious, comforting recipes to fill every meal (and your stomach) with healthy, energizing foods. You'll find recipes for easy breakfasts, lunches, dinners, side dishes, soups, salads, desserts, teas, and smoothies that will improve your health, energize your body, and help you live longer and stronger.

## ***Part V: The Part of Tens***

Like all *For Dummies* books, this one includes the fun and exciting Part of Tens. Here, we list ten tips to avoid coming down with a cold or flu, ten ways to improve your breathing for a better immune system, ten exercises you can do anywhere, and finally ten ways to help your family adapt the immune-boosting lifestyle.

## Icons Used in This Book



To make this book easier to navigate, we include the following icons to help you find key information about boosting your immunity.

This icon indicates practical information that can help you in your quest for improved health or in your progress in adopting an immune-boosting lifestyle.



When you see this icon, you know that the information that follows is important enough to read twice!



This icon highlights information that could be detrimental to your success if you ignore it. We don't use this one much, so pay attention when we do.



This icon highlights interesting but optional information that's of a more scientific nature for those who want a little deeper perspective.

## Where to Go from Here

This book is organized to be read in the way that makes the most sense to you, so feel free to jump around to the information that's most relevant to you right now. You can use the table of contents to find the broad categories of subjects or use the index to look up specific information.

Do you want to know more about the foods to boost immunity? You can get started in Chapters 8 and 9. Are you ready to clean out your kitchen? Turn to Chapter 13. Want to know about the immune-boosting supplements and herbs? Check out Chapter 10, which provides an in-depth look at the nutritional underpinnings of supplementation. If you want to understand how your immune system works, jump right into Chapters 1 and 2, or if you want to understand how to deal with an overactive immune system, go to Chapter 4. If it's the recipes that interest you, Chapters 14 through 19 are for you.

And if you're not sure where to begin, read Part I. It gives you the basic information you need to understand why and how boosting your immunity can help you improve your health and quality of life.