

Too many diet books, that said which nutrient must be consumed or which one is not proper for consumption, are found in booksellers. When one side of the books tell us that carbohydrates are harmful to our health but proteins are eatable to consume, there are found other side to say opposite thinking of the previous sentence and it means other side tells us that you must take off protein intake during your daily diet and carbohydrates are the key.

Well, which idea is correct? Which one must we believe?

In this summary, you will see nourishment that is rich in essential nutrients or called as "superfood", instead of dealing with carbohydrates and fats.

Chapter 1 - According to an antique opinion, healthy feeding recovers your body, but the opinion is still valid today.

Hippocrates who was the forefather of modern medicine and a versatile old smart man gave a bit of advice to say that "Let food be your drug." From old years to date, people have regarded the recovery power of exact nourishments.

Using calming herbals and rehabilitative directions to recover flu are shown in historical papers and used by the Ancient Greeks and Egyptians. We can decide which certain food is used to help our wellness, thanks to improvements in biology.

The situation is related to the chemicals known as phytochemicals that are found in some specific plants. Phytochemicals are used to provide survival and growth in vegetables. They are so important for human bodies. For this reason, to continue the immune system running, we must eat phytochemicals.

One of the amazing therapeutic is phytochemicals. According to some articles, phytochemicals are said to decrease the risk of contracting AID in people with good wellness and feeding. Nowadays, people are threatening because of sickness and viruses. So, phytochemicals are considered to be an important part of our diet. However, the matter is not like that.

What is likely is that almost everything made with white flour, animal products, processed foods, and cold cereals is an important part of our diets today. Up to 10 percent of an average American diet consists of vegetables, fruits, beans, nuts, and seeds. However, the percentage number is not showing the exact consumption ratio of phytochemicals because half of 10% includes white potato that is the distance from the wealthy in phytochemicals. As a result, our immune systems are struggling.

Well, if people cannot trust the nourishments for better wellness, how can people keep alive? The answer must be that; with a never-before-seen addiction on drug care. Of course, today's medicine is much better to place than never before. However, should we trust the medicine or not? Let's discover it in the next section.

Chapter 2 - Instead of tackling the reason for sickness, modern medicine cures the symptoms of it.

If you were to be in a serious car accident tomorrow, you would have a high chance of survival thanks to medical advances in the past decades, and it is comforting to know. Besides these emergency cases, modern medical care is retrograde. What is the reason? The answer is that; the symptoms are recovered but not the reasons for illness.

Let's see type 2 diabetes as an example. This is a disease in which doctors fight prescription drugs. A study of more than 90,000 participants struggled with type 2 diabetes shows that the two most popular prescription drugs for this disease increase the risk of congestive heart failure. The result of the statistic is outrageous, when we think about the disadvantages of the pills, it cannot be surprised too much.

The thing that is the result of insufficient exercise and high calorie, low-nutrient diets is type 2 diabetes mellitus that includes many other health matters. The reason cannot be treated by drugs, only the symptoms can be. Moreover, due to appetite is increased by taking diabetes drugs, making changes is quite difficult for a patient.

Like the drug, inoculation is seen as a major leap in medical care. But are vaccines as effective as we are said? According to the writer, this is quite suspicious.

Bigger than six months must be acquired universal influenza inoculation, according to the US Center for Disease Control (CDC). Patients are encouraged to take these flu vaccines every year to prevent the disease from spreading and getting infected by many doctors. However, inoculation has several important problems.

Imagine that influenza can be caused by 200 different viruses. The flu inoculation can affect only 10 percent of these viruses and is therefore unlikely to provide adequate protection. On top of that, each flu inoculation contains 25 micrograms of thimerosal-containing toxic mercury. Therefore, getting vaccinated every year increases the risk of mercury damage in the brain and nervous system.

The truth is, keeping healthy is not as simple as getting a prescription and getting vaccinated. The more active approach must be adopted. However, how must be the approach? With super nourishments!

Chapter 3 - As superfoods might not only inhibit cancer but also, they can provide to make us more resistant for cold.

Well, what completely are superfoods? They are found at all intervals. The interval starts from mushroom to greens and vegetables. There is one common thing for superfoods: a great number of nutrients and phytochemicals that helps our bodies recover.

At new studies, superfoods have shown that adding to your diet can lead to lower rates of cancer. So how can it be possible? Cancer depends on the methylation process in which a

methyl group containing one carbon and three hydrogen atoms is added to a gene. This methylated gene parafunction and because of it, the process of cell division can be affected, so cells can grow until explosive rate. The thing that causes cancer is it.

These methylated cells, which gives them their cancer-crushing ability, can be disabled by superfoods. Kale, broccoli, cauliflower, and collard greens have particularly good properties for it. Isothiocyanates or ITCs are found in superfoods. The thing that gives our immune systems a supplement backup and farther preserves us from cancer is these compounds.

Superfoods are not similar to other vegetable types. According to the studies that worked at the Harvard School of Public Health, it was shown how a 20 percent increase in herbal foods led to a 20 percent decrease in cancer rates, meanwhile, a 20 percent increase in cruciferous vegetables caused a 40 percent decrement in cancer rates.

Superfoods are not used to support only against cancer. As we consume a higher number of superfoods, viruses such as influenza also losses much more time to bringing us down. According to studies, ITCs found in cruciferous vegetables warn our immune system to battle viruses and bacteria by lifting cell-killing and resistance capabilities. Even when antibiotics can't preserve us, ITCs can. ITCs that is with antimicrobial effects, increase our natural defending and ante when our body faces medicine-resistant bacteria.

Chapter 4 - Some fast fixes could make more damage than benefits, and these are antibiotics and cold drugs.

Antibiotics appear to be a big reaction to any annoying disease - at least, how many doctors and pharmacists describe them. Although antibiotics have an influence against bacteria, but not for viruses. Still, viruses induce 95 percent of acute sickness, including the widespread cold. For this reason, antibiotics are worthless for in these most cases. But it is getting worse.

If antibiotics are taken without any reason, they kill much of the vital bacteria, which are found in our gastrointestinal tract and host to 70% of our immune cells. As a consequence of damaged intestine bacteria, painful digestive disorders and immune system dysfunction has occurred.

Another medical "quick fix" like antibiotics that do more harm than good is cold medicines. Over-the-counter catarrh drugs such as NyQuil, Dimetapp and Robitussin are useless to make your catarrh go away. They can hold you sick for longer, by compressing the symptoms of catarrh.

One of the most significant treatment mechanisms of our body is coughing. Thanks to cough, our body is provided to clean dead cells, virus particles and mucous membranes in our airways. If suppressors were effective on cough and this function was discontinued, viral diseases would switch into longer and more serious illnesses like pneumonia. Behind this,

our sleep cycle and our digestive system are affected badly because of many coughs and catarrh drugs.

Instead of trusting antibiotics and drugs, we must keep a balanced diet to protect our health. However, what are the correct nutrition for our body?

Chapter 5 - Many nutrients and cleverly selected fats, carbohydrates, and proteins contain a healthy diet.

How can we select what to feed? Looking at the countless diet books out there, it charms to focus on fats, carbohydrates or proteins when deciding only the foods suits us. However, there is much more to them in a wellness diet.

A lot of nutrition and fewer calories must be found in a wellness diet. The nutrition that counts as nutrient-wealthy foods that help us meet our body's requirement with fiber, vitamins, minerals, and phytochemicals is colorful vegetables, and especially greens are the example of this kind of food.

On the other end of the coin, there are foods like bread and pasta with too many calories but very little nutrients. Sure enough, when such foods are consumed, waste products collect in our cells. As a result of this accumulation, it causes increased sensitivity to disease and heart attacks as well as early aging.

So, what about carbohydrates? A sure sign of an unhealthy diet, right? Not really! There are many healthy, nutrient-rich and delicious carbohydrates, and for example; Carbohydrates from beans, peas, tomatoes and fruits to zucchini, quinoa, wild rice, and potatoes can be counted.

Similarly, we don't need to be afraid of the role of fat in our diets. The fact is that getting less than 10 percent fat in your daily diet is bad for your wellness. For this reason, a diet with 15 to 30 percent fat can be accepted healthy if you are taking the nutrition you require!

Lastly, we should rethink what we think we know about proteins. We can earn protein from animal food sources or plants. However, as proteins from plants increase our health, too much animal protein causes cancer, reduces immune function and accelerates aging.

To be magnificent healthy, having a nutrient-rich diet is significant. Even if we can earn nutrition, we require from food resources, supplements are also getting more famous. However, when it comes to supplements, you should read the fine print! Discover why in the next section.

Chapter 6 - Although vitamin supplements are good in theory if you select the correct ones.

Let's talk about it: we are not able to eat a magnificent wellness diet each day. Unhappily, this means that if we do not take, we requirement amount, we will suffer from the vitamins

and minerals we need will be deficient. Supplements are a useful road to feed your body at whole times. But be careful!

Essential vitamins and minerals that are difficult to keep at an adequate level are Vitamin D, vitamin B12, zinc, and iodine. To demonstrate, if we consume less salt, while iodine intake naturally diminishes, it is difficult to source zinc and vitamin B12 in foods if you do not feed meat. Vitamin D deficiency has been finding in many people because people start to spend less time under the sun.

For this reason, supplements can appear like a quite good solution. Frequently, people feel like withdraw to nourish with multivitamins like a one-stop-shop. Unhappily, in multivitamins, other vitamins which make more harm to your body than good, can be found. For instance, vitamin A is one of them.

Beta-carotene, that is turned into vitamin A in our body, was previously accepted as a reliable supplement. However, recent researches have shown that taking it in supplement form may increase the risk of cancer. Further to that, it is vitamin A, which is due to the loss of calcium responsible for osteoporosis.

Folic acid is a similar tale with it. Folic acid is frequently mixed with the folate belonging to the vitamin B family. Moreover, it is set in natural plant foods and is necessary for pregnant women.

Different from folate, folic acid is synthetic and it cannot be found in natural foods. Moreover, it is due to breast cancer in women, colorectal cancer in men and cardiac birth defects in children. Folate is found big amounts in green vegetables, so a folic acid supplement is not completely necessary.

Chapter 7 - You should restrict your salt intake and eat more omega-3 fatty acids to keep your body in balance.

Salty snacks are loved by everyone. Who doesn't love it? The human body is attracted to salt consumption. We crave salty foods, for example, potato chips or sardines. And what's more, any kitchen cannot feel complete without table salt for spices. However, there was no added salt in human diets for millions of years.

Although we require sodium provided by table salt, too much salt can be incredibly unhealthful. Nowadays, people eat about 3,500 milligrams of salt every day. However, our ancestors faced consuming about 600 to 800 milligrams per day. Because of enhanced intake, we are put at risk for stomach cancer, osteoporosis, and heart attacks.

In researches, it is shown that there is a strong relationship between higher salt intake and high blood pressure. The leading reason for 62% of strokes and 49% of coronary heart sickness is high blood pressure. Older individuals who live in rural or remote, generally have not the symptoms of high blood pressure, as other people who live in suburbs and cities

have. Well, what is the reason? Because of salt intake. The first group does not consume extra salt in their daily diet.

Even if salt is one food that has a highly negative effect on our bodies, there are found nutriment with equally magnificent advantages. As an example, let's look at omega-3 fatty acids. Although these fatty acids cannot be produced themselves in our bodies, we require them to reduce inflammation, preserve our brains and prohibit cancer. So, the compounds must be found in our nutriments that we eat.

Starting from hemp and chia seeds to walnuts, fish and green vegetables, plenitude of wealthy foods these acids, are found. Moreover, fatty acids are found in processed nutrition, but processed foods are a type that is less beneficial to our body.

Increment our omega-3 intake with the help of supplements is also a good opinion. Though fish capsules are popular, it should be noticed that they can include toxic levels of mercury if not correctly cleaned or stored. There is also found a safer choice that is high-quality supplements produced from algae grown indoors in a clean and checked environment.

To enhance your wellness in the long term, you should add omega-3 fatty acids in your diet while decreasing your salt intake, and these are just two of many roads for improving your health. For this reason, if you don't think as fit as you desire, you can take a see at your diet considering these sections in mind. It's time to make a trial some new recipes!

Super Immunity: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free by Joel Fuhrman Book Review

Quick-fix drugs cannot enrich your wellness and immune system. If you desire to increase your systems' health, you can increase with consuming phytochemicals and foods that have a rich nutrient ratio. From old history, nourishments are used as a perfect reformative and foods measured up as a healer.

Make mixing!

Is it necessary for a simple and tasty description to start eating healthy? Well, what do you think about transforming a salad to a stimulus smoothie? So, to make it, you are going to require half a glass of pomegranate juice, one grazed and cored apple, a quarter cup of walnuts, three cups of collard greens, a cup of lettuce and a quarter cup of water or ice cubes, and later on, mix all ingredients until to getting smooth and that's it! Your smoothie is ready to be drunk!

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