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Good nutrition
lays the
foundation for a
strong immune
system.

Brownstein, who
has written
several books on
the topic,
including "The
Guide to Healthy
Eating," says
that whether you

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consume a plant-based or meat-based diet, eliminating processed food and especially sugar can help keep your immune system ready for action.

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real food as
opposed to
processed food.
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fruits,
vegetables,
meats, dairy,...

2. OPT FOR
COMPLEX CARBS.

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David Brownstein

Dr. Brownstein
has authored
eight best-
selling books on
natural health,
including *Drugs
That Don't Work
and Natural
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David Brownstein
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Brownstein is
the editor of
Natural Way to
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newsletter. He

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is also a board-
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one

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Health*

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newsletter, is a board-certified family physician and one of the nation's foremost practitioners of holistic medicine. Dr. Brownstein has lectured internationally to physicians and others about

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his success with
natural hormones
and nutritional
therapies in his
practice.

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