

Useful Resources on Boost Your Immune System Naturally

Books

Dale Pinnock, medicinal cookery

Dr Joel Fuhrman, Super Immunity

Patrick Holford, Boost your immune system

Lucy Burney, Boost your child's immune system

Websites

- www.positivenutrition.ie
- www.dalepinnock.com

Articles

Link to article on boosting immune health <http://www.health.harvard.edu/flu-resource-center/how-to-boost-your-immune-system.htm>

Link to youtube clip on boosting immune health by Dr Joseph Mercola
<http://www.youtube.com/watch?v=neHbUI2JiPw>