

WHAT'S IN YOUR KITCHEN PHARMACY?

Many people think it's normal to come down with an illness each year and, for some, two or three times a year. Yet researchers have proven that nutrition and lifestyle factors can boost your immune system.

Learn how to build a kitchen pharmacy of whole foods, superfoods and nutrients to provide a stable foundation for your health. And when you're at an increased risk of infection, know what to do to derail a virus before it takes hold.

Follow this immune-boosting roadmap to a healthier diet, making you less prone to viral infections and more resilient after an illness.



Marie Ruggles MS, RD, CN, CDE, is a nutritionist and certified diabetes educator, and is certified in essential oil safety. She has a master's degree from Columbia University in Nutrition and Public Health where she started her career in research forty years ago.



She is the recipient of national awards for her nutrition education publications and lectures internationally on the safe use of essential oils for everyday wellness challenges.

Marie is on a mission to inspire others to take responsibility for their personal wellness through nutrition and lifestyle, applying the findings of cutting-edge nutrition research to develop a home inventory of natural wellness options.



OPTIMIZE YOUR IMMUNE SYSTEM

MARIE RUGGLES



This beautifully written book is a clear, actionable guide that delivers practical food-as-medicine and lifestyle strategies to bolster your immune defense.

—Kathie Swift, MS, RDN, Author, *The Swift Diet*

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