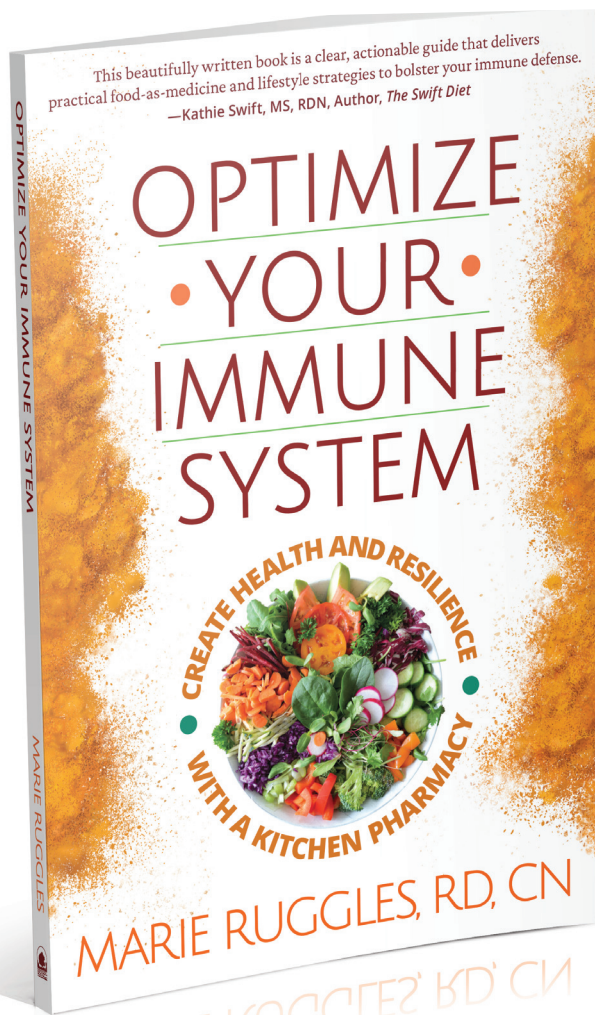


OPTIMIZE YOUR IMMUNE SYSTEM

CREATE HEALTH AND RESILIENCE WITH A KITCHEN PHARMACY



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.

You'll read about the three phases of immune support.

- ▶ **Phase I:** Everyday immune strengthening and care
- ▶ **Phase II:** After exposure to an unhealthy person or environment
- ▶ **Phase III:** Immune-boosting support to prevent an illness when you feel like you're coming down with something

HEA017000 HEALTH & FITNESS / Diet & Nutrition / Nutrition

HEA039090 HEALTH & FITNESS / Immune & Autoimmune

CKB039000 COOKING / Health & Healing / General

MED044000 MEDICAL / Immunology

...an excellent, comprehensive guide to maximizing one's immune potential through nutrition and lifestyle modifications.

— John Bagnulo, MPH, PhD

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About the Author

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.



OPTIMIZE YOUR IMMUNE SYSTEM

CREATE HEALTH AND RESILIENCE WITH A KITCHEN PHARMACY

BY MARIE RUGGLES, RD, CN

A treasure trove of practical information arriving at such a time of global urgency to strengthen our immune systems. The strong message throughout the book is the power of nutrition with various foods, nutrients and dietary supplements that are proven to be involved in preventing different diseases and minimizing pathophysiology of the disease. We can all have knowledge of the first line of defense for early interventions for our family's health and reduce the risk of more serious disease.

Diana Noland, MPH, RD, CCN, IFMCP, LD
founder of Noland Nutrition,
Co-Editor, *Integrative and Functional Medical Nutrition Therapy*

It is with great pleasure that I endorse and highly recommend Marie Ruggles's *Optimize Your Immune System*. It's **an excellent, comprehensive guide** to maximizing one's immune potential through nutrition and lifestyle modifications. Rarely do I review books with this level of guidance and step-by-step recommendations that can help individuals at every stage of readiness-for-change.

John Bagnulo, MPH, PhD

A nourishing read for all of us concerned about nutrition and immunity! This beautifully written book is **a clear, actionable guide that delivers practical food-as-medicine and lifestyle strategies** to bolster your immune defense. This is a wonderful and timely book!

Kathie Swift, MS, RDN
Co-Founder, Integrative and Functional Nutrition Academy
Author, *The Swift Diet*

If you want to **take back control of your health**, read this book. The section called *Immunity on a Budget* is a holy grail guide to an easy and affordable path to a stronger immune system.

Sabina Fasano
Founder, Solutions for Women

Optimize Your Immune System is chock-full of great information! The author, Marie Ruggles, masterfully wrote in a way that **can be appreciated by those who already have some knowledge of the topic** but want to take it to the next level, while also being easily understood by those who are just entering into this new way to approach wellness. The extensive detail is wonderful without being intimidating. A real "go to," at the ready at all times!

Veronica Anderson, RN, IAC

I always find Marie Ruggles's writing soothing, which complements her very relevant information on medical nutrition therapy and natural wellness. **I highly recommend everyone from healthcare practitioners to everyday laypeople to read this straight-forward book.** It will change their lives, help others, and provide solace when implementing Marie's recommendations. Her guidance will help support the body's immune system regardless of if or when we experience another pandemic—we all need to be prepared.

Diana L. Malkin-Washeim, PhD, MPH, RD,
CDCES, CD-N
Director, Nutrition and Diabetes Program
BronxCare Diabetes Center of Excellence

Giving the consumer the ability to build their wellness right in the comfort of his or her own home is powerful! I know this will be a resource I will return to again and again.

Julie Mayring, PhD
Licensed Psychologist and Middle School Educator

For those who are new to the subject of natural wellness, this book is easy to read and written in a friendly manner. Yet for those who are already familiar with the topic, it proves to be a valuable reference as well.

The marketing plan includes:

Social media campaigns

Advertising

Alumni and corporate connections

Library mailings

Promotional plans