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Nutritional Immunology

Jau-fei Chen

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Jau-fei Chen : Nutritional Immunology before purchasing it in order to gauge whether or not it would be worth my time, and all praised Nutritional Immunology:

4 of 5 people found the following review helpful. I did not like it because the author appeared to be selling commonly ...By PeterSorry, its been some time since I bought and read this book. I did not like it because the author appeared to be selling commonly touted but misleading information - in effect a pundit for the multinational cartels. I looked for new and investigable information but found nothing, and eventually threw the book away. Disappointed when considering how highly acclaimed the author was said to be.10 of 11 people found the following review helpful. Excellent informationBy Mark T. BrodyDr. Jau-Fei Chen has put together a wonderful book, outlining what is possible in our daily lives if we incorporate healthy, whole food plants into our diet. Our immune system are often overlooked, and one might think that taking extra vitamin C may do the trick. Not so.Dr. Chen has an impressive background, and her credentials are more than enough for anyone to take this book seriously.The book itself is basic. It doesn't get heavy duty into what makes the immune system what it is, but for the lay person, it's extremely valuable information that will open your eyes to alternatives you can take, and things you can do to avoid heart disease, cancer, and diabetes, just to name a few.Nicely done.