



Medicinal Herbs

**To Boosts Immune System Plus Prevent Disease
Bilingual Edition English Germany**

Jannah Firdaus Mediapro

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MEDICINAL HERBS TO BOOSTS IMMUNE SYSTEM PLUS
PREVENT DISEASE BILINGUAL EDITION ENGLISH GERMANY

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Table of Contents

[Title Page](#)

[Copyright Page](#)

[Prologue](#)

[Medicinal Herbs to Boosts Immune System English Version](#)

[1. Citrus Fruits](#)

[2. Red Bell Peppers](#)

[3. Broccoli](#)

[4. Garlic](#)

[5. Ginger](#)

[6. Spinach](#)

[7. Yogurt](#)

[8. Almonds](#)

[9. Turmeric](#)

[10. Green Tea](#)

[11. Papaya](#)

[12. Kiwi](#)

[13. Sunflower seeds](#)

[14. Oregano](#)

[15. Echinacea](#)

[16. Ginseng](#)

[17. Peppermint](#)

[18. Sambucus](#)

[19. Licorice](#)

[20. Astragalus](#)

[21. Dandelion](#)

[22. Sage](#)

[23. Basil](#)

[24. Fennel](#)

[25. Watermelon](#)

[26. Tomatoes](#)

[27. Rosemary](#)

[28. Raw Honey](#)

[29. Nuts](#)

[30. Manggo](#)

[Medicinal Herbs to Boosts Immune System Germany Version](#)

[1. Zitrusfrüchte](#)

[2. Rote Paprika](#)

[3. Brokkoli](#)

4. Knoblauch

5. Ingwer

6. Spinat

7. Joghurt

8. Mandeln

9. Kurkuma

10. Grüner Tee

11. Papaya

12. Kiwi

13. Sonnenblumenkerne

14. Oregano

15. Echinacea

16. Ginseng

17. Pfefferminze

18. Sambucus

19. Süßholz

20. Astragalus

21. Löwenzahn

22. Salbei

23. Basil

24. Fenchel

25. Wassermelone

26. Tomaten

27. Rosmarin

28. Roher Honig

29. Muttern

30. Manggo

1. Citrus Fruits



MOST PEOPLE TURN TO vitamin C after they've caught a cold. That's because it helps build up your immune system. Vitamin C is thought to increase the production of white blood cells. These are

Because your body doesn't produce or store it, you need daily vitamin C for continued health. Almost all citrus fruits are high in vitamin C. With such a variety to choose from, it's easy to add a squeeze of this vitamin to any meal.

2. Red Bell Peppers



IF YOU THINK CITRUS fruits have the most vitamin C of any fruit or vegetable, think again. Ounce for ounce, red bell peppers contain twice as much vitamin C as citrus. They're also a rich source of beta carotene. Besides boosting your immune system, vitamin C may help maintain healthy skin. Beta carotene helps keep your eyes and skin healthy.

3. Broccoli



BROCCOLI IS SUPERCHARGED with vitamins and minerals. Packed with vitamins A, C, and E, as well as many other antioxidants and fiber.

Broccoli is one of the healthiest vegetables you can put on your table. The key to keeping its power intact is to cook it as little as possible — or better yet, not at all.

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