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**HEATH MAHONEY**

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*The 28-Day Immunity  
Plan* Penguin UK

MAKE YOUR BODY FEEL  
FIGHTING FIT IN JUST  
28 DAYS 'The perfect

way to get healthier and into shape . . . If you're fed up with feeling tired, and want to lose some weight, then The 28 Day Immunity Plan is for you' BELLA A strong and healthy immune system is important at any age - especially if you're over 65 - and now more than ever it's vital to protect yourself from illness

\_\_\_\_\_ Renowned diet and fitness expert Rosemary Conley CBE has created a simple and effective 28-day plan specifically aimed at doing just this. Her specialist guidance will help you boost your immunity, lose excess weight and increase your chances of living a longer, fitter and healthier life. This essential guide includes practical nutritional advice

(what to include in your diet to promote good health, including good gut health which is increasingly being linked to immunity) as well as a no-fuss, easy-to-follow daily eating plan. These delicious, defence boosting recipes include . . . ·  
 Ginger beef stir-fry ·  
 Tandoori salmon with spicy noodles ·  
 Horseradish fish pie ·  
 Beef and ale stew ·  
 Thai sweet chilli chicken ·  
 Spicy butternut squash soup ·  
 Rich mushroom tagliatelle ·  
 Tomato, basil and lemon penne ·  
 Aubergine tagine with couscous . . . And much, much more!  
 What's more, you will also learn from highly respected fitness expert, Mary Morris MSc, exactly how regular exercise supports the immune

system - by strengthening your muscles, bones, and boosting your circulatory system. Her safe and progressive exercise programme encourages you to take small and achievable steps towards better fitness, no matter what level you're starting

from. With almost 50 years' experience in helping people transform their body and health, Rosemary and Mary have condensed their joint expertise into this simple and accessible plan so you can become fighting fit from home in less than a month.