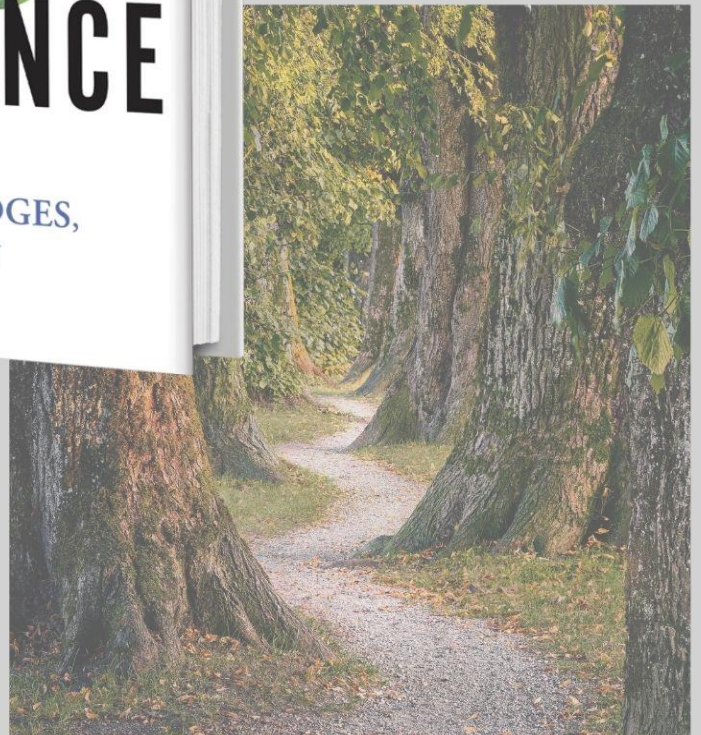
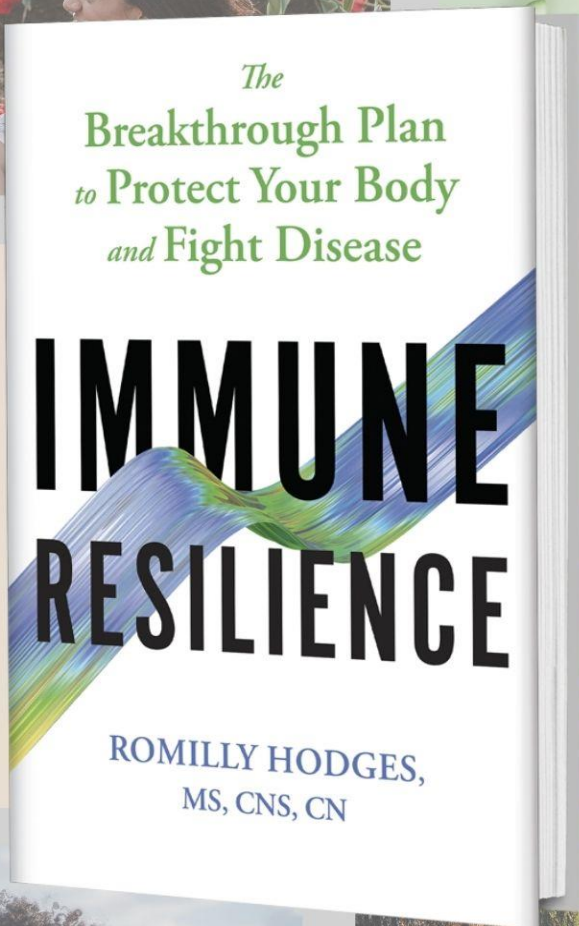
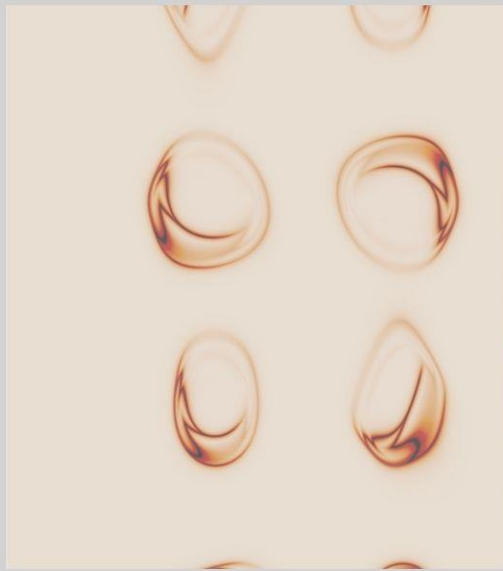


# IMMUNE RESILIENCE

## REFERENCES



Thank you for reading **IMMUNE RESILIENCE** and downloading these references! Here you'll find the hundreds of sources from peer-reviewed scientific journals and respected institutions that I used to build the book's arguments, as well as the dietary and lifestyle recommendations. These are not cherry picked simply to support an existing viewpoint, rather they have been an essential part of the long process of research that culminated in what you've been reading in the book. And in how I approach immune resilience with my clients.

But the research doesn't stop there. I will update these as new scientific publications become available, so be sure to check back.

The references below are organized by chapter and include the text/concept they relate to as well as the link (where available) to the content online for you to view.

Personally, I love spending time in the scientific literature. Research has always been a part of my M.O. (my *modus operandi*)—my approach to clinical nutrition and functional medicine. I firmly believe that all natural health practices need to be grounded in scientific evidence. And I am so delighted to see more and more evidence come forth to not only support it, but to *champion* its application in healthcare settings.

Yours in health,

A handwritten signature in cursive script that reads "Romilly". The letters are fluid and connected, with a prominent loop at the end of the word.

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## **Chapter 9 Additions**

researchers of the Harvard T. H. Chan School of Public Health discovered that thousands of COVID-19 cases and deaths may be attributable to air particle pollution caused by wildfires

<https://www.science.org/doi/10.1126/sciadv.abi8789#ref-29>

increased vulnerability could also be due to weakened mucus membranes, increased lung barrier permeability, and weakened macrophage and antiviral interferon activity in response to air pollution <https://pubmed.ncbi.nlm.nih.gov/33022781/>

## **Chapter 10**

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## Recipes

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