



The 5th International Conference on Quality and Evidence Based in Prophetic Medicine

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Nutrition Can Improve the Quality of Life and Increase Immunity Evidence Based: in the Era of Covid-19

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Abstract

Modern science has proven the relationship between diseases and food.

What is the immune system and its relationship to food?

The importance of some foods derived from the Prophet's guidance as a good nutrition, an antioxidant, Improving immunity, minimized infection and improved quality of life: Evidence-Based.

The Number of Scientific Research Published in PubMed for Some Foods and Address our local Research

- Scientific Research Published on Honey

- The Nutritional, Therapeutic and Preventive Importance of Date fruits (Phoenix dactylifera) Proven by Scientific Research

- Whole Grains

- Published Scientific Research on Raisins

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