

**Your Immune System: Is Yours Protecting You? By Dr.
Holly Furchalk DNM**

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Foods that boost your immune system | ask dr sears

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Your immune system - mayo clinic

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10 ways you're harming your immune system |

10 Ways You're Wrecking Your Immune System. Kick these surprising habits to the curb and keep colds, flu, and other bugs at bay. The Editors of Prevention January

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Tips to strengthen your immune system - webmd

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How to Keep Your Immune System Strong. With cold and flu season upon us, it's time to take precautions to keep your immune systems strong.

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Avoid Processed Foods. Eating foods high in antioxidants, such as vegetables and fruits, will boost your overall health and help protect you from the flu and other

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