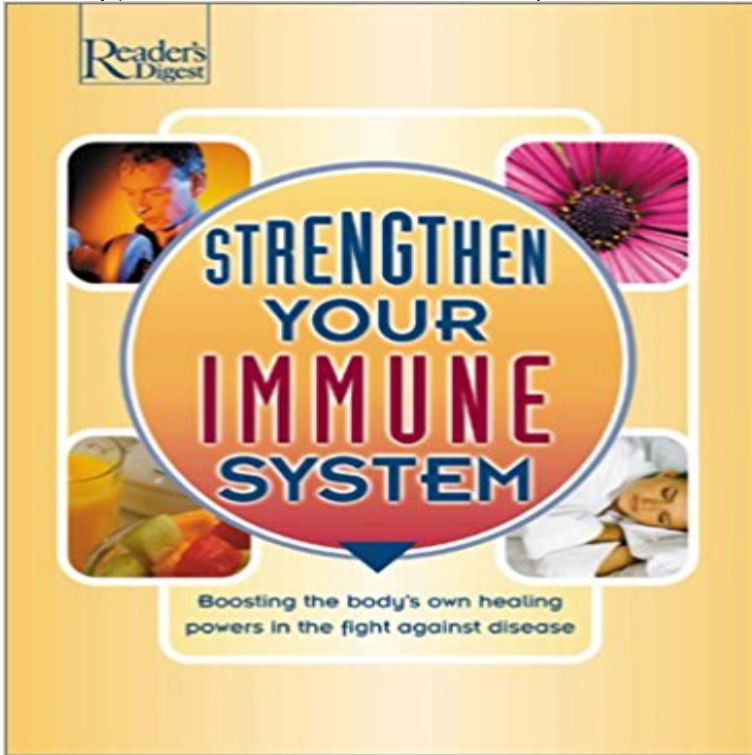


Strengthen Your Immune System



Readers digest; Strengthen Your Immune System boosting the bodys own healing system in the fight against disease

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Strengthen Your Immune System

the diet, including fresh fruits and veggies, especially citrus fruits, kiwi fruit, strawberries, broccoli, cabbage and parsley. A vitamin C supplement is also recommended to ward off colds and flu, take around 2-3 g a day. **How to Strengthen**

Your Immune System (with Pictures) - wikiHow

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