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15 Immune-Boosting Foods

A strong immune system is very important. But how can you make your immune system stronger? It turns out there are a few different foods you can eat to boost your immune system. Click on the link to find out the fifteen best foods to eat to boost your immune system.

An old folk remedy, extract from these dark berries appears to block flu viruses in test tube studies. And a few small studies done in people show it may help you recover more quickly from flu. But scientists caution that further study is needed. The fruit itself is rich in antioxidants and may also have the ability to fight inflammation.

[Slideshow: Immune-Boosting Foods](#)

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