

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



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Using cayenne pepper, cinnamon, garlic, ginger, licorice, oregano, rosemary, thyme and turmeric to spice up your food can boost your immune systems and keep you healthy

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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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