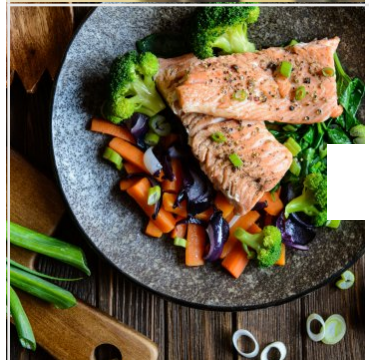
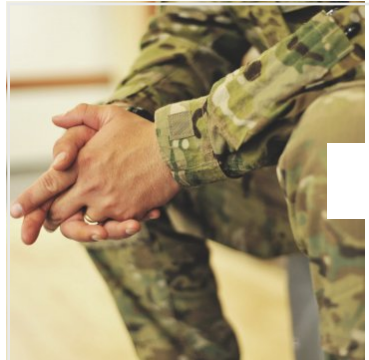




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FITNESS Health How to Boost Your Immune System





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How to Boost Your Immune System

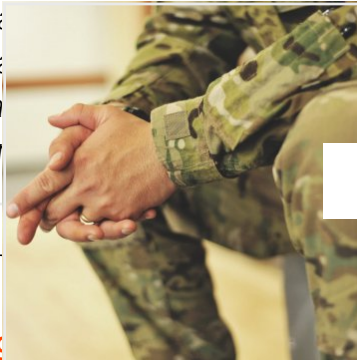
7 Expert-Approved Ways to Boost Your Immunity

Kaitlyn McInnis

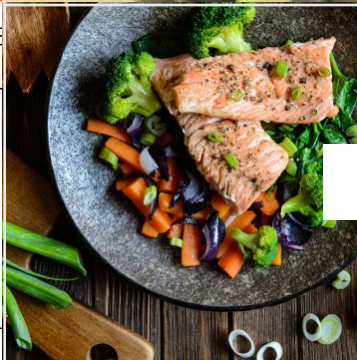
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According to Tsao-Li medicine specialist in New York, the best way to boost immunity naturally is do (such as sleeping, eating habits and mindset) and make small shifts so that it becomes part of a routine.

With that in mind, we reached out to a handful of



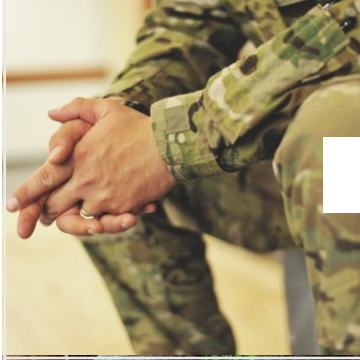
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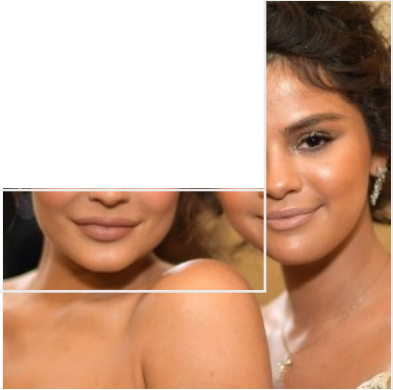
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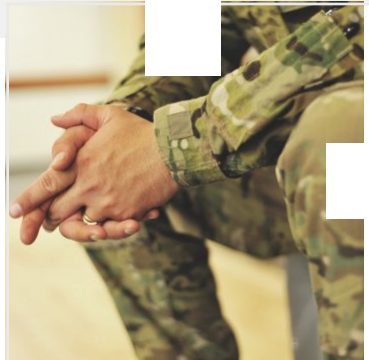


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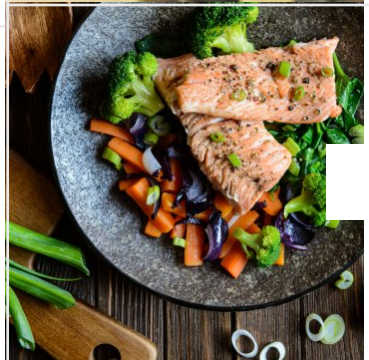
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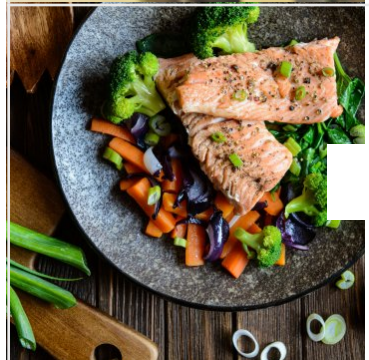
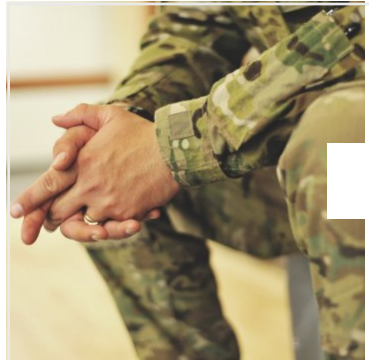
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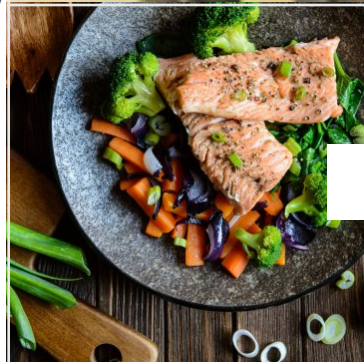
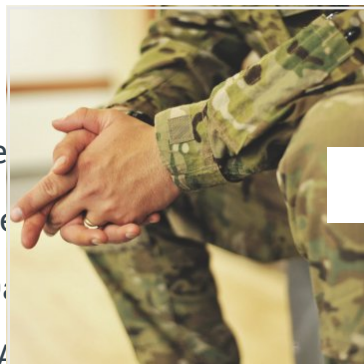
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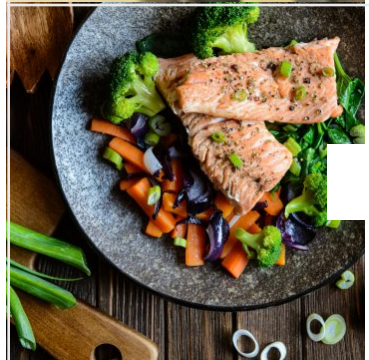
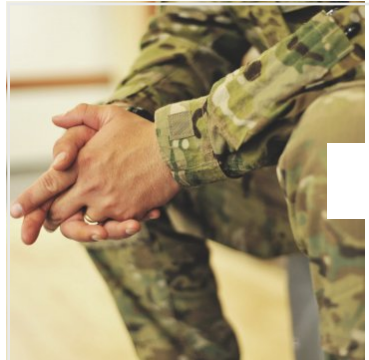
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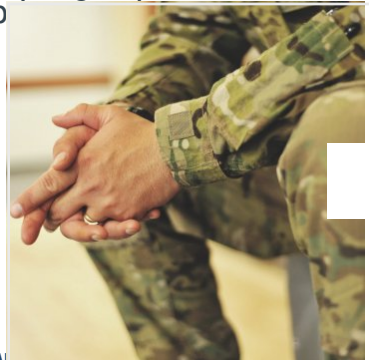
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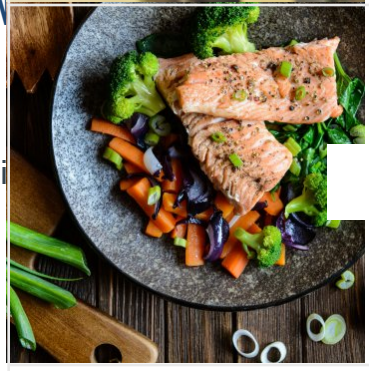
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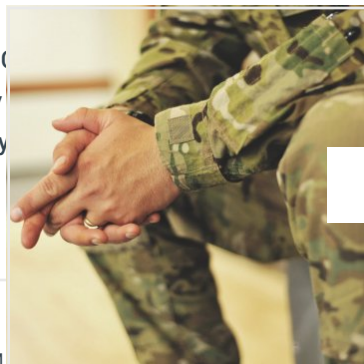
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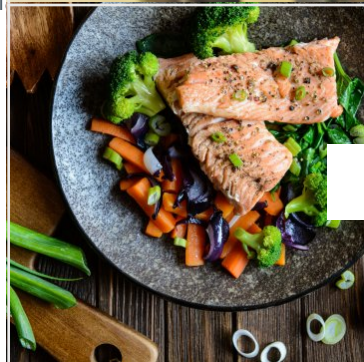
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