

# Download Quick Easy Recipes To Boost Your Immune System

They say that food is medicine. Below are 25 super easy recipes that utilize different ingredients to boost your immune system. A dip filled with beans that are filled with beta glucan and zinc – all immune-boosting properties. Quick & Easy Recipes to Boost Your Immune System [Lori Longbotham] on Amazon.com. \*FREE\* shipping on qualifying offers. Food is a medicine they say. Boosting your immune system can lead to life longevity by making your body more resistant to ailments. This Recipe Book guides you through the information about a healthy immune system. It also shows you what kind of foods you can make to boost ... These healthy recipes to boost immunity feature foods that can help ward off colds, such as chicken soup, yogurt, green tea and foods with soluble fiber, including apples, oats and beans. To keep your immune system strong, eat a variety of foods that provide vitamins, minerals and phytonutrients, particularly those rich in vitamin C, beta carotene and zinc. But there are actually loads of other herbs that can be incredibly supportive for your immune system. Most of them you can find in both teas or you can go to a local natural food store and check in the supplement aisle for syrups or sprays. Here's a quick list of my favorite herbs for the immune system: Elderberry; Astragalus; Ginger; Cinnamon; Garlic; 6.