

# Download Quick Easy Recipes To Boost Your Immune System

How to Strengthen Your Immune System. White blood cells, also known as leukocytes, are the body's natural defense against infections, and are a major part of the function of the immune system. They eat away foreign bacteria and other...Bitters are a great way to get a boost of health through a single dropper. Using a handful of strong herbs, spices, and sweeteners, you can create bitters that will help activate your immune system. List your event. Need to give your event a boost? List your event on [ACTIVE.com](http://ACTIVE.com) and gain more participants via search results and a custom landing page. These ideas and recipes using the top immune system boosting foods for kids will keep your children healthy all year long!