



**A** 10 种增强免疫力的超级食物  
10 Immune Boosting Superfoods

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第一种食物是蛋白质，它有助于促进儿童和肌肉的生长等。  
1<sup>st</sup> type of foods is **Proteins** which helps to promote children & muscle growth, etc.

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A strong immune system will protect against bacterial & viral infections that cause diseases and illnesses. While, a weak immune system can cause a variety of symptoms including fatigue, skin allergies & poor wound healing, etc. One way to boost better Immunity is to consume superfoods! Learn more at this video

link: <https://youtube.com/shorts/VoeCGYiGJMU?feature=share>