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10 Weird Tricks That Prevent Colds and the Flu

Discover how not to get sick with these simple, science-backed strategies

By Sarah Burns

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Sidestep Sickness

Cold season's arrival doesn't mean you have to be down for the count—or dole out needless dollars at the drugstore. "The newest research reveals certain lifestyle tweaks can boost your body's natural defenses to help you better fend off colds and flu," explains Jacob Teitelbaum, MD, author of *Real Cause, Real Cure*. Here, 10 side effect-free strategies to keep you in fighting form.

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