



My Preventive Health

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GOOD HEALTH NEWS

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NUTRITION & STRENGTHENING THE IMMUNE SYSTEM

In the next four issues, we will focus on Nutrition and other suggestions to strengthen the immune system:

Improve your immune system by eating the right foods

Many patients have asked me: Doctor, is there any truth to the suggestion that I can improve the function of my immune system if I eat the right foods?

The answer is yes. Here are some general pointers:

- a. Some of the factors that affect the integrity of the immune system are your diet, stress, chronic fatigue, decreased oxygen reaching your tissues and pollution in the environment.
- b. Most of your immune system is in your gastrointestinal tract (gut) and the gut seems to function best when it is maintained in a slightly alkaline state (as opposed to slightly acid state).
- c. In general, a diet that consists mainly of greens and fruits and vegetable will keep the body in a slightly alkaline state.
- d. On the other hand, a diet that consists mainly of meat and meat products will tend to keep the body in a slightly acid state.





E-MAIL YOUR QUESTIONS

You may send your questions, suggestions, and inquiries to Good Health News © at:

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COMING IN THE NEXT ISSUE OF GOOD HEALTH NEWS:

- SUGGESTIONS FOR PATIENTS THAT ARE ATTEMPTING TO STRENGTHEN THEIR IMMUNE SYSTEM TO STAY HEALTHY, FIGHT CANCER, AND CHRONIC INFECTIONS.