



My Preventive Health



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GOOD HEALTH NEWS

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HELP YOUR BODY FIGHT CANCER AND CHRONIC INFECTIONS

Eat the right food to strengthen your immune system.

Here are some general nutritional suggestions for patients that are attempting to strengthen their immune system and alkalize their bodies. These suggestions may also be useful for patients that are managing various types of cancer and patients that are fighting chronic infections:

What sort of foods should I avoid in my diet?

Suggest you avoid sugar and refined carbohydrates or 'refined carbs'. Refined carbs include: white rice, refined sugar, foods that are made from refined (white) flour, and refined potato flour (potato chips, and other fast foods that are made from refined potato flour). Refined carbs can be easily converted by the body to sugar. Cancer cells and most infections thrive in a high sugar environment.



What should I Eat for Breakfast?



I encourage my patients to reduce their intake of the usual breakfast foods like bacon, eggs, sausage, etc., and substitute instead a breakfast that that consists mainly of fresh fruits, greens, and vegetables. Most vegetarian cookbooks will show you how to use plant-based proteins as a substitute for the usual animal proteins.

Try starting your morning with a "green smoothie" for breakfast. You can also find Dr. Layne's recipe for green smoothies at <https://www.MyPreventiveHealth.com>. You can also find many recipes for green smoothies on the World Wide Web.

Suggestions for Strengthening the Immune System



What about Lunch?

Lunch can consist of a chef salad, containing any plant or animal proteins of your choice. Try to include 6 to 9 different fruits and vegetables in your salads and try to make the salad as colorful as possible. If you are not vegetarian or vegan, you may include any type of fish or lean protein with your salad. Use a salad dressing that you like, so that you will enjoy your chef salad. Try adding some shiitake mushrooms to your salad. The D fraction of shiitake mushrooms have been demonstrated to contain cancer fighting ingredients.



What about Dinner?



My general advice to patients, age 40 and above, is to avoid large dinners. Eat most of your calories for breakfast and lunch and have a satisfying afternoon snack. For dinner, I suggest a small bowl of lentil soup or an equivalent soup to suppress your appetite. The immune system repairs itself at night when you're sleeping and it has been my experience that eating large meals and/ or roughage after 6 PM tend to produce GERD symptoms, reduce that amount of restful sleep that you get at night and stress the immune system.



My PREVENTIVE HEALTH
LOOK YOUNGER, FEEL YOUNGER, LIVE YOUNGER

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FEEDING YOUR IMMUNE SYSTEM TO FIGHT CANCER AND CHRONIC INFECTIONS. DOES IT HELP TO GET MORE OXYGEN?