



My Preventive Health



GOOD HEALTH NEWS

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HELP YOUR BODY FIGHT CANCER AND CHRONIC INFECTIONS

DOES IT HELP TO GET MORE OXYGEN?

In the last newsletter we sampled some of the foods that you might want to eat for breakfast lunch and dinner. Here are some other tips and general 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 about proteins?

Will this type of diet give me enough protein?

Most of the greens, fruits and veggies that you normally eat contain some protein. Excellent sources of plant proteins include lentils, peas and beans. In fact, a bowl of lentil soup can contain the protein equivalent of a chicken breast. Again, you may want to consult a vegetarian cookbook for advice on this subject.



What can I eat instead of processed foods?

Suggest you use “whole foods” and complex carbohydrates, like greens, fruits, veggies, brown Rice, potatoes (including sweet potatoes) for most of your meals during the day. Whole wheat (if you are not gluten intolerant) and small amounts of organic honey are generally tolerated better by the body than refined carbs.

Suggestions for Strengthening the Immune System



Get more oxygen into your body

Adequate oxygen to the brain and organs allows the body to maintain the integrity of the immune system.



Most cancer cells, bacteria and viruses that cause infections in the body (pathogens) thrive in an environment in which the oxygen level in the body is low. Try to expand your lungs to get more oxygen to your organs and tissues:

- a. Remind yourself to take deep breaths. You increase the oxygen supply to your tissues by simply practicing “deep breathing”. This will help strengthen your immune system.

- b. Practice taking 12 deep breaths every 10-15 minutes to increase the oxygen supply to the brain and tissues of the body.
- c. Stretch your muscles and joints every 15 minutes while sitting in a chair or lying in bed. This will force you to take deep breaths and will also maintain the flexibility of your joints.
- d. Avoid chronic fatigue. Chronic fatigue from any source will rapidly wear down your immune system.





My PREVENTIVE HEALTH
LOOK YOUNGER, FEEL YOUNGER, LIVE YOUNGER

E-MAIL YOUR QUESTIONS

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COMING IN THE NEXT ISSUE OF GOOD HEALTH NEWS:

STRENGTHENING YOUR IMMUNE SYSTEM TO FIGHT CANCER AND CHRONIC INFECTIONS WITH SLEEP GREEN SMOOTHIES AND ALKALINE WATER.