



My Preventive Health



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# GOOD HEALTH NEWS

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## HELP YOUR BODY FIGHT CANCER AND CHRONIC INFECTIONS SLEEP, GREEN SMOOTHIES, ALKALINE WATER

In the last newsletter we discussed getting more oxygen into your body and additional foods you can eat. Here are some 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:

How much sleep do I need for a well-functioning immune system?

Getting adequate sleep is critical to protecting your immune system. Most people need 7-8 hours of restful sleep every night to maintain the integrity of their immune system. Large dinners in the evening tend to promote GERD, sleep apnea, snoring and obesity and will ultimately weaken your immune system.



Doctor, what about using “alkaline water” to try to make the body more alkaline?

The Japanese have used alkaline water for many years to try to help patients with chronic medical conditions improve their immune system, and better fight their illnesses. Suggest the following precautions when using alkaline water:

## How to Use Alkaline Water

- a. Do not use alkaline water with your meals. The body normally produces acid to help digest your food. Large amounts of alkaline water taken with your meals may interfere with the process of digestion
- b. Small amounts of alkaline water taken last thing at night, or first thing in the morning may assist the body with the normal cleaning function of the gut [the alkaline tide] that normally occurs at night when you are sleeping. Small amounts of alkaline water can also be taken 2-3 hours after meals.
- c. Some people 'reflux' juices from the gallbladder and pancreas into their stomachs (bile reflux). Excess bile in the stomach can damage the stomach wall and produce symptoms that feel very much like peptic ulcer disease. The juices from the liver, gall bladder and pancreas are already alkaline, and patients with bile reflux should probably avoid the use of alkaline water.



- d. If you have been taking H2 blockers like Famotidine or proton pump inhibitors like Nexium for an upset stomach, and you're still having meal-related stomach problems, ask your Doctor to recommend an endoscopy to see whether you are refluxing bile into your stomach.

## How can I eat lots of greens and vegetables if I am taking a blood thinner?



Discuss this situation with your personal doctor. It is correct that some greens can slightly prolong your bleeding time if you are taking certain types of blood thinners.

I advise my patients to work with their doctor to adjust the level of the blood thinner to a healthy diet that contains fruits and greens and vegetables, rather than avoiding fruits and greens and vegetables because you may be taking a blood thinner.



**My PREVENTIVE HEALTH**  
LOOK YOUNGER, FEEL YOUNGER, LIVE YOUNGER

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### COMING IN FUTURE ISSUES OF GOOD HEALTH NEWS:

Cancer protection for your entire family!

#### **YOUR IMMUNE SYSTEM PROTECTS YOU AGAINST ALL CANCERS**

Some general guidelines to help you strengthen your Immune System and avoid the things that will weaken your Immune System

#### **BOOST YOUR IMMUNE SYSTEM BY EATING THE RIGHT FOODS**

Suggestions for eating that will strengthen your Immune System

#### **STRESS WEAKENS YOUR IMMUNE SYSTEM**

Many of us live in a 'pressure cooker' and the Stress can destroy your Immune System. Here are some suggestions for managing your daily stress.

#### **POOR SLEEP & CHRONIC FATIGUE WEAKENS YOUR IMMUNE SYSTEM**

Your Grandmother was right: you need 8 hours of sleep per night. Learn some tricks for getting the restful sleep that will strengthen your immune system

#### **GET IN SHAPE FOR THE SUMMER WITH TABB® WEIGHT LOSS**

Get ready! Summer is just around the corner. The TABB Weight Loss program from My Preventive Health can get you in your bikini shape.