

Cancer Answers

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Building Your Immune System

Most of us have been told that everyone has cancer cells in their bodies. Even with our wonderful diagnostic tools, these cells cannot be detected until they multiply to a few billion. When a person has a strong immune system it can generally destroy the cells or keep them from multiplying and forming tumors. It is equally important to build a strong immune system once diagnosed with cancer....So, what can you do to build and maintain a strong immune system?

A strong immune system has a **proper acid-alkali balance**. Disease and illness thrive in an acidic environment. To test your acid-alkali-balance purchase some nitrazine paper strips. Upon arising put on strip in your mouth along with putting a strip under the first urine stream of the day. Compare the color of your strips with the chart on the back of the box. If you are less than 6.5 pH begin restoring your acid-alkali-balance by forming the following new habits.

Add freshly squeezed lemon to your water, tea, baking and cooking. Lemon helps restore and maintain your internal "climate" at a healthy pH. Organic apple cider vinegar can be used in the place of lemon because is also has a healthy pH.

Eat a diet that is primarily whole grains and fresh fruits and vegetables - along with organic fresh meats. Processed foods, meats, dairy products and simple carbohydrates are acidic foods. Although meat is acidic you need it, along with other good sources of protein, to help your liver make a very important stress-fighter called albumin. Choose organic, hormone-free fresh meats and do not make meat the "center attraction" of your meals.

In addition to a proper acid-alkali balance you need **rest, plenty of water, and little or no coffee and sugar** to build and maintain a strong immune system. **Sleep** is your bodies restoration system. Additionally, sleep balances your hormone levels - and we women know how important that is, right? **Proper hydration** helps your body rid itself of toxins. Even necessary toxins like chemotherapy. All toxins are a burden to your immune system and without proper hydration it will never work optimally. Divide your body weight by 2. This is the minimum number of ounces of water you should drink each day. If the taste of water is less than desirable due to drugs you may be on - add 1 ounce of cranberry juice or lemon juice to each 8 ounces. **Caffeine and refined sugar** are the two worst things for your immune system. Caffeine dehydrates you and robs you of your minerals and vitamins AND sugar so weakens your immune system that it should be classified as food for cancer. **The most important thing you can do to build your immune system is to eliminate refined (cane) sugar completely from your diet.** You can substitute agave, stevia, rice syrup and honey for cane sugar - but avoid artificial sweeteners that are even more toxic to your body.

Your Immune System & Cancer

These supplements can aid in building up your immune system:

Floessence, Green Tea and Essiac Tea
Anti-oxidant vitamins - these are primarily vitamin A, vitamin C and vitamin E
Immune-building herbs - ginseng, oil of oregano and olive leaf

When your body has too much toxic burden from chemotherapy and/or radiation, your immune system becomes even more compromised. That is why you can succumb to complications, illnesses and infections that you could normally fight off.

By not feeding your body foods that nourish cancer cells, these cells will starve. Remember - the main culprit is refined sugar. White refined flour comes in a close second along with processed foods and meats that have had hormone added. Conversely NOT eating these foods strengthens your immune system.

Cancer may be an indication of multiple immune deficiencies. Enlist the help of a friend to research potential genetic, environmental and lifestyle factors in addition to changing your diet.

Cancer cells cannot survive in an oxygenated environment. Daily exercise and deep breathing helps get more oxygen down to the cellular level where cancer cells exist...and that's good. Keep that in mind the next time you break a sweat while exercising.

Have a Blessed Month!

Please email or print this newsletter to pass along to anyone you think might benefit from it.