



Strengthen Your Immune System

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THE CENTER'S FIVE POINT MODEL

OUR WELL-ROUNDED APPROACH TO CANCER SUPPORT



Counseling & Stress Management

Art Therapy • Meditation •
Counseling •
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Soundbath •
Guided Relaxation



Fitness & Physical Wellness

Yoga • Zumba • Movement
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Nutrition

Cancer-Fighting Cooking •
Weight Management •
Detoxification & Recovery
• One-on-One Nutrition •
Lifestyle Programs •
Cooking Demos • Cook
Books & Print Recipes



Education & Networking

Support Groups for
Specific Cancers •
Networking Groups •
Family Activities &
Outings



Body Image

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Accessories • Breast
Prosthetics • Cosmetic
Workshops •
Counseling • Sexuality
Programs



❖ **NEWLY DIAGNOSED**

❖ **A SURVIVOR**

❖ **A CAREGIVER**

❖ **Bereavement**

THE CENTER IS HERE FOR YOU!



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THE
Cancer Support
CENTER



Disclaimer

All materials provided today is for information and educational purposes only. This program is not a substitute for medical care nor a substitute for consultations with your healthcare professional.

It is not intended to provide you with medical advice.
*Please discuss all medical and nutrition questions with
your healthcare provider.*



- **Topic/Objective: Strengthen your immune system**

- Immune Health

- Deficiencies

- Digestive Wellness

- Chronic Stress

Immune Health

What is the immune system?

- Your **immune system is your body's first line of defense** against invaders like germs to protect you everyday.
- It is an interactive network of **organs, white blood cells, and proteins, AND chemical messengers that work together to defend the body against infections and other harmful invaders.**
- It works to **neutralize and remove pathogens** like bacteria, viruses, parasites or fungi that enter the body.
- **Underactive immune systems** can result in severe infections, illness and tumor formation.



Healthy ways to strengthen your immune system & decrease inflammation

- Don't smoke
- Eat a diet high in whole, unprocessed foods and low in sugar
- Exercise regularly
- Maintain a healthy weight
- If you drink alcohol, drink only in moderation
- Get adequate sleep
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly
- Minimize stress
- Take supplements when needed

Ways to boost your immune system

- 1. Stay active**—a powerful way to boost your immune system
 1. Causes your body's antibodies and white blood cells to circulate more rapidly, able to detect and zero in on bugs more quickly
 2. Lowers stress hormones
- 2. Watch your diet**—80% of your immune system is in the gut
 1. Mediterranean style of eating
 2. Eat a diet low in sugar and processed foods
- 3. Manage stress**—when you're under chronic stress or anxiety, your body produces stress hormones that suppress your immune system
- 4. Get enough sleep**

“Your immune system is like your computer – it needs moments of rest so it doesn't become overheated.” (aarp.org)
- 5. Consider alternatives**—taking supplements and cooking with herbs such as garlic, rosemary, oregano and turmeric

Ways to boost your immune system

- ▶ **Eat foods rich in vitamin C- a potent antioxidant**
 - ▶ One cup of red bell peppers (190 mg)
 - ▶ One orange (96 mg)
 - ▶ One cup of kiwi (176 mg)
 - ▶ One cup of broccoli florets (81 mg)
- ▶ **Pump up the zinc**-needed to make proteins and DNA, aiding in the immune system in fighting off invasive bacteria and virus.
- ▶ **Cook with immune-boosting herbs and spices**-many of these compounds are antiviral, antibacterial, and anti-inflammatory
 - ▶ Turmeric—curcumin and garlic helps reduce inflammation
 - ▶ Oregano & sage—part of the mint family and known for their impressive medicinal qualities (antiviral to treat viral infections)
 - ▶ Holy basil (tulsi)—increase immunity

Immune-boosting foods

- **Vitamin C**—antioxidant shown to help reduce inflammation and fight infection
- **Beta-carotene**—root vegetables & greens, (converts into vitamin A), an anti-inflammatory vitamin
- **Vitamin E**—nuts, seeds & greens
- **Antioxidants**—green tea
- **Vitamin D**—sunshine, fish & eggs
- **Probiotics**—gut health & immunity
- **Garlic**-T-cell booster
- **Vitamin B-6**—lymphatic system boost & red blood cells
- **Water**—hydration & immunity
- **Zinc**—shellfish, poultry and beans

Are you deficient in vitamins or minerals?

Deficiencies

- A. Always consult a healthcare professional**
- B. Consider getting a blood test** for an accurate diagnosis
- C. Symptoms**—a deficiency can manifest through various symptoms;
 - Fatigue and muscle weakness; **B12, D, iron**
 - Brittle nails, hair loss or skin rashes; **A, B7 (biotin), E**
 - Mood changes such as mood swings, depression, memory loss; **B vitamins**
 - Numbness, tingling or muscle cramps (nerve issues); **B1, B6, B12, D**
 - Cravings and hunger; **micronutrients**
 - Bleeding and bruising; **vitamin K deficiency**
 - Weaker bones; **vitamin D**
 - Losing balance or falling; **vitamin B12**
 - Suppressed immune system, tendency to get sick more frequently; **vitamin C, D**
 - Fatigue; **magnesium** (*to name just one*)

The World Health Organization (WHO) declares that Vitamin D and B12 are also common vitamin deficiencies.



What causes vitamin deficiencies?

- **Alcohol use**; can disrupt how the body absorbs most vitamins
- **Genetic diseases or changes** (mutations); can disrupt the body's ability to absorb some nutrients
- **Autoimmune disorders**; some develop a condition called pernicious anemia making your immune system attack the enzymes the body need to absorb vitamin B12
- **Vegetarian or vegan diets**; B12 may be difficult to get if not eating animal protein.
- **Lack of sun exposure**; the skin needs sun exposure to create vitamin D.
- **Medications**; can block how the body processes certain vitamins.
- **Eating disorders, weight loss surgery or liver disease** can affect how the body processed vitamins
- **Depleted soil and chemicals**

Depleted soil



Vitamin D

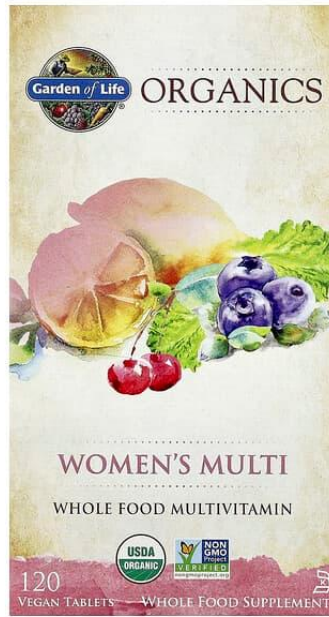


- Contributes to bone health
- Helps manage blood sugar levels and can prevent diabetes
- Protects against cancer
- Combats heart disease
- Enhances the immune system
- Facilitates hormone regulation and helps improve mood
- Helps with concentrations, learning and memory



Zinc

- ▶ Zinc is one of these essential minerals that cannot be synthesized within the body.
- ▶ Zinc is needed to make **proteins and DNA**.
- ▶ Aids the immune system in **fighting off** invasive bacteria and viruses.
- ▶ Zinc is available in:
 - ▶ Supplements
 - ▶ Meat, fish and seafood
 - ▶ Legumes like chickpeas, lentils, and beans
 - ▶ A variety of nuts and seeds
 - ▶ Zinc is also found in tea made from dandelion, rose hips, and chamomile.



HATE TAKING A MULTI-VITAMIN?
DRINK THIS INSTEAD!

Terry Talks Nutrition

An advertisement for Terry Talks Nutrition. On the left is a portrait of an older man with a white beard, wearing a light blue button-down shirt. To his right, the text reads 'HATE TAKING A MULTI-VITAMIN?' followed by 'DRINK THIS INSTEAD!' in large, bold, red and orange letters. Below the text is a glass of orange juice with ice cubes. A large red arrow points from the text towards the glass. In the bottom right corner, the text 'Terry Talks Nutrition' is displayed.



Digestive Wellness



YOU ARE WHAT YOUR EAT
AND
YOU ARE WHAT YOU DIGEST!



“All disease begins in the gut.”

Hippocrates



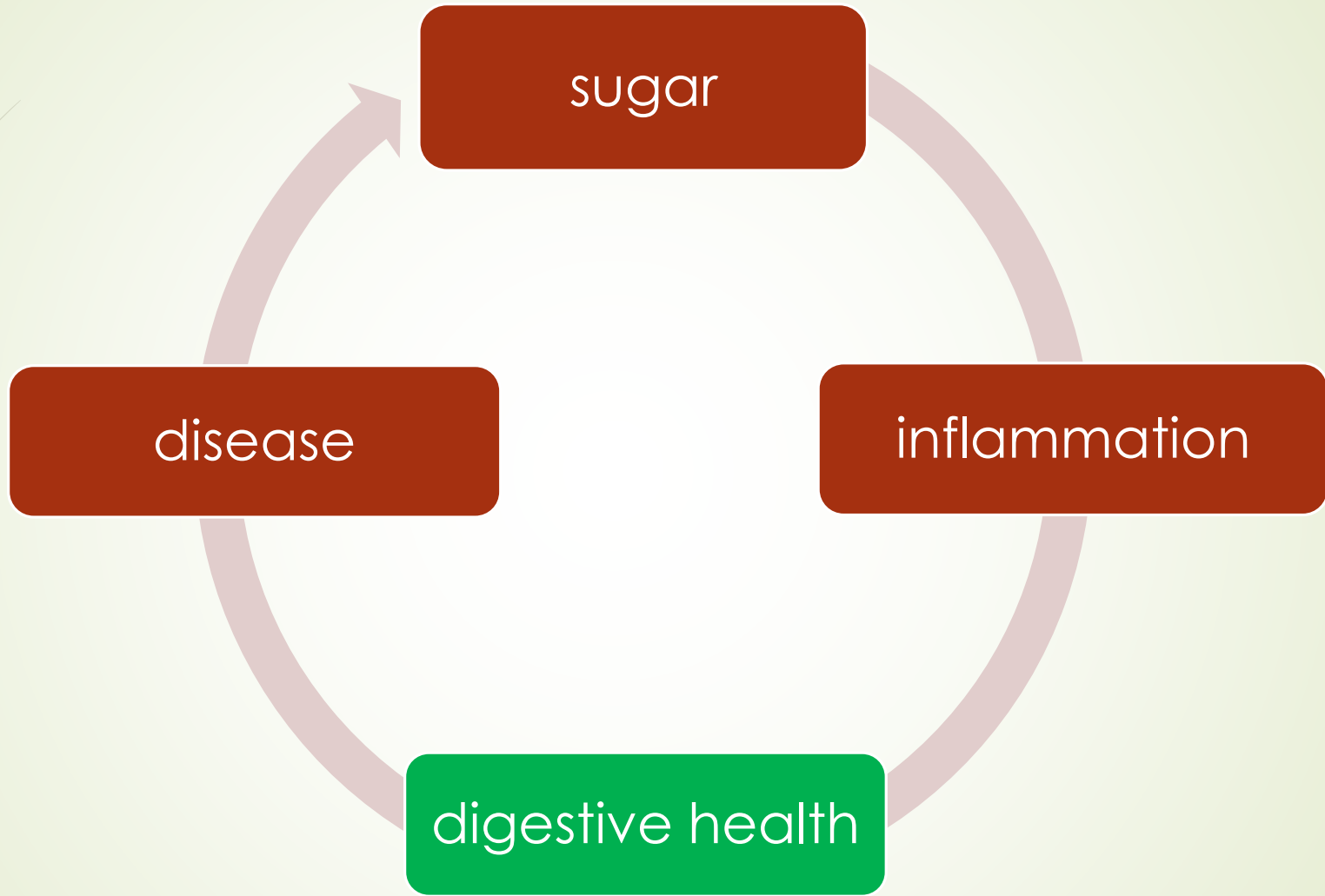
Digestive System

1. If spread flat, your digestive system would cover a tennis court.
2. Roughly 70-80% of our immune system is located in the digestive system.
3. Nestled inside your gut are trillions of live microorganisms that make up the microbiome.
4. You have 100 times more DNA in your microbiome (100 trillion organisms) than in the cells of your body.
5. Gut bacteria helps to: ***make vitamins, protect you against infection and run your metabolism.***
6. The digestive system is called the “second brain”.
7. 80% to 90% of your serotonin is made in the gut.



Benefits of a Healthy Gut

- ✓ Has an impact on whole-body health and well-being
 - ✓ All day energy
 - ✓ Balanced hormones
 - ✓ Improved digestion
 - ✓ Clearer skin
 - ✓ Better mental clarity
 - ✓ Faster weight loss
- ✓ Contributes to a stronger immune system





Fermented Foods (probiotic-rich foods)

- Sauerkraut
- Apple cider vinegar
- Kombucha
- Sourdough bread
- Yogurt
- Fermented herbs and spices
- Kefir-means 'feel good' in Turkey
- Tempeh
- Tempeh-use as a condiment or meat alternative
- Raw Cheese
- Real Pickles (not all pickles are fermented!)
- Natto (fermented soy)
- Kimchi
- Miso soup



MISO SOUP



NATTO BOWL (fermented soy)



Homemade Kombucha



Feed Probiotic Foods with **Prebiotics**

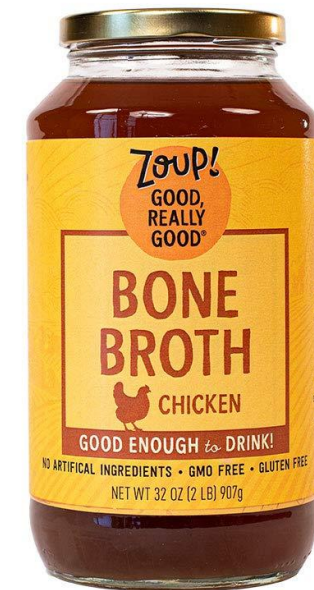
Prebiotic Foods

- Asparagus
- Artichokes
- Onion and garlic
- Cabbage
- Flaxseeds
- Raw Honey
- Shitake Mushrooms
- Beans
- Blueberries
- Apples

“Food or the fertilizer that help probiotics grow once they are in your system.”

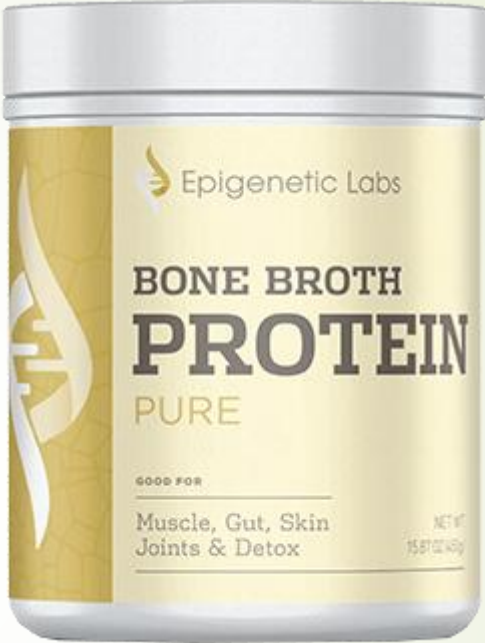
BONE BROTH

- Perhaps the most impressive health benefit of bone broth is its potent effects on detoxification.
- Studies suggest that bone broth may help **improve immune health by reducing inflammation**, allowing your body to work more effectively at removing harmful toxins, bacteria and pathogens from the body.
- Because it's rich in collagen and an assortment of amino acids, it's also believed to help **seal the gut** and protect against leaky gut syndrome, *a condition that allows toxins and particles to seep from the gut into the bloodstream.*





[https://epigeneticlabs.com/
checkout/bone-broth-
protein/deal/](https://epigeneticlabs.com/checkout/bone-broth-protein/deal/)



Dr. Axe...www.draxe.com

Chronic stress

weakens your immune system

How can stress hormones suppress immune function?

- ✓ Stress hormones, particularly cortisol, can suppress the immune system's effectiveness by lowering the number of lymphocytes and affecting the production of antibodies and T cell function.
- ✓ Chronic stress leads to a sustained elevation of stress hormones, resulting in a consistent reduction in the number AND activity of immune cells.
- ✓ This prolonged suppression leaves the body more vulnerable to illnesses and infections.



Chronic stress

weakens your immune system

How to mitigate the effects of stress on immunity

- Relaxation techniques
- Maintain adequate sleep
- Stay socially connected
- Engage in physical activity
- Eat a balanced diet



REDUCE STRESS

Deep breath

Meditate/pray

Grounding—walking barefooted in nature

Read

Connect with friends



Setting Intentions



Setting Intentions



- ▶ Intention refers to what one intends to do or bring about. It is a **commitment to oneself**, something **to be** rather than **to achieve**.
- ▶ Intent is what you **mean to do**; the motivation, purpose, or aim behind your actions.
- ▶ If we take time to set intentions, **we're gaining clarity** on where we want to guide our energy without it being attached to a certain outcome.
- ▶ We can find peace and gratitude in our daily lives.



THREE LAYERS OF BEHAVIOR

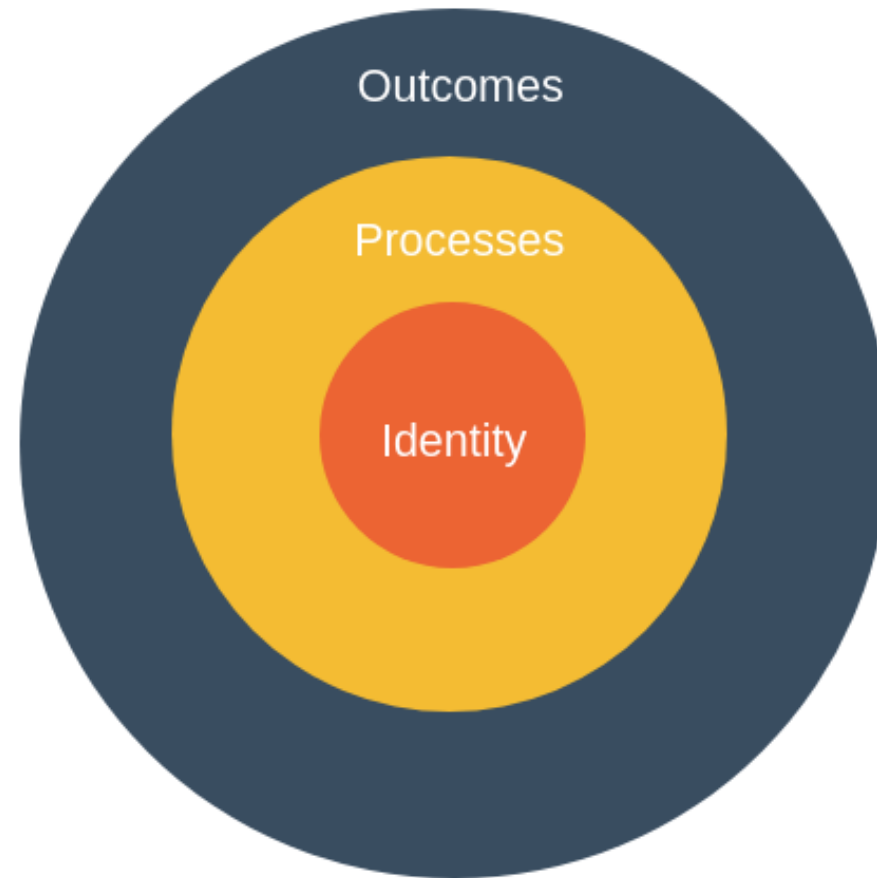
- ❖ Outcomes (**goals**) are what you get.
- ❖ Processes (**systems**) are about what you do.
- ❖ **Identity** is about what you believe and who you want to become.

Three Layers of Behavior Change



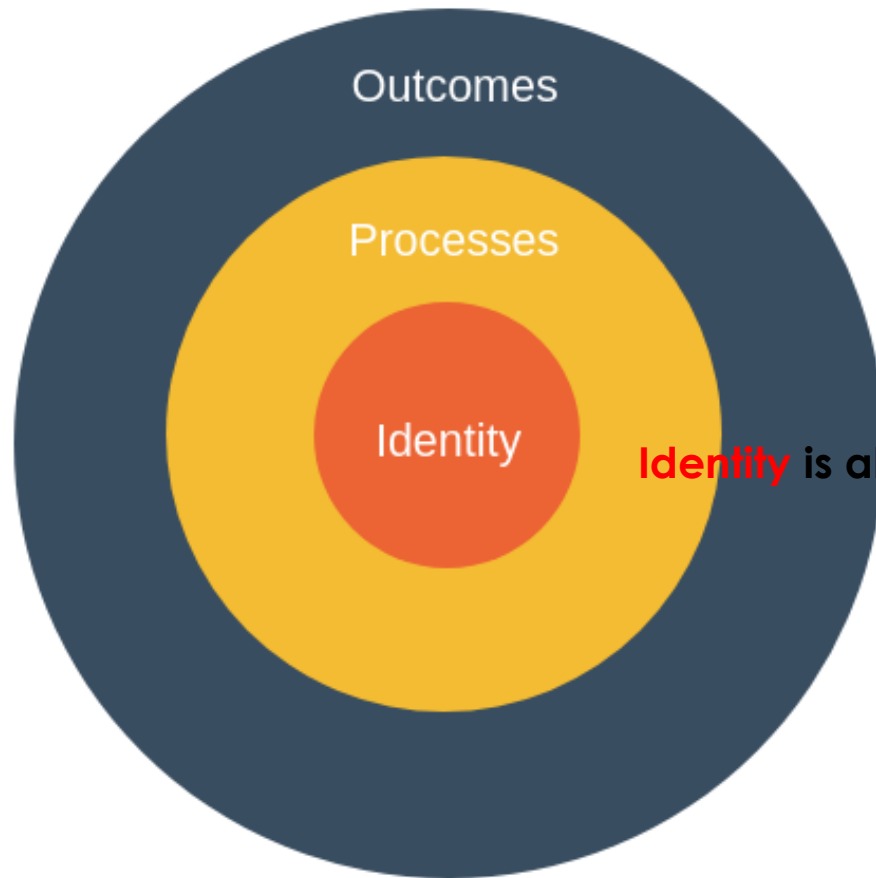
❖ **Outcomes (goals)** are what you get.

Three Layers of Behavior Change




Processes (**systems**) are about what you do.


Three Layers of Behavior Change



Identity is about what you believe and who you want to become.



Self-Care



- ▶ Journal
- ▶ Exercise
- ▶ Yoga
- ▶ Meditate/guided imagery
- ▶ Read
- ▶ Socializing
- ▶ Encouraging others/volunteer
- ▶ Take a nap
- ▶ Eat whole, fresh foods

- ▶ Epsom salt bath
- ▶ Sit while sipping on cup of green tea
- ▶ Draw/attend adult art class
- ▶ Nature/grounding
- ▶ 4-7-8 breath work
- ▶ Organize space
- ▶ Treat yourself
- ▶ Make sleeping at night a priority
- ▶ Work with your hands/draw, cook, garden

EXERCISE



IMPROVE SLEEP

Benefits of Quality Sleep



Improved Performance



Reduced Stress



Improved Healing



Improved Cognition



Reduced Injury Risk



Improved Mental Health



Boosted Immune System



SOCIAL ENGAGEMENT

- ✓ People who socialize with others tend to live longer than those who are more isolated.
- ✓ Social engagement is associated with a stronger immune system, especially in older adults.
- ✓ Connecting with friends may boost your brain health and lower your risk of dementia.
- ✓ You will likely enjoy better physical health (having a stronger immune system).
- ✓ Building social connections helps to improve mood.

WHY CAN A GENTLE DETOX HELP STRENGTHEN OUR IMMUNE SYSTEM?





Imagine your body as a barrel and these chemicals as substances that go into the barrel. Over time everyday exposures can add up causing the barrel to overflow.

When this happens symptoms ranging from brain fog, pain, fatigue, skin conditions, asthma, allergies and other symptoms can occur.

They initially may seem like minor health concerns but left unaddressed over time can become more serious conditions.



ENVIROMED

Medicine + People + Environment



How to Detox Safely

- A gentle detox diet can be a healthy way to get back on track and help your body do exactly what it's designed to do: **clear out toxins and keep you in tip-top shape.**
- **SKIN:** your **skin pushes out bacteria through the sweat**
- **KIDNEYS:** your **kidneys filter through liters of blood and produce urine**
- **LUNGS:** your **lungs expel carbon dioxide**
- **INTESTINES:** your **intestines extract nutrients from food to excrete waste products.**
- **LIVER:** your **liver clears out toxins from the body.**



How to Detox Safely

Following 10 easy guidelines and incorporating some detox foods into your diet is the best way to optimize your built-in detox system and supply your liver with the tools it needs to clear out toxins efficiently.

1. **Switch out sugar-sweetened beverages** for water and unsweetened tea.
2. **Cut out added sugars** from your diet.
3. **Eliminate all heavily processed** and refined foods.
4. **Increase your intake of whole ingredients** that are real and fresh. Include raw fruits and veggies, healthy protein and whole grains.
5. **Swap processed meats for grass-fed beef**, wild-caught salmon, organic chicken and venison.



How to Detox Safely

- 6. Include more natural detox foods** in your diet such as grapefruit, bone broth, Brussels sprouts, berries, beets, chia seeds and nuts.
- 7. Trade in your salt shaker for healing herbs and spices** like cumin, basil, parsley, paprika and turmeric bump up the flavor of foods while providing a host of powerful health benefits.
- 8. Get at least 7-8 hours of sleep** per night for your body to heal and restore.
- 9. Get in some daily exercise.**
- 10. Minimize your stress levels** and focus on self-care.



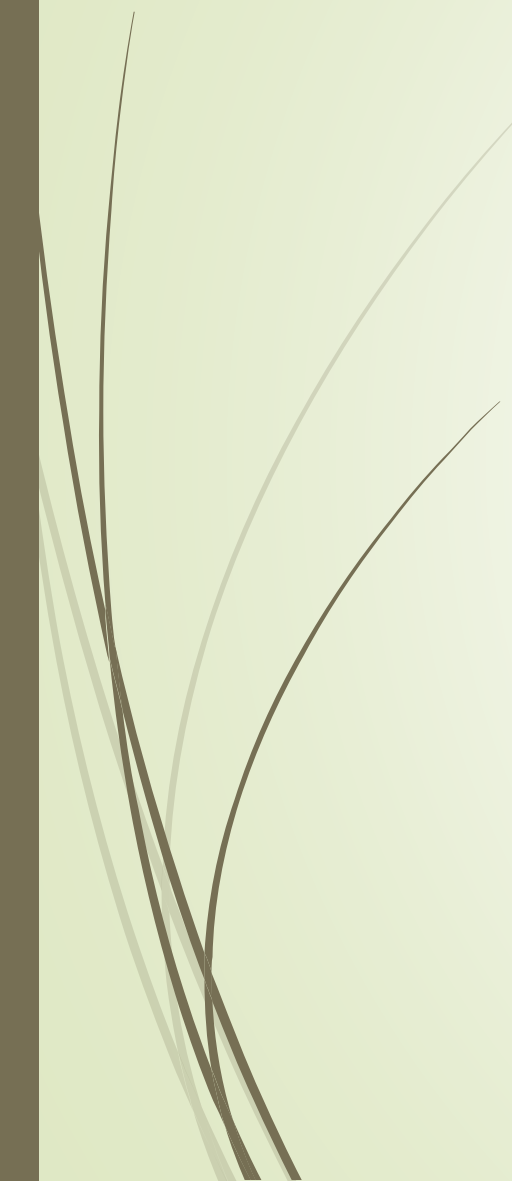
“Every person’s health and well-being depends on how well his/her body removes and purges toxins.”

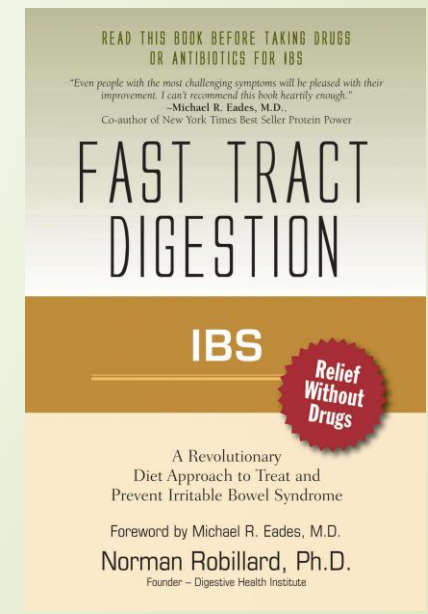
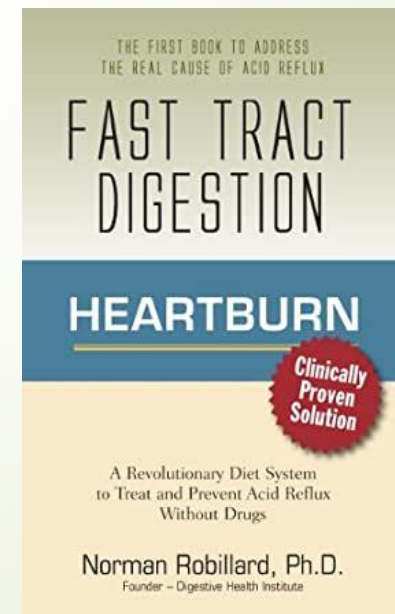
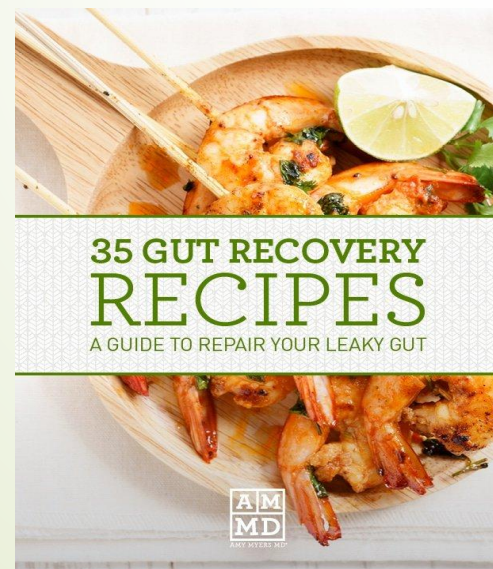
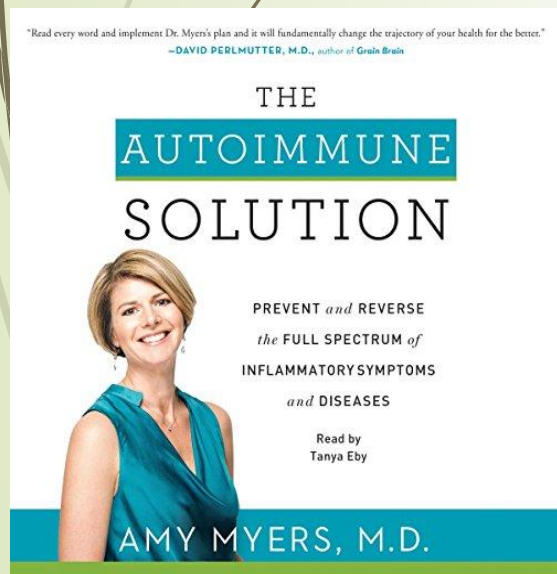
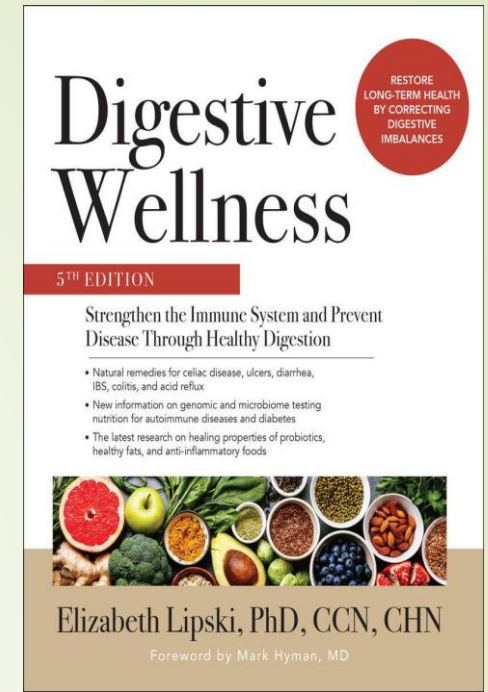
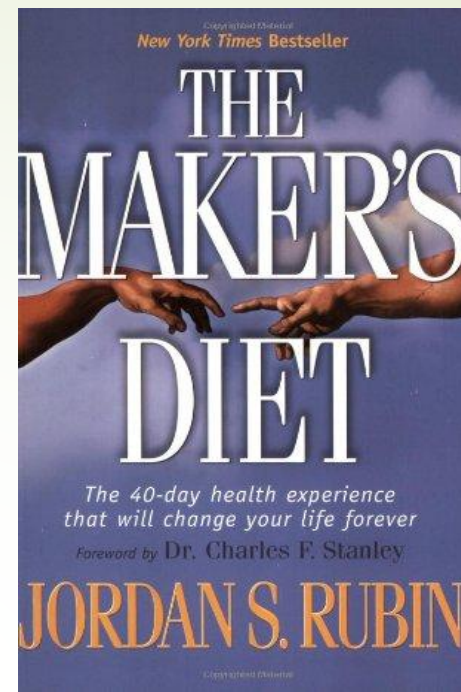
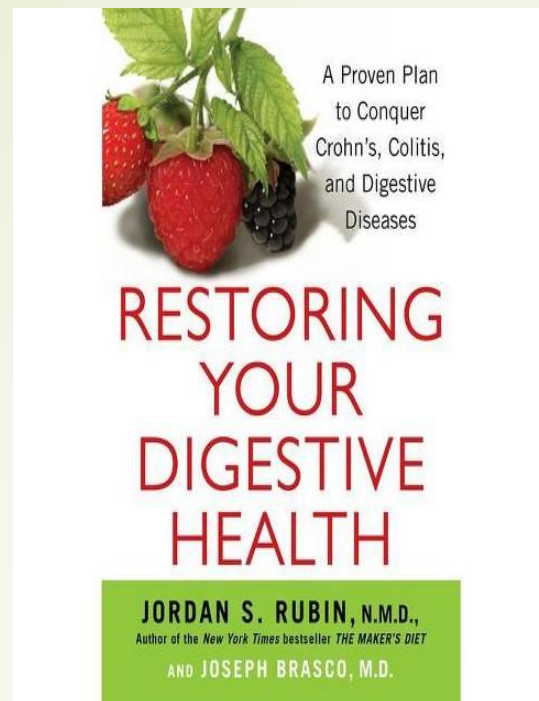
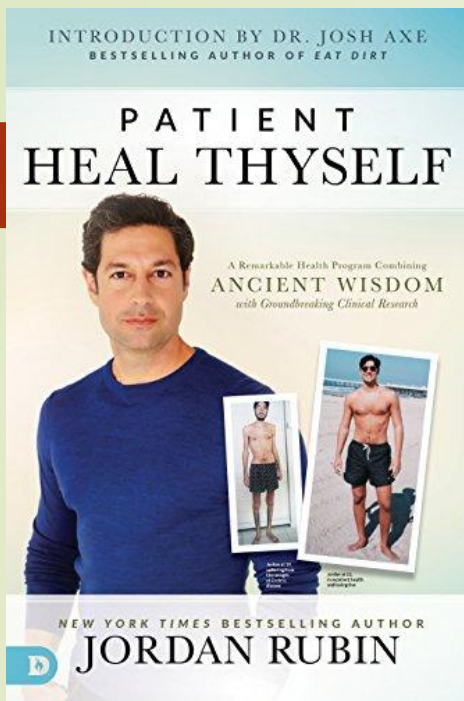
Dr. Axe





Habits that Make Healthy Eating Easier

- ▶ **Cook once, Eat twice**
 - ▶ One-pot meals are convenient and provide great left-overs
 - ▶ **Use the 20-minute formula**
 - ▶ You don't need a recipe most nights. You need structure
 - ▶ Protein + grain or starch + vegetable + flavor
 - ▶ Eggs with toast and greens, stir-fry or a grain bowl
 - ▶ **Build a 'Healthy' pantry**
 - ▶ Stock and store Mediterranean-style ingredients; beans, lentils, canned fish, olive oil, whole grains, nuts, etc.
 - ▶ **Improve one basic skill**; healthier food is easier to eat when it taste good
 - ▶ **Give yourself gentle structure**
 - ▶ The hardest part of healthy eating is daily decision-making
 - ▶ Even loose planning helps.
 - ▶ Cook Monday, eat left-overs on Tuesday, make your favorite simple meal on Wednesday, eat left-overs on Thursday and Friday is FUN!
- 





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