

6 Tips to Boost Immunity

When you're undergoing cancer treatment, it can be harder to fight off infections. Here are ways to lessen the likelihood you'll catch something and to fight it off if you do.

- 1. Learn more about good nutrition. The Institute for Integrative Nutrition and other websites are good information sources.**
- 2. Take steps to lessen symptoms if you do get sick. Drink green juices, consume immunity boosting products like elderberry syrup, and use a neti pot.**
- 3. Heal wounds and prevent scarring with substances like Manuka honey, which has been used since ancient times for its natural antibacterial qualities.**
- 4. Research alternative medicine systems like Ayurveda, which promotes specific diets, supplements, activities, and more to boost immunity.**
- 5. Live a healthier lifestyle overall and keep up-to-date on health topics with TED Talks or documentaries like *Fed Up*, *Food Matters*, *Hungry for Change*, and *Fat, Sick, and Nearly Dead*.**
- 6. Find joy. Harness the ideas and actions in life that make you happy and create a mantra to break the cycle of your negative thoughts.**

These tips have been provided by Stacey Jayne, AADP through SHARE's educational program "Use Your Mind, Body and Soul to Boost Immunity."