

## Diet & Ways to Boost the Immune System

- Gets weaker especially as we age or from what we eat or inhale.

- Even if Genetics may play a role it's worth a try!

Macrobiotic Diet (Following Sept 1982 LIFE Magazine article where a Dr. tried it to help his bad cancer situation where it had spread to most of his organs and bones -which it did keep it at bay till about 1998 when he was in a bad car accident and died shortly after it. He first started the diet in about 1974. to Boost the Immune system. The Cancer disappeared from his CAT scans in a few months only coming back if he got off the diet.

It also helps those with IBD, enlarged prostate, acid reflux, arthritis & Type I & II Diabetic diseases. Dementia & nervous system diseases too!

Worth a try for any disease! Dr's @ Scientific American have said "We are what we eat"

No more colds or flues either!

It contains no processed food, meat, sugar or drinks.

Most "Wild Salmon" is farm fed so avoid it and Organic Seafood should be good. Canned Salmon (Walmart Brand seems to have a safe new lining) & local Jack, Pickerel, & Trout fish.

Avoid canned though because of the lining and fresh or frozen has more food value.

Organic Asparagus, Celery, Carrots, Broccoli, Cabbage, Onions, Swiss Chard, Kale, Garlic, spinach, Cauliflower, Avocado, Yams or Sweet Potato & Lettuce & Mushrooms

Organic Apples, Oranges (lemons & grapefruit), Peaches, Pears, Nectarines, Berries etc. (Peeling doesn't help as chemicals soak in.) Even with organic bananas don't eat the black core as it is full of bacteria.

Big US name brand Raisins & Prunes may be okay along with Walmart brand washed in really hot water followed by cold.

Organic Spices best or avoid most at first.

Don't drink Chlorinated water because the Chlorine turns the organics in the water carcinogenic & distilled water & reverse osmosis (not as bad as distilled) may not be best long term as the process removes the minerals. You can however get a filter that add the right minerals. Freezing water slowly and using the resulting ice on top for drinking seems to be a great way to purify it as it squeezes out the bad stuff!

No grains, corn, potatoes, tomatoes, peppers, beans, peas, and most nuts as they highly inflame the system. A small amount of white rice may be okay later on as it is lowest on the list. It may be possible to pressure cook dried beans to reduce their count a lot too and try later.

Dr. Steven Grundy says you can however eat Millet, Sorghum and some white rice for this Lectin free diet. I found soaking the white rice as recommended in water for 24 hrs and rinsing good helps reduce the Arsenic found in most rice as my prostate isn't affected nearly as much.

There have been a couple of big studies done in the UK and EU on eating hot peppers frequently in the diet (at least 4 times a week) reduces heart disease and strokes by 38-40%. I believe this as I found Cayenne Pepper or Organic Red peppers in my diet have helped kill off infected gum lines and my returning stomach ulcer. Sure they are high in Lectins, but it must balance out (for me anyway).

Scientific American & Fine Home Building mention carcinogens in the home should be avoided and include ones from harsh cleaners like Mr. Clean etc., painting, wood oils, , glade plug ins, perfumed candles & soaps etc. as they contain petrol products & formaldehyde.

If building new or doing renovations beware of formaldehyde in laminated flooring, plywood, and cabinets and furniture. You can buy plywood without it and sub materials.

New & Old Teflon lined pot, pans, griddles, & waffle irons etc. should avoided due to health problems according to Scientific American etc.

Don't microwave food in any type of plastic due to it getting in the food.

Aluminum pots and pans should also be avoided for health reasons also.

Multiple Vitamins have been found to be not the best for many people with reactions to them. Chemicals or contaminants or reaction to some vitamins could be the issue especially in excess.

Pain killers and acid control meds for heartburn can damage critical organs like the kidneys so improved diet habits are best used.

There was a recent documentary on TV about Golf Courses using HD pesticides & herbicides that are banned, but allowed strangely as it's about \$. Bottom line is workers and some golfers that are out there have a lot have high cancer rates.

Of course is still helps to get plenty of exercise, and once you start it will get easier!

A Radon Gas test kit may be in order too from what has been said about that!