

Your immune system plays a factor in EVERYTHING you do. I can go on and on about this, but let's just suffice it to say that a weakened immune system increases your chance of getting cancer and conversely, many cancer treatments weaken an already compromised immune system. So what is the bottom line?

Everyone, including those who consider themselves healthy, should be working to build and strengthen their immune systems. And, how did we do this? Again, I abide by the theory of "Let thy Food be the Medicine and thy Medicine be thy food". So what is good to eat and what is not good to eat if you already have a weakened immune system? Here is a wonderful chart that I have adapted to help answer that question. CLIP and POST ALERT...

In addition, I strongly recommend our Immune Builder supplement available at Natural Healing Express.

Remember, this chart is for those with LOW WHITE BLOOD CELL COUNTS. This is not typical of a standard quality diet.

Recommendations for eating when your white blood cell count is low+

	Recommended	Avoid (do not eat)
Meat, poultry, fish, tofu, and nuts	Ensure all meats, poultry, and fish are cooked thoroughly.	Raw or lightly cooked fish, shellfish, lox, sushi, or sashimi.
	Use a food thermometer to be sure that meat and poultry reach the proper temperature when cooked.	Raw nuts or fresh nut butters.
	When using tofu from the refrigerated section (not shelf-stable), cut tofu into 1-inch cubes or smaller and boil 5 minutes in water or broth before eating or using in recipes. This is not necessary if using aseptically packaged, shelf-stable tofu.	
	Vacuum-sealed nuts and shelf-stable nut	

	butters	
Eggs	Cook eggs until the yolks and whites are solid, not runny.	Raw or soft-cooked eggs. This includes over-easy, poached, soft-boiled, and sunny side up.
	Pasteurized eggs or egg custard	
	Pasteurized eggnog	Foods that may contain raw eggs, such as Caesar salad dressing, homemade eggnog, smoothies, raw cookie dough, hollandaise sauce, and homemade mayonnaise
Milk and dairy products	Only pasteurized milk, greek yogurt, cheese, or other dairy products	Soft, mold-ripened or blue-veined cheeses, including Brie, Camembert, Roquefort, Stilton, Gorgonzola, and blue cheese
		Mexican-style cheeses, such as queso blanco fresco, since they are often made with unpasteurized milk
Breads, cereal, rice, and pasta	Whole Grain or Gluten Free Breads, bagels, muffins, rolls, cereals, crackers, noodles, pasta, potatoes, and rice are safe to eat as long as they are purchased as wrapped, pre-packaged items, not sold in self-service bins.	Bulk-bin sources of cereals, grains, and other foods.
Fruits and vegetables	Raw vegetables and fruits and fresh herbs are safe to eat if washed carefully under running water and lightly	Fresh salsas and salad dressings found in the refrigerated section of the grocery store. Choose shelf-stable

	scrubbed with a vegetable brush.	salsa and dressings instead.
		Any raw vegetable sprouts (including alfalfa, radish, broccoli, or mung bean sprouts)
Desserts and sweets	Fruit pies, cakes, and cookies, flavored gelatin; commercial ice cream, sherbet, sorbet, and popsicles; and sugar, commercially prepared and pasteurized jam, jelly, preserves, syrup, and molasses are safe to eat.	Unrefrigerated, cream-filled pastry products Raw honey or honeycomb. Unless it is Tupelo Honey.
Water and beverages	Drink only water from city or municipal water services or commercially bottled water. Pasteurized fruit and vegetable juices, soda, coffee, and tea	Water straight from lakes, rivers, streams, or springs Well water unless you check with your doctor first Unpasteurized fruit and vegetable juices Sun tea. Make tea with boiling water, and use commercially prepared tea bags. Vitamin- or herbal-supplemented waters. These provide little, if any, health benefit.

+ Adapted from Grant BL, Bloch AS, Hamilton KK, Thomson CA. *American Cancer Society Complete Guide to Nutrition for Cancer Survivors, 2nd Edition*. Atlanta, GA: American Cancer Society; 2010.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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