

Self Care Outside the Doctor's Office

Maintain control of your health and learn how to boost your immune system:



Food is medicine

Eat more whole foods like fruits & vegetables and avoid sugar and processed foods.

Watch your "toxic load"

Be aware of all ingredients going into your body (environment, food, medicine).



Reduce stress

Practice mindfulness, meditate, or do breathing exercises.



Get enough sleep

If you're tired, REST! This is essential to healing.



Move your body

Exercise every day to stay in shape and stay sharp.

Know your body

Monitor changes in your system, and keep track of and understand your lab work/test results



Express gratitude

Counting your blessings helps you keep a positive attitude.

Get outside

Don't be afraid of sunshine and fresh air; a little sun without sunscreen can be good for you.



Research

Never put your health in someone else's hands and always ask questions.

For more information visit focusforhealth.org