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.

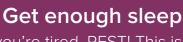


Be aware of all ingredients going into your body (environment, food, medicine).



Reduce stress

Practice mindfulness, meditate or do breathing exercises.



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



Move your body

Exercise every day to stay ir shape and stay sharp.



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.



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Research

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

For more information visit focus for health.org

