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