

Staying Healthy in a Time of Crisis

Maintaining health on multiple levels can improve our immune function. Our immune systems help fight off various disease processes, including infectious diseases. Things you can do:

Drink: at least 60 ounces of clean water per day. **Avoid:** sodas, sugary beverages and fruit juices – eat whole fruits instead for less of a blood sugar spike.

Eat: 4 servings vegetables and 2 fruits per day of a variety of colors. Increased variety of colors = increased variety of nutrients!

Red	Orange	Yellow	Light Green	Dark Green	Blue	Indigo	Violet
Tomato Red pepper Red onion Apple Cherry Cranberry Pomegranate Strawberries	Orange Turmeric Yam Papaya Carrot Orange pepper Mango Cantaloupe	Squash Onion Garlic Yellow pepper Pineapple Nectarine	Avocado Brussel sprout Celery Leek Lettuce Lima bean Green onion Green apple Kiwi Lime	Kale Broccoli Green beans Collard Chard Green pepper Spinach	Blueberry Fig Grape Blue Plum	Blackberry Bilberry Purple Plum	Purple cabbage Eggplant Purple asparagus Grape

Avoid: processed, sugary foods.

Drink: one smoothie per day in morning with one scoop whey protein isolate as a clean protein source. You could use green tea or matcha (green tea dried powder) instead of water. The EGCG in green tea and the whey protein may help with immune function.

Simple Smoothie Recipe

- 1 banana or 1 cup of cantaloupe
- 1 scoop Whey protein isolate, vanilla or chocolate
- 1 cup water or green tea (optional: add ½ teaspoon matcha powder to water or green tea)

Put all ingredients into personal size blender, blend and enjoy. Add your favorite fruit or vegetable of different colors for increased nutritional content.

Take: 2000 iu vitamin D3, a good omega 3 fat (fish oil with at least 1000 mg of EPA and DHA in it – look at label); (women add 1200mg Calcium citrate).

Move: walk 20-30 minutes per day (enough to make you sweat), or move your body in chair – walk in place for 5 minutes by lifting your knees toward your chest and then move arms like conducting an orchestra for 5 minutes – both work the core muscles.

Calm down: Stress and fear can impact immune function negatively. Find a way to Stop, Calm yourself and Rest. Some possibilities:

- Every day, put aside some scheduled time to do what you enjoy.
- Practice breath focus by simply paying attention to 3 breaths in a row. Just watch as you breathe in and breathe out.
- Connect with others while maintaining social distance. You can attend a computer based support group to learn stress management. Cancer Navigators sponsors a free stress management group online that meets every Friday 11:45AM – 1:15PM. Please give your email to Cancer Navigators (jduke@cancernavigatorsga.org) and an invitation to the Zoom call will be sent to your email. Just click on link!
- Spend some time being in nature.
- Write down your thoughts in a journal.

Sleep well

- Practice good sleep hygiene.
 - Go to bed at same time every night.
 - Try to get at least 6-8 hours of sleep.
 - Bedroom should be cool and completely dark.
 - Limit caffeine after morning and limit fluids after 3PM.
 - Trouble falling asleep? Try a small cup of chamomile or valerian tea before bed. Staying asleep issues? Try magnesium glycinate 120mg before bed.

Stay Informed but don't obsess

- It is important to follow appropriate health practices to lower infection risk, like keeping 6 feet of distance between others, avoiding large group gatherings and paying attention to health announcements from credible sources, like the CDC. On the other hand, excessive worry and fear can cause increased and unnecessary stress. Take a break from the news and social media if you find yourself getting overwhelmed. See **Calm down** above.

Stop Smoking

This will help your overall health and ability to fight any disease! See Quit planning sheet.

Check out the Cancer Community Support Calendar for other supportive care programs available in our area that can help you to control the things that you can control—how you eat, drink, move and relax.



(706) 509-5040

Located on the 3rd Floor of the Harbin Clinic Cancer Center ~ 255 West 5th Street, Rome, GA 30165

www.cancernavigatorsga.org