

## Fighting Cancer - Building a strong immune system

Written by cancer-news.info

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There are a lot of studies in the field of cancer and a lot of them failed to explain the link between the immune system, a proper nutrition and fighting cancer. People have cancer cells and the only thing that is keeping us away from this terrible disease is avoiding triggering them.

There were a lot of medical breakthroughs over the years and a lot of them are said to have cured cancer. Unfortunately, the definite cure for cancer is not yet released and the effectiveness of many of these treatments is not clear.

Chemotherapy is the most common cancer treatment and it has its flaws damaging the immune system. Unfortunately, the drugs used in chemotherapy are very strong and they can kill good bacteria we have in our body.

Preventing cancer occurring is the best way of avoiding its terrible consequences. Even if it might be a vague explanation, every person can avoid cancer. This is because cancer appearance is influenced by a lot of factors. One of these factors is a healthy nutrition. A healthy diet is the best approach for preventing cancer and you should take this into consideration.

Unfortunately, a lot of people do not eat fresh food because conserved and canned food is available and it is easier to prepare. The convenience of today's life makes us eat a lot of cancer triggering foods. The ingredients used for preserving these foods are sometimes cancer triggering.

Our immune system is our only friend when it comes to fighting against cancer and other diseases. This is because having a good immune system is the first step to avoid a lot of these diseases. Improving your immune system should be one of your top priorities if you want to avoid cancer occurring.

Building a strong immune system is not as hard as you would think. You only need to avoid processed food and begin eating fresh and whole food. There are a few things you should know when it comes to improving your immune system.

These things are listed below:

- a) Unhealthy foods should be avoided as much as possible because these foods can trigger cancer. Sugary and fatty foods are among these unhealthy foods.
- b) Vegetables should play an important role in your diet because broccoli and cabbage for example are great foods when it comes to preventing cancer occurring.
- c) Vitamin D should always be present in your diet as it is one of the most important vitamins that can strengthen your immune system. Getting enough Vitamin D is a great way of making sure you avoid breast cancer.
- d) You should definitely change your eating habits and add some cancer preventing and cancer fighting foods in your diet. A healthy lifestyle is a very important thing and you should definitely

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embrace such lifestyle as soon as possible. This way you will avoid cancer and other diseases and you will have a long ad healthy life. As hard as it may seem, eating right is not hard at all.