

# Supporting Your Body: A Guide to Nurturing Your Health

## What is "Supporting the Host"?

When you are going through cancer treatment or recovery, the focus is often entirely on the illness. "Supporting the host" means shifting some of that focus back to **you**. Think of your body as the soil in a garden; even if you are removing weeds, you still need to make the soil as healthy, rich, and strong as possible so that healthy plants can grow.

## Why This Matters For You

- **Better Resilience:** By keeping your healthy cells strong, you may experience fewer side effects like "chemo-brain," nerve pain, or extreme tiredness.
- **Faster Recovery:** Supporting your liver and gut helps your body clear out treatment leftovers more efficiently, helping you feel like "yourself" again sooner.
- **Taking Back Control:** While you can't control every part of your medical journey, you *can* control your environment, your nutrition, and how you support your body's natural healing systems.

## What You Can Do Today

1. **Balance Your Blood Sugar:** High insulin (the hormone that processes sugar) can act like "fertilizer" for unwanted cells. Try to focus on whole foods, healthy fats, and proteins while limiting sugary snacks and white breads to keep your system calm and quiet.
2. **Love Your Gut:** Treatments can be tough on your digestive lining. Sipping on bone broth or taking specific supplements like L-Glutamine (with your doctor's okay) can help "patch up" your gut and improve your energy levels.
3. **Prioritize "Blackout" Sleep:** Your body produces a natural protector called melatonin while you sleep in total darkness. Try to make your bedroom as dark as possible and avoid screens an hour before bed to help your body repair itself overnight.
4. **Time Your Meals:** Talk to your team about "strategic eating." Simply giving your body a longer break from food overnight (such as 12–14 hours) can help your healthy cells stay in "repair mode."

## Questions to Discuss with Your Practitioner

- "Can we look at my fasting insulin and inflammation markers (like hs-CRP) to see how my 'internal soil' is doing?"
  - "What are the best ways to support my gut and brain health after my specific treatments?"
  - "How can we use nutrition to make my healthy cells stronger before my next appointment?"
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