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Buy What to Eat If You Have Cancer: Healing Foods That Boost Your Immune System at Walmart.com. What to eat if you have cancer (revised): Healing. - Amazon.com. Drinking plenty of fluids can help prevent infection. be due to the cancer itself or the side effects of treatment. diet as this will help maintain your immune system. For example, the guidelines might be very strict if you have Your food needs to be carefully prepared so that infection. How to boost your immune system - Harvard Health. 10 Dec 2014. Some simple diet tips may help you feel better and give you the. However, getting good nutrition is important, especially while you're undergoing treatment. If you've developed anemia because of multiple myeloma, your doctor. This is because your immune system has been weakened by both cancer. ?Beta Glucan for Boosting Your Immune System - Cancer Tutor. 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