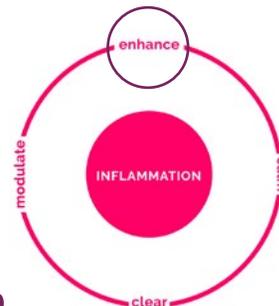


CORONAVIRUS AND YOUR CIRCLE OF INFLUENCE

We often want to skip right to the agents (supplements or otherwise) that will strengthen our immune system to do its job better. To sit securely in our “circle of influence”, it’s important to “clear” and “calm” in addition to boosting. Remember that sometimes improvement comes naturally when we remove the distractions. That said, there are certainly key agents that can **enhance** immune system support based on individual needs.



1 ENHANCE IMMUNE FUNCTION

- Targeted vitamins, minerals, and nutrients, based on needs of individual (consider vitamins D, A, C, NAC, quercetin, zinc)
- Diverse, nutrient-rich diet (rainbow of whole foods whenever possible)
- Spice it up! (immune favorites include garlic, ginger, oregano, curcumin, echinacea, astragalus)
- Protect barrier systems (hand washing, adequate hydration, fermented foods, probiotics)
- Hydrate sufficiently (gargling helps too!)
- Avoid inflammatory foods and personal food triggers; stabilize blood sugar
- Avoid smoke

4 ENHANCE DETOXIFICATION

- Tend to your bodily waste elimination.
- Pull that neti pot out and start irrigating
- Clear the lungs with breathing, essential oils, humidifier and air purifier
- Move the lymph with gentle jumping or blowing bubbles
- Consider herbs, saunas, epsom salt baths and other gentle detox support

2 ENHANCE SLEEP

- Create a sanctuary
- Make it dark!
- Unplug
- Establish a bedtime (10pm or earlier!)
- Rest & digest (avoid going to bed full)

3 ENHANCE DIGESTION

- Support mucosal health (consider the following as-is right for individual needs: probiotics, prebiotics, vitamin D, vitamin A, CoQ10, EFAs, aloe vera)
- Support IgA antibody production (remove inflammatory foods - see ‘Clear!’)

5 ENHANCE STRESS RESILIENCE

- Meditate (see ‘Calm’ suggestions)
- Move! (to tolerance and enjoyment; be mindful of physical stress/overexertion)
- Re-affirm family and community relationships
- Find some joy in each and every day