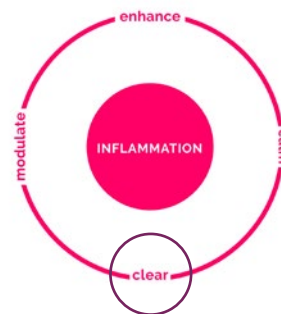


# CORONAVIRUS AND YOUR CIRCLE OF INFLUENCE

Right now, a lot may feel out of your control. But if we follow my 3 Roots Many Branches framework, there are many ways we can help ourselves and our loved ones to become more resistant to the impacts of the virus, and better able to withstand the stress of uncertainty and change that we're all facing. INFLAMMATION and immune function are at the heart of resilience. And **clearing** is a great way to support your overall immune function.



## 1 CLEAR BODY WASTE

- Hydrate with water, herbal tea, broths, fresh vegetable juices
- Consider water-rich foods (soups, stews, fruits & vegetables)
- Eat plenty of fiber
- Consider digestive supplements
- Consume probiotics and prebiotics (food first)

## 3 CLEAR INFLAMMATION

Remove dietary inflammatory triggers.

- Gluten
- Dairy
- Refined sugar
- Alcohol
- Processed foods
- Plus individual food allergies, sensitivities, intolerances

## 2 CLEAR CONTAMINANTS FROM OUR ENVIRONMENT

- Wipe down surfaces such as counters, doorknobs, light switches
- Wash hands frequently with soap and for at least 20 seconds
- Cover your mouth when coughing or sneezing (use inner elbow)
- Wipe down your grocery cart with a sanitized wipe

## 4 CLEAR STRESS & ANXIETY

- Stay up to date on the latest facts from trusted sources & experts
- Practice stress reducing techniques such as deep breathing, meditation, prayer, gratitude and/or visualization
- Call a friend or loved one to stay emotionally connected
- Get some exercise, go for a walk, spend time in nature