

5 WAYS TO PUT

VIRUSES

IN CHECK RIGHT NOW

1

REDUCE STRESS

Take time every day to unwind & have fun
Learn how to take deep breaths and practice 5 minutes a day.
Take time to declutter your home and organize your life.

2

EAT CLEAN

Focus on eating foods that are minimally processed and closest to nature at least 80% of the time. Drink filtered water, limit alcohol

3

KEEP YOUR GUT HEALTHY

Take probiotics daily, chew at least 20 times per bite, stop eating at first signs of feeling full, stop eating 2 hours before bed, sip on bone broths or take 3 grams of L-glutamine powder daily.

4

DETOX DAILY

Our livers, kidneys and lymphatic systems need support daily to help us to clear toxins. Eat 6 cups of veggies a day - focus on the cabbage family, beets, celery, cranberries, parsley and cilantro.

5

PREVENT VIRAL REPLICATION

Take a Multi-vitamin with zinc, mg - Designs for Health - Twice Daily Multi
HSV – licorice, lemon balm, astragalus, avoid nuts (high arginine foods)
VZV – licorice, astragalus, reishi, avoid nuts (high arginine foods)
EBV – monolaurin (lauricidin), olive leaf extract – DioVasc xymogen – clear lymph
CMV – turmeric, olive leaf extract, astragalus, berberines