

Tips to stay healthy amidst the COVID-19 pandemic:

The most important thing is to **keep your immune system strong** so if you are exposed to the virus, your body can stay healthy.

These things **strengthen** your immune system:

- Stay hydrated which means **drink water!** The standard rule for the amount of water to drink is to take your body weight, cut it in half and drink that many **ounces per day**. For example, a 100-pound person would need a **minimum 50 oz** of water per day. **Drink more if you're sick!** Remember-there is **no** substitution for water!
 - **Virus cannot live in an alkaline environment.** That's why it's important to drink alkaline water. It helps keep your body healthy--especially during this time. I recommend [Kangen®](#) water.
- Make sure your colon is moving. In other words, make sure you're **pooping daily**.
 - When the colon is full and hasn't released every day, your body is absorbing the toxins in the feces. Your other excretory organs try to get rid of the toxicity. The **lungs**, in particular, are affected by constipation. Since **this virus affects the respiratory organs**, it's even **more important** to make sure you're **pooping!**
 - NOTE: constipation is not having a bowel movement for **every** meal you eat.
- **Movement and/or exercise** increases the amount of times your blood goes through your body. The more times the blood moves throughout your entire body, the more oxygen and nutrients your cells receive and the more often toxins and waste are filtered out of your cells. This helps **keep your immune system strong!**
- High-quality, **soil-based probiotics** because your gut is a significant part of your immune system and if it's not healthy, neither are you. I recommend [Body Biotics SBO Probiotics](#).
- **Garlic** is a natural antibiotic and strengthens your immune system. I prefer **High Potency Garlic** from Nature's Sunshine Products because it breaks down in the small intestines instead of the stomach.
- Get **GoldZoned** because it can reduce stress, keep your immune system strong, and even give it a boost when needed. [Find a Certified Body GoldZone Therapist in your area.](#)

These things **lower** your immune system:

- **Stress!**
- **Fear!** There's a difference between fear and caution. HEAL fear so you can proceed with caution :) [Click here to find out more about HEALING fear.](#)
- **Dehydration.**
- **Lack of movement.**
- **Mucus-forming foods** including bread, dairy, meat, sugar, etc.

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If you **feel symptoms** of a cold or flu, regardless of whether it's the corona virus or some other virus, here's what you can do:

- **Drink more water.**
- **Get your colon moving.** Water, Body Biotics SBO Probiotics, oregano on the descending colon signal on the feet.
- **Get out in the sun** if possible. Sunshine has the ability to kill lots of nasty things, including virus.
- Try a **sinus torpedo** with therapeutic-grade essential oils. This gets the oils not only in the sinuses but also in the lungs. I recommend eucalyptus, cajeput, ravensara, or Young Living blends Melrose or Raven, or the doTerra blend Breathe.
- **Oregano** and **Thyme** are two very strong **anti-viral** essential oils. In the case of a respiratory virus, apply oils to the throat (between big toe and 2nd toe), sinus (inside, fatty part of the big toe), and lung (ball of the foot) signals.
 - NOTE: Young Living and doTerra oregano is 100% and very strong. Continual application of this oil may create irritation. Be sure to dilute if using it regularly.
- I spray **Kangen® 2.5 water** in my nose and sniff (for stuffy nose) and in my throat (in the case of a sore throat) to kill whatever's causing the stuffy nose or sore throat. (I also use it to clean household surfaces.)
- If you feel issues in your lungs, I recommend **Lung Support** from Nature's Sunshine Products.
- **Garlic** is a natural antibiotic and strengthens your immune system. I prefer **High Potency Garlic** from Nature's Sunshine Products because it breaks down in the small intestines instead of the stomach. The key is to keep it in your bloodstream.
- Get **GoldZoned** because it can reduce stress, keep your immune system strong, and even give it a **boost** when needed. [Find a Certified Body GoldZone Therapist in your area.](#)
- A **fever** is one of the body's most important natural defenses. A fever is the body's way of increasing body temperature to kill whatever's going on. In the case of a fever, keep these things in mind:
 - The body needs **rest**.
 - The body needs **water**.
 - The body rarely needs **food** during a fever.
 - **Never break** a fever-but **always control** it!
 - The best way to **quickly** and **safely** get body temperature down is by putting **cold compresses on the ankle tendons**. I have cool (not frozen) gel packs that I wrap around the Achilles tendon. If using frozen, make sure you wrap them in cloth before applying. Or you can use a washrag ran under cold water. Make sure to flip or re-wet the washrag when it gets warm.

[Get REAL current information about COVID-19 from the CDC website.](#)

The statements contained herein have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. This information is in no way intended as a substitute for medical counseling.

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