

CAROLYN'S COVID WELLNESS TIPS

FEAST, ENHANCE, THRIVE

FEAST: Let Your Food Be Your Medicine

- **Keto:** Learn your optimal Keto Macros. Google Ketogenic Macro Calculator and you will find a lot of resources. A healthy keto diet will lower inflammation and balance your blood sugar—2 important steps when battling Covid-19.
- **Blood Type:** Learn your blood type and include your blood type foods into your Keto diet. Make sure you eat plenty of fresh produce of various colors. Spinach, broccoli, and most berries are excellent for everyone.
- **Fasting:** If you are not practicing Intermittent Fasting this is a good time to consider it.
- **Avoid Bad Fats:** Avoid fried foods, trans fats, and hydrogenated oils. These foods lead to an inflammatory response which can incite a “cytokine storm”. When battling Covid-19 this can be a very serious situation for your body, especially for your lungs.
- **Avoid Bad Carbs:** Avoid white sugar, white flour, and processed grains. These “food” items lead to an increase in your glycemic index, which in turn will dampen down your immune system and increase inflammation. Tip: the healthy fats in your keto diet will help with sugar/carb cravings.

ENHANCE: Optimal Remedies for Prevention

First and foremost, incorporating natural remedies in your wellness plan at any point is an excellent decision! However, optimal immune health is a process, the longer you take the steps necessary to support your immune system the better your outcome will be. On average, optimal immune health takes 4-6 months to create. Please note that these are general dosage recommendations for prevention. If you are actively battling Covid-19 you may need to increase dosages. Seek the guidance of your health care professional for specific recommendations.

Standard Process Remedy Recommendation

Cataplex D: 3 daily

Zinc Chelate: 5 daily for 5 days, then 1 daily for women and 2 daily for men.

Immuplex: 4 daily

Cataplex A-C-P: 3 daily

ProSynbiotic: 2 daily

Standard Process remedies are available on www.CarolynBerghuis.com

If you are a current client and you would like to schedule a 15 Minute Phone Session to make sure you are on the right immune support for your needs feel free to email me at Carolyn@CarolynBerghuis.com to set this up.

THRIVE: Key Lifestyle Tips

- **Salt n Soda Bath:** Viruses don't like hot temperatures, this is one of the reasons your body increases its temperature during an illness. Try 2 cups baking soda and 2 cups epsom salts in a very warm bath. Add essential oils if you like.
- **Sleep by 10 PM:** Optimal sleep is required for your body to heal itself and for your immune system to function at its best. When your body is battling a virus it needs extra sleep, so rest when you feel tired.
- **Sauna Therapy:** Consider investing in your health by purchasing a far infrared sauna for your home. The health benefits are extensive.
- **Exercise:** Of course we know that exercise is important for optimal health! I invite you to learn about optimal exercise for your blood type. I personally do isometric exercises inside a far infrared sauna several times a week.
- **Hygiene:** Hand washing is obviously important. I recommend using a non anti-bacteria hand soap so you protect the acid mantle on your hands. This is the thin layer on top of your skin that protects you from bacteria and viruses.
- **Emotional and Spiritual Well-Being:** In my opinion tending to your emotional and spiritual well-being is the single most important step you can take on your quest towards optimal health. Seek God and you will find him and the peace your heart desires.

Note: This information is not intended to be a substitute for taking proper medical advice and should not be relied upon in this way. Always consult a qualified doctor or health practitioner, especially if you are taking prescription medications or are diagnosed with a medical condition. The author cannot accept responsibility for illness arising out of the failure to seek medical advice from a doctor.

