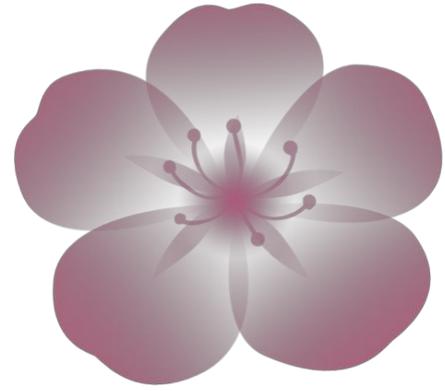


THE URBANHERBALIST

NUTRITION TIP SHEET: MANAGING COVID-19



- ❖ *Manage all parts of your body to support immune health*
- ❖ *Transition to a plant-based diet by consuming less meat weekly*
- ❖ *Exercise daily*
- ❖ *Drink minimum of 40 ounces water (for adults) throughout the day*
- ❖ *Take all medications as prescribed by your healthcare provider*
- ❖ *Treat all fevers!*

Self-Care During COVID-19

The COVID-19 pandemic is a serious health crisis that should not be taken lightly. With that said, panicking during a pandemic will add stress and anxiety to an already stressful time. Here are a few self-care tips to support your immune system and overall well-being.

Trust your body. The human body is divinely designed to rejuvenate self with proper love and care. If you contract corona virus, do not panic. Tune into your body by resting, drinking plenty of fresh liquids (water, herbal, non-caffeinated tea, vegetable broth), consuming fresh vegetables, some fruits and taking frequent warm baths with Epsom salts.

Turn off social media. Take a break for the fear-based rhetoric of social media and the nightly news. Listening to this rhetoric increases the body's natural stress response and negatively impacts your immune system. Begin a mindfulness practice by listening to soothing music or Charlene's Yoga Nidra guided meditation.
<https://www.youtube.com/watch?v=Frdu2QvQ1UI&t=45s>

Nourish Yourself. The "SAD" diet or **S**tandard **A**merican **D**iet consists of excessive amounts of sugar, salt, and artificial food additives. Eating processed foods adds excessive amounts of empty calories (calories that have no nutritious value) and causes weight gain. The SAD diet is a leading cause of food intolerances and allergies like wheat/gluten and dairy/lactose. It also increases inflammation in our bodies that can affect our immune system, lead to digestive ailments like GERD, leaking gut and diverticulitis. Consuming lots of sugar and caffeine also affects our immune

system as well as causing blood sugar imbalance (hypo/hyper glycemia, diabetes) and dehydration.

Keys to Eating Healthy:

- Vegetable-based diet mostly
- Warm, moist foods
- Adding medicinal herbs and spices to support the palate (taste) and immune health: Garlic, turmeric, cayenne or black pepper, aromatic spices
- Consume daily pre-biotics with fermented foods

Add Immune-boosting Nutrients. Eat the rainbow! RED, ORANGE, and YELLOW fresh vegetables and fruits contain Vitamins A, C, B & D, Retinol, and Zinc are powerful co-factors that support respiratory health. Herbals supplements like Elderberry, Echinacea, Golden Seal, Yarrow, Eucalyptus, and mint make delicious immune tonics in teas.

Recommended nutrient supplements:

Vitamin C contributes to immune defense by supporting various cellular functions of the immune system.

1000 mg daily; up to 3000 mg with virus symptom.

Vitamin D enhances immune system function, reduces viral growth, and can reduce upper respiratory infections.

5000 iu/daily

Quercetin is found in fruits and vegetables like onions and capers and has a wide range of benefits, including decreasing viral growth.

1000 mg twice daily

N-acetylcysteine (NAC) promotes the production of glutathione, a potent antioxidant that supports immune function. It also reduces the severity of the flu.

600 mg twice daily

Zinc is an antioxidant and acts as a co-factor to many immune processes in our bodies. Zinc has strong anti-viral properties against many viruses. Food sources of zinc are legumes, beans, seeds, cheese, eggs, and whole grains as well as meats and poultry.

50 mg is the daily

Zinc is best taken with food as zinc supplements may be reactive to digestive system.

Maintain Good Oral and Respiratory Hygiene. Current research on COVID-19 and the coronavirus states that these viruses are not the cause of morbidity or death. It is the “opportunistic infections” such as acute respiratory infections that these viruses and others open us up to that can lead to debilitating illness and death.

Seasonal allergies, colds and flus are also taxing on the immune system. Our mucosal membrane is the first line of defense in the respiratory system. This membrane secretes anti-bodies to fight off toxins that we might inhale that would cause infection. Irrigating the respiratory passages will keep out annoying pollens and other bacteria and toxins that are circulating during this season.

DAILY PRACTICE!

- Irrigate your sinuses daily with a Neti Pot (using distilled water) or nasal saline wash
- Irrigate your throat by gargling with salt, water and 5 drops of tea tree oil.
- Drink a daily cup of hot Ginger tea or Fennel tea.
- Oil Pulling: Maintain Good Oral Hygiene
Our mouth is home to lots of common bacterium that if imbalanced, can lead to infections. The Ayurvedic practice of oil pulling is a daily cleansing ritual to incorporate during this time and beyond!

Oil Pulling

- ❖ 1 teaspoon oil (sesame or coconut oil) in mouth
- ❖ Swish for 10 minutes
- ❖ Spit out oil in the garbage (don't swallow)
- ❖ Rinse mouth three times
- ❖ Brush teeth
- ❖ Floss

Motion is Lotion! There are profound benefits to movement. Our bodies are designed to move, not to be sedentary. Movement supports digestive function, cardiovascular health and mental health. Movement practices such as Yoga/Qigong and other martial arts are designed as reflective practices that support personal and spiritual growth as well as physical health.

Remember, being sedentary increases toxins in our body and makes us feel bad! Lack of exercise also affects our blood circulation that impacts our thoughts. We are more likely to dwell on negative thoughts when we don't move. Fresh blood to the brain means fresh oxygen to our mind and fresh "thoughts" increasing our mood.

Exercise regularly. Strive to move 30- 60 minutes daily. The type of exercise you choose depends on two things: (1) you like to do it; (2) you will do it consistently!

Step Outside! Sun light supports Vitamin D and melatonin in our bodies as well as stimulating our skin, eyesight, and mood.

According to the Vitamin D Council, how much sun light exposure we need depends on our skin type, where we live and the time of year or season. Fair skin people need little sunlight exposure (approximately 15 minutes) whereas darker skin people need almost 6 times as much (approximately 2 hours).

Establish quiet reflective time- meditation/yoga. Establishing a quiet, reflection practice helps to sustain healthy lifestyle goals over time. Quiet reflection moves us away from the “end result” action-oriented view of life to being more intentional about our actions: being present in everything that we do- not focusing on an outcome. *The divine purpose for quarantining: Rest. Rejuvenation. Atonement. Renewal.*

What might my doctor recommend? (Jordan Dow, MD)

The earlier variants required people to stay in the hospital primarily for one thing...

OXYGEN!!

When the virus overwhelms the lung, that is when you require hospitalization.

How do you know your lung is overwhelmed??

The tool below is called a ***Pulse Oximeter***

It can be found in CVS or other drug stores for ~ \$20

The number under ***SPO2 (“98”)*** is a measure of how much oxygen you are carrying.

If that number drops below 92, your lung is overwhelmed.



The number under BPM (“87”) is the heart rate. And if the waveform (yellow lines at the top) are consistently rising and falling with each beat, that is how you know the tool is working correctly.

COVID19 also requires hospitalization when it causes blood clots

This can cause symptoms that would send you to the hospital before the pandemic:

- Stroke
 - weakness or numbness to one side of the body (the whole arm and leg, or the whole side of the face)
 - sudden change in speech
 - sudden change in vision
- Heart Attack
 - sudden, new chest pain
 - breaking out into sweats
 - nausea and/or vomiting
 - trouble breathing all of a sudden.
- Blood Clot in the Lung
 - Chest pain
 - Trouble breathing when walking
 - recent swelling to one leg
 - passing out with lost consciousness
- Blood Clot in the Leg
 - swelling to one leg only
 - swelling that form “pits” when you press into them with a finger
 - redness and pain to that leg

If you do not require hospitalization, treat your body as instructed above, by your ancestors, and by those you trust to advise your overall health.

Generally, COVID hijacks your immune system and enters your cells using a receptor called ACE4. Below is a link for a chart tracking herbal medicine that supports your general immune system as well as protecting this receptor, ACE4.

https://docs.google.com/spreadsheets/d/e/2PACX-1vSU2F5ePoL1QFEZJx2N1BMESIZuQM5LoBdgtE2UTPIR2DohPy59RJ5ZySouoyAnpY3wWq1THMNwwxH4/pubhtml?urp=gmail_link

This quote was written 44 years ago (1976) yet very relevant for today!

During the last hundred years or so, the way of life has changed greatly throughout the world. The social system and other systems are no longer the same as they used to be in ancient times. This has brought about a dispersion of human energies at all levels. The mind of [human beings] has lost the point of balance and harmony in every sphere of existence. We are so engrossed in material survival that we are not aware of what has been happening to us.

Within the last century or two, diseases have sprung up with new dimensions, expressions, and manifestations, and this has reached a peak in the last few decades. Medical science has put an end to the great plagues of the past, but we are now faced with a new epidemic of stress-related disorders caused by our inability to adapt to the highly competitive pace of modern life.

Modern medical science has been trying to tackle these problems in many ways, but frankly speaking, they have failed to deliver the necessary health to [humankind]. This is because the real problem does not lie in the body; it originates in [our] changing ideals, in [our] way of thinking and feeling. When there is dissipation of energy, dispersion of ideals, how can you expect to experience harmony in your body and mind?

[Excerpt from Yoga Nidra by Swami Satyananda Saraswati]

The energy climate of the day is challenging us as well as polarizing us. This pandemic affords us with the wonderful opportunity to bring our Self-care practices to our families and friends.

Be Well! Live Well!