

HELPING SCHOOL HEALTH CHALLENGES (colds, flu, etc.) A NATURAL GUIDE FOR STUDENTS, PARENTS, TEACHERS & STAFF

PREPARE: Strengthen & Optimize your Body Now - **BEFORE** you have a Health Challenge.

Each simple, low-cost, natural suggestion has been selected for its significant health benefits.

Activity done regularly or daily will achieve better results. Save time by combining activities.

- 1) Essential **supplements*** for **2020**: Vitamin **D** (with **K2** & magnesium), **zinc** & vitamin **C** (also highly recommended is **NAC**, quercetin, vitamin **A**, **calcium**, CoQ10 & melatonin)
- 2) Control your **blood sugar & weight** – limit sugary/refined foods, eat veggies, walk after eating, limit fried/processed foods, limit snacks & use intermittent fasting* (except kids)
- 3) **Sleep*** Get 7-9 hours of regular rest nightly – promotes healing & helps immune function
- 4) **Exercise*** (brisk walking, aerobic exercise or HIIT) – helps clear toxins & power cells
- 5) Calm **stress** (breathe,* pray/meditate, laugh, listen to music) – stress depresses immunity
- 6) Get **fresh air** (ventilate your house, walk outdoors, breathe* deep) – cleans & oxygenates
- 7) Drink clear **fluids** (especially water* 8-10 glasses daily) – hydration improves function
- 8) **Avoid** all tobacco, smoking, vaping, alcohol & sugary drinks – **toxins** stress your body
- 9) Eat **healthy** and moderately – focus on **vegetables*** (fiber, nutrition & anti-inflammatory, raw are good), use healthy fats, limit **dairy** (adds to congestion), heavy meals zap energy
- 10) Do **heat*** (hot tub, sauna) and **cold*** (showers) treatments – they help optimize immunity
- 11) Practice **hygiene** (wash hands, contain sneezes, wear a mask if sick?*) – limit antibiotics
- 12) **Socialize** with friends, do fun hobbies, help others, pursue faith* – optimizes immunity
- 13) Get **chiropractic adjustments*** and massage – helps optimize nerve function & immunity
- 14) Do **infrared*** therapy (sun bathing 15 minutes or a IR light device) – energizes your cells
- 15) **Consume** - onions, ginger, raw honey, lemon, mint tea, berries, apples, chicken soup
- 16) **Supplement*** - probiotics, garlic, curcumin, omega-3 oils, Echinacea, elderberry, DMG, Maitake, spirulina, oregano, Astragalus, Licorice root, Andrographis, St. John's Wort

*Please see our website or contact our office to further investigate benefits from these healthy choices and for guidelines, doses and practical ways to do them. There are also numerous printed and internet resources. Consult with your health care provider for concerns or other questions.

Disclaimer: This primer is educational and not medical advice. It is a listing of items known to help strengthen the immune system and support self-healing during cold and flu season and beyond. In some cases, natural therapy benefits are more than those from pharmaceutical medications (decongestants, NSAIDS, vaccines, etc.) typically with fewer risks and side-effects. Some have been effectively used for centuries to support health. The FDA also wants you to know that these have not been officially approved to diagnose, treat, cure or prevent any disease.©