

Tips for Prevention and Increasing Immunity against HCoV

- Please follow [CDC](#) and [WHO](#) suggestions to help decrease contagion
- Food
 - Eat as much whole food as you can. (this means vegetables, fruits and dark berries, whole grains, beans, legumes, grass fed meat)
 - Eat bitter greens to help stimulate digestion. Much of the immune system is in your gut! (dandelion greens, salad greens, mizuna, arugula, radicchio)
 - Cook with more immune supportive kitchen spices: garlic, garlic powder,, ginger, onions, thyme, rosemary, cinnamon, oregano, sage, coriander, cardamom, cayenne. Get lots of these, fresh or dried, in your food, or make tea with them.
 - Increase warm cooked foods, as opposed to raw foods. They are easier to digest.
 - Make yourself some soup, freeze it so you can thaw it if and when you get sick.
 - Increase fermented vegetables like sauerkraut, kimchi, etc.
 - Limit sugar, alcohol, and processed foods, which can impair the immune system. Go for comfort foods that are lower in sugar and eat them close to a meal instead of alone.
- Sleep
 - As much sleep as you can. 9-12 hours a night :) Sleep helps clear out stress hormones and is the time the immune system is most active
- Stress Reduction and Relaxation
 - Stress impairs the immune system
 - Deep Breathing, airplane mode, laughter, walking in the park or woods, sleep, warm baths/showers,
 - Teas of Lemon Balm, Catnip, Tulsi, Chamomile, Lavender, or just honey/lemon and hot water (these can be helpful for sleep also), CBD
- Movement
 - If you are able to go on walks, that is great for your lymphatic system, which helps the body get rid of waste material and increases immune function. Get outside and get some sunshine! Shoot for 30 minutes a day
 - If you can't go for a walk, lay on your back and put your feet up a wall for about 15 minutes to get fluids moving.
 - If you can't lay on your back, you can do self-massage (or ask someone else to do it), which increases lymph circulation. Make long strokes from

the hands and feet towards the heart. You can find good lymphatic massage videos on youtube.

- Hydrotherapy
 - Adding aromatic herbs to hot showers and baths cleans the air. Enclose yourself in a hot steamy bathroom, rub herbs all over your body, breath deep. Cedar, rosemary, thyme, eucalyptus, arbor vitae, mint
 - Hot foot bath - you can add fresh or dried ginger root. Soak feet for 15 mins.
 - Respiratory Steam: 2 tbsp of fresh or dried thyme, sage, rosemary, oregano, eucalyptus, or mint. (Essential oils are too strong for this, please don't use essential oils for steams.) Place herbs in a large bowl, add just boiled water, put your face over the bowl, put a towel over your head to create a mini sauna around your face, and breathe in deeply. Take care not to burn yourself with the steam. This is also helpful for lower respiratory conditions in your lungs.

- Kitchen medicine recipes
 - Fire cider: This recipe changes year to year depending on what's on hand. Basically you chop everything up real fine, put it in a jar, cover it with apple cider vinegar, add a big dollop of honey and put the lid on. Let it sit for a few days, strain out the solids and take 1tsp 3x / day.. Some key ingredients: white onion, fresh garlic, fresh ginger, fresh turmeric (if available), hot pepper, lemons, limes, grapefruit, raw apple cider vinegar, raw local honey. other ingredient ideas: peppercorns, parsley, star anise, rosemary, thyme, sage, horseradish...get creative!

 - Onion honey cough syrup: 1 white onion, 1 cup honey (appx). Instructions: Slice one white onion into half moons. Fill a jar half way with onions, cover with honey. Don't fill the jar all the way full, as it may overflow. Sit in a warm spot overnight, during which the honey will draw the juices out of the onion, creating a thin syrup consistency. You can start using this immediately, strain out the onions or don't - up to you. (Honey covered onions are delicious on roasted brussel sprouts.) If you have a sore throat or cough, take one or two spoonfuls / hour.

- Vitamins / Minerals / micronutrients
 - Vitamin D 4,000 to 7,000 IU *
 - Zinc 25 mg (lozenges with exposure)
 - Vitamin E 100-200 IU

- Selenium 200 mcg
- Omega-3 oil with EPA + DHA, for a combined total of 1-3g EPA + DHA per serving
- Magnesium (as Magnesium glycinate or Magnesium citrate)
 - 300mg/day for smaller people, 450mg for larger people
 - “Natural calm” is an easy to take powder

*“vitamin D dosing: For nearly a century, a dose of 300,000 IU of vitamin D has been given to a child with Rickets, or to Scandinavian adults at the beginning of winter, without harm. • “If the ability of vitamin D to stimulate the production of virucidal antimicrobial peptides and to suppress cytokine and chemokine production is clinically significant, then pharmacological doses (1000– 2000 IU/kg per day for several days) may be useful in the treatment of those viral respiratory infections that peak in wintertime.” • This translates to 75,000 to 150,000 IU/day for several days in 75 Kg individual. • Alternately, 50,000 IU/day for 6 days. -Paul Bergner”

Helpful Community Resources

- [Stress Relief In Times of Crisis](https://drive.google.com/file/d/1lpKxwehHUfHhUPSCslpLEbzG2U8-qQIz/view)
(<https://drive.google.com/file/d/1lpKxwehHUfHhUPSCslpLEbzG2U8-qQIz/view>)
- [Herb Guide](https://www.instagram.com/p/B9sB-TAAQPO/) prepared by Standing Rock community herbalists
(<https://www.instagram.com/p/B9sB-TAAQPO/>)
- [A few TCM protocols](https://www.facebook.com/akashapothecary/posts/2517703885113151) for corona virus (more advanced info for practitioners of TCM)
(<https://www.facebook.com/akashapothecary/posts/2517703885113151>)