

COVID-19 SAFE PRACTICES

NUTRITION & NUTRIENTS

Avoid sugar-laden, health-destroying processed food. Instead eat lots of health promoting foods. Take immune boosting supplements such as Vit C and Vit D (get your level checked), Zinc, and Melatonin for optimal viral defense.



NUTRITIONAL ADEQUACY FOR HEALTHY IMMUNE FUNCTION IS THE MOST IMPORTANT FEATURE IN PREVENTING THIS DISEASE OR ENSURING LESS SEVERITY



HAND WASHING

Keep your hands clean, but avoid chemically-laden hand sanitizers. Soap and water are always best.

SOCIAL SAFETY

If you're well, hug your family and friends every day in order to stay healthy mentally, emotionally and psychologically.



FACEMASKS

Breathe lots of fresh air all day, every day. Avoid facemasks and recycled air as much as possible.

CLEANLINESS

Use only natural plant or herbal-based cleaning products in your home & workplace. Overuse of harsh chemicals causes more harm than good.



TRUST

Replace fear of a virus that has a 99.97% global survival rate with a love for your immune system and your fellow man.
www.worldometer.com

REMEMBER: HEALTH IS A STATE OF COMPLETE PHYSICAL, MENTAL AND SOCIAL WELL-BEING AND NOT MERELY THE ABSENCE OF DISEASE OR INFIRMITY.

Trust your gut.
Do your own research.

Know Better Do Better