

**WEAR A MASK AND WASH HANDS FREQUENTLY TO
REDUCE YOUR RISK FOR COVID-19 BY UP TO 90%**

1

EAT HEALTHY

- Eat real unprocessed whole foods- eat a plant based diet with a low amount of dairy
- Cut sugars and starches from your diet- sugar suppresses your immune system

2

EAT FOODS WITH ANTIVIRAL PROPERTIES

Herbs with antiviral properties

- Dill
- Chili pepper (whole and as a spice)
- Garlic
- Turmeric
- Rosemary
- Ginger
- Oregano

Proteins with antiviral properties

Make sure to eat half your body weight in grams of protein every day or 2-4oz servings

- Nuts and Seeds
- Tofu and Tempeh (non GMO soy)
- Salmon
- Legumes and Lentils

Fruits and Vegetables with antiviral properties

- Onion
- Cabbage
- Spinach
- Apples
- Broccoli
- Apples
- Citrus: Lemon/Oranges/ Tangerines/Grapefruit
- Olives
- Extra virgin unrefined olive and coconut oil

3

EAT PROBIOTICS AND PREBIOTICS

Foods with probiotics:

artichokes, garlic, onions, leeks, asparagus, artichokes, bananas, apples, konjac root, cocoa, burdock root, flax seeds, jicama root, and seaweed.

Foods with prebiotic: grass-fed cow yogurt, or coconut yogurt, kefir, sauerkraut, tempeh, miso, natto, kimchi, pickles.

4

EAT VITAMINS IN YOUR DIET

- Vitamin C 1000-2000 mg daily (broccoli, cauliflower, tomatoes, cantelope, strawberries, kiwi, oranges, and papaya)
- Vitamin D 4000mg daily
- Zinc 20mg daily (legumes, lentils, seeds, nuts, and shellfish)
- Quercetin ¼ teaspoon twice daily (dill, onions, oregano, chilli pepper, broccoli, leafy green vegetables, and apples)
- Melatonin 1-2mg a night

5

GENERAL TIPS FOR AN IMMUNE BOOST

- Get sufficient sleep- 7-8 hours of sleep every night.
- Regular exercise 30-45 minutes a day.
- Get outside. Take walks, get fresh air, but be safe.
- Practice meditation and yoga.
- Stay connected to your loved ones -electronically.
- Include 6-8 cups of vegetables and 2 cups of fruit in your daily diet.

Sources:
Mark Hyman M.D. Functional Medicine
Walter Willet M.D. PhD Harvard Medical School
Chairman of Department of Nutrition
Michael Gregor M.D.

Neal Barnard M.D. President of Physicians
Committee for Responsible Medicine
UpToDate - Clinical Decision Support based on
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STAYING SAFE DURING COVID-19