



COVID-19... Here We Go Again!

By Tricia Talerico, D.C., M.S., Nutr.

It is so great to be back in your homes and businesses in the real Today Paper! I do enjoy sharing information and opinions with you, so welcome back to all of us!

It's hard to believe that COVID-19 is still with us, and, as a nation, we are still trying to move forward with our lives, both personally and professionally. The past year and a half have brought much sadness, fear and loss to all of our families. Whether we have been vaccinated or not, tested positive for COVID-19 or actually had symptoms of the virus, I think we can all agree that superior immune function is key. Positive lifestyle changes to reduce the severity of the virus, if infected, can include the following:

1. Reduce the body's inflammatory load. Obviously, sugar, gluten, wheat and processed foods are items we all can certainly minimize.

2. Decreasing oxidative stress to the body. This can be as simple as doing less grilling and frying of our foods. Below we will talk about how to increase our antioxidant levels.

3. Balancing the gut microbiome. Since 70-80% of our immune system is in our gut, it seems pretty important to constantly replenish it with high quality probiotics and/or fermented foods on a daily basis.

In my office, I recommend protecting and rebuilding our immune system with two amazing products from Metagenics - Immune Active or Immune Defense Packs. Both are designed to support the immune and cardiovascular systems as well as protect against oxidative stress. Go to DrTrish.metagenics.com for more information and to order yours today.

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