



Hello,

Globally, we are all dealing with uncertainty during the coronavirus COVID-19 pandemic. If you are feeling worried, you're not alone. I wanted to take this time to reach out and share some actionable steps that you can take to help keep you and your loved ones safe, healthy, and happy during this challenging time.

#### **Follow Recommendations from the CDC to Protect Yourself**

- Clean your hands often with soap and water for at least 20 seconds (sing the happy birthday song twice). Avoid touching your eyes, nose, and mouth with unwashed hands.
- Limit your chances of exposure by avoiding close contact with people who are sick, and putting distance between yourself and others.
- Stay home if you are sick.
- Cover coughs and sneezes with your elbow or a tissue and throw it away.
- Wear a facemask if you are sick.
- Clean and disinfect frequently touched surfaces regularly.

For more details from the CDC, please click here: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

#### **Take Steps to Boost Your Immunity and Wellbeing**

No food or supplement is a magic cure, but there are steps you can take to ensure that you are taking optimal care of your physical and emotional wellbeing, and giving your body the tools it needs to keep you healthy.

- Enjoy foods that boost immunity, such as oranges, grapefruits, strawberries, leafy greens, carrots, sweet potatoes, garlic, wild-caught salmon, and more.
- Stress less by unplugging from the news and social media for periods, connecting with family and friends through a phone call or FaceTime, and practicing gratitude.
- Incorporate some type of movement each day, and try to get out in nature when possible.
- Stay hydrated by drinking at least 8-10 glasses of water per day.
- Cultivate a daily mindfulness practice through meditation or prayer.
- Prioritize sleep by turning off electronics at least an hour before bed and making the bedroom comfortable for sleep.

## Immune-Boosting Smoothie Recipe

This smoothie is packed with vitamins and antioxidants, healthy fats, protein, and fiber to keep you feeling full and nourished.

*Serves 1*

- 1 cup water, unsweetened nondairy milk (such as almond, cashew, or coconut), or plain organic kefir
- 1 serving protein powder of your choice
- ½ cup greens, such as spinach or kale (can use frozen)
- ½ avocado
- 2 tablespoons chia seeds or ground flaxseeds
- ½ orange, peeled
- ½ cup strawberries (can use frozen)
- Ice as needed, to thicken

*Tip:* If you're concerned about keeping fruits and veggies fresh, buy frozen versions. Frozen spinach, kale, and cauliflower are healthy additions to smoothies or soups. Frozen fruit is also great for smoothies, added to yogurt, oatmeal, or cereal, or as a sweet treat on its own. Plus, fruits and veggies are often frozen at the peak of freshness, meaning they retain more nutrients!

It's important that we use this time to focus on what we can control, and take advantage of the chance to spend more time with our immediate family members. If you have the resources, you may also want to consider donating to your local food bank or to an organization like Feeding America to support those truly in need at this time.

Here's to staying safe, healthy, and happy.

Sustainably Yours,

A handwritten signature in black ink, appearing to read 'Lorianne S. Riley'. The signature is stylized and cursive.

Lorianne S. Riley CPC, MCHC, CPT, MT