

BENEFITS OF SLEEP

- Increases energy levels and mental function
- Decreases stress and cortisol levels
- Decreases hunger and obesity
- Decreases depression and low moods
- Your sleep routine should be quiet, calm and at a consistent time.
- Sleep in a dark, quiet room.

FRESH AIR AND SUNSHINE

- Exposing just your face to sunlight for that short amount of time produces Vitamin D.
- Sunlight also can lift the mood and help to prevent seasonal affective disorder.
- Go outdoors and breathe deeply every day. Diseases, including cancers, thrive when there is a lack of oxygen.

STRESS/MENTAL/EMOTIONAL/SPIRITUAL

- Explain how stress effects the immune system? What about fear and anxiety?
- Cultivating a love of God, love of others and a lifestyle of forgiveness adds to my health and wellness. As we read in Proverbs, "A cheerful heart is good medicine, but a crushed spirit dries up the bones."
- Nine out of ten illnesses originate in the mind. Worry, bitterness and unresolved anger, can wreak havoc on every system in the body. On the other hand, love, trust, forgiveness are life giving and health preserving.

SUPPLEMENTS

What are the best supplements for boosting your immune system? For combatting viruses? Respiratory issues?

- Andrographis – good for colds, flu, upper respiratory infections, virus fighting, infection fighting, etc.
- Astragalus – active components include flavonoids and polyphenols – good for immune support.
- Black cohosh – anti-inflammatory helpful for lungs.
- Colloidal Silver – used as an antibiotic before penicillin.
- Echinacea – 50 known mechanisms that it works against microbes.
- Elderberry – helps the body fight viruses and bacteria.
- Garlic – among other things, garlic is anti-microbial and gets excreted through your lungs, perfect for treating lung infections.
- Ginger – anti-inflammatory and good for circulation.
- Goldenseal – anti-microbial.
- Licorice – soothing, great for mucus membranes.
- Lobelia – great expectorant.
- NAC – possibly can kill COVID-19
- Probiotics – 75% of your immune system is in your gut. Healthy gut = healthy you.
- Sage – great for the lungs and anti-microbial.
- Selenium – great for immune system.
- Vitamin A – great for lungs and immune system. Good for damaged lung tissue.
- Vitamin C – powerful antioxidant for preventing viral infections. Success with direct IV.
- Vitamin D – people with a compromised immune system are generally low in Vitamin D.
- Wellness Formula – a combination supplement with too many immune boosters to list.
- Zinc – possibly can kill COVID-19.

Healthy daily habits and adding in the right supplements can put you in a strong immune stance to help protect you against bacteria and viruses and can improve your overall long-term health. Remember, small habits lead to big change over time. We consider it an honor and a privilege to help in any way we can and we'd be happy to talk with you on the fly or in a scheduled, free consultation. At Nature's Pantry, caring for you and your health needs is our mission because you are worth it!

BOOK SUGGESTIONS

Forks over Knives / How Not to Die / The Engine 2 Diet / Prevent and Reverse Heart Disease / UnDo It

MOVIE SUGGESTIONS

Forks Over Knives / Secret Ingredients / The Game Changers / Fat, Sick and Nearly Dead