

SIMPLE AND POWERFUL TOOLS FOR COVID AND FOR LIFE

With Dr. John Winters and Blake Bars



WATER

- Why is water so important? Brain, mood, body weight, heart – your heart has to work harder when you are dehydrated and your blood is more viscous.
- DRINKING WATER at the correct time maximizes its effectiveness on the body: 2 glasses of water after waking up helps activate internal organs. 1 glass of water 30 minutes before a meal – helps digestion (before lunch & dinner).
- Our bodies can adapt to being dehydrated and we don't realize we are operating with chronic dehydration until we have some major issue like bladder infection, blood clots and worse.
- 1 rule of thumb for water drinking is to drink until your urine is clear. Half your body weight in ounces.

NUTRITION

- The Standard American Diet (SAD) has been compared to banging your shin on the coffee table three times per day and wondering why it hurts. A lot of the foods we eat today repeatedly injure our bodies.
- Why plants? 90% water. Rich in enzymes, vitamins, mineral and micronutrients the body thrives on.
- A diet rich in whole plant foods while eliminating or minimizing processed food and animal products can prevent and reverse much of the chronic disease we face in our country today: heart disease, cancer, diabetes, obesity, high blood pressure, allergies, auto immune disorders and more. Parts of the world where they live on whole food plant based diets don't experience these diseases often if at all.
- Keep it simple and attainable / Add in the good / Small habits lead to big change over time
- Eat a raw whole food with every meal / Eat one whole fruit and one whole vegetable everyday
- Whatever works for you, whatever you like . . . cause if you like it you'll do it

BENEFITS OF EXERCISE

- Improves mood and brain chemistry
- Eases stress and decreases anxiety
- Increases sense of well-being and confidence
- Increases endorphins—the body's "feel good hormones"
- Increases energy levels, muscle mass and strength
- Helps with weight loss
- Increases body mass, blood circulation and immunity
- Increases insulin sensitivity
- Decreases blood sugar, blood pressure and blood fats
- Decreases belly fat (metabolically active and harmful)
- Improves skin health and appearance
- Improves memory, cognition and brain health
- Improves oxygen supply to tissues
- Increases removal of toxins from tissues
- Boosts immunity by moving toxins away and white blood cells toward
- Helps with relaxation and improves sleep quality
- Can help reduce pain
- Improves sexual function and desire
- Reduces risk of many cancers
- Reduces risk of falls; makes you steadier on your feet

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