



DENVER NATUROPATHIC CLINIC

# YOUR IMMUNITY AND COVID-19

Tactics to helping your body do what it's already  
designed to do, naturally



From eating the right food to keeping your mind healthy  
while you're social distancing, optimize your immune  
response so it's ready for COVID-19.



# RESILIENCE IS INNATE

## SUPPORT YOUR TROOPS

Your immune system is like your built in militia that responds whenever there is a threat to the status quo. Keeping your troops supplied with the nutrients and energy they need is a great way to keep the battle going.

### 1. Hold off the attack:

Follow the CDC guidelines for reducing exposure and spread of the virus: wash your hands frequently and moisturize to prevent opportunistic infections from sneaking in; stay home if you're feeling sick OR if you think you've been exposed; contain Trojan forces by catching your coughs and sneezes before they can invade others.

### 2. Stay hydrated:

It can be easy to reach for caffeine and sugary drinks in times of stress, but these actually create more inflammation in the body and divert troops away to deal with them instead. Opt for water, broths, and herbal teas to keep your forces on point.

### 3. Keep yourself well fed:

Eating well is not a commodity but a priority if your militia is going to remain strong. Focus on home-cooked meals, a variety of colors, organic where possible, adequate protein, and plenty of veggies.

### 4. Ensure you get enough sleep:

Getting adequate sleep means your body will have ample time to manufacture growth hormone and important immune chemicals necessary for winning in an ambush.

### 5. Make yourself move:

Keeping your body active reduces stress hormones (which can raise your chances of catching ill) and increases circulation of white blood cell military scouts looking for the virus.

### 6. Keep your mind sharp:

Social distancing and isolation can lead to not only more inflammation, but to mental fatigue and lethargy. Plan a counterattack by practicing mindfulness based meditation, following an online video guide for yoga or Thai Chi, and staying connected to your community via phone and video calls.

### 7. Choose Good:

Fear negatively impacts normal immune function and endocrine function - it's like blockading your own militia. Avoid news, radio, and social media that capitalize on fear mongering and instead follow fact based, and non-biased sources.

