

HOW TO SUPPORT YOUR IMMUNE SYSTEM DURING COVID-19

This guide is to help you support your body and immune system if you have been in contact or have positive case of COVID-19.

Disclaimer: these are only recommendations. Each person is bio-individual, please advise your doctor beforehand if you have a serious health condition. Each person's health is their own personal responsibility.

4 ESSENTIAL VITAMINS AND MINERALS FOR BULLETPROOF IMMUNE SYSTEM



• Vitamin D3

Studies have shown a link between Vitamin D deficiency and the severity of the symptoms of COVID-19. Vitamin D, which has immunomodulatory effect, can reduce risk of infections and concentrations of pro-inflammatory cytokines. Adequate levels of vitamin D could suppress inflammation and reduce the severity of COVID-19.

Doses:

- if you can take a blood test to determine whether you are deficient and take the necessary dose advised by your doctor
- if unable to test take 2000-4000iu daily to support your body in these dark winter months

• Vitamin C

Besides an extensive range of biochemical pathways in which vitamin C is involved, it also participates in the response of the innate and adaptive immune system. As an effective antioxidant, vitamin C contributes to protecting neutrophils from oxidative stress during the early stages of an immune response, when neutrophils activate phagocytosis and produce reactive oxygen species (ROS) to destroy antigens.

Doses:

- Vitamin C is more bio available and is better absorbed from a "live" source so 2-3 kiwis or 1 lemon is a good source for vitamin C for the day, in the period when your body is battling the virus.



• Zinc

Zinc helps keep your immune system strong. Because it is necessary for immune cell function and cell signaling, a deficiency can lead to a weakened immune response. Zinc supplements stimulate particular immune cells and reduce oxidative stress. It helps the immune system fight off invading bacteria and viruses.

Doses:

– 30mg is a good dose to support you every day during these times of increased risk. Be sure not to exceed the upper limit of 40 mg unless advised by a healthcare professional.

• Omega 3

This important fatty acid has anti-inflammatory properties. In the body inflammation occurs in two phases: initiation and resolution. Resolution is important to help prevent further infections and more tissue damage. Recent research shows that EPA and DHA produce specialized pro-resolution mediators (SPMs). These are vital factors in **fighting ongoing inflammation** and can help **promote tissue repair and healing**.

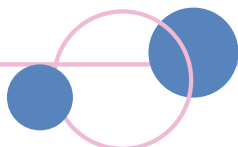
EPA and DHA supply the raw material, the source materials from which our body can produce molecules necessary for our immune system to operate properly. For example, from EPA and DHA we produce compounds (e.g., prostaglandins, leukotrienes, resolvins) needed to support healthy **respiratory function**, body temperature, blood pressure, heart rate and resolve inflammation.

In addition to that Omega 3 has been known for preventing blood clots and helping support healthy blood vessels especially important with post COVID-19 side symptoms.

Doses:

(Note: it's important to buy high quality, licensed supplements. If you take medicines to thin your blood, such as aspirin, warfarin or heparin, speak to your doctor before taking fish oil supplements – they can also thin a your blood.)

– 1000mg per day of Omega 3 to support if you already got ill.
– aim to get 500mg each day for preventative and health support measures. this works out as around the same as a 140g portion of oily fish per week.



HOW TO SUPPORT YOUR RESPIRATORY SYSTEM

Steam inhalation is a very good method of an at home remedy and prevention of respiratory symptoms. Only useful at the early stage or as prevention. Best done with a steam inhaler. Specifically bicarbonate of soda used for baking, can also be used for supporting your lungs and bronchi. Alkaline steam helps to clear the bronchi, help remove phlegm and reduce the inflammation from the cough. Overall helps support the body while it fights the virus off.

Not recommended if you have one of the following:

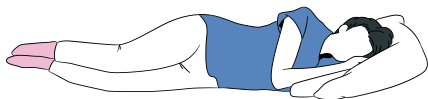
- fever;
- high blood pressure;
- cardiovascular diseases;
- impaired renal function;
- allergy to soda.



Method:

- Boil 1 L of clean drinking water.
- Add 1 tbsp of baking soda and cover it with lid.
- Place the pot on the table in a comfortable position so you can inhale over it.
- Remove the lid, be careful with hot steam, cover yourself with a towel (not covering the front of your face) and start inhaling for 5-7 minute.

(Note: please be aware of the risks associated with hot liquid and heating. Be careful with the hot pan/container/dish and the hot water. Don't put your face directly over the steam. You can purchase a steam inhaler to reduce the risk.)



GOOD QUALITY SLEEP

During sleep we produce hormone Melatonin which has many crucial benefits, amongst which is being the foundation of our immune system. It is very important to go to **sleep before 10.30pm** so that our body is able to secrete this life saving hormone. And most importantly being able to have periods of deep sleep and overall a good quality 6 hour sleep, with no lights, noises, interruptions.