

THE HOLISTIC RX

COVID-19

Optimize Your Immune System and Keep Your Sanity



Optimize Gut Health- Home of the Immune System

- Remove Refined Grains, Dairy, Sugar, Processed Foods, Alcohol, Food Sensitivities - All Weaken Immunity- No Kabith/Impure
- Every Meal Should Contain Veggies, Clean Protein and Healthy Fats-Eat Tayyib/Pure
- Eat Small Quantity
- Probiotics like Fermented Foods
- Prebiotics (Garlic, Onions, etc)
- Bone Broth Daily
- Hydrate
- Fasting

Live Tayyib and Be Grateful

“O you who have believed, eat from the good things which We have provided for you and be grateful to Allah if it is [indeed] Him that you worship”(2:172)



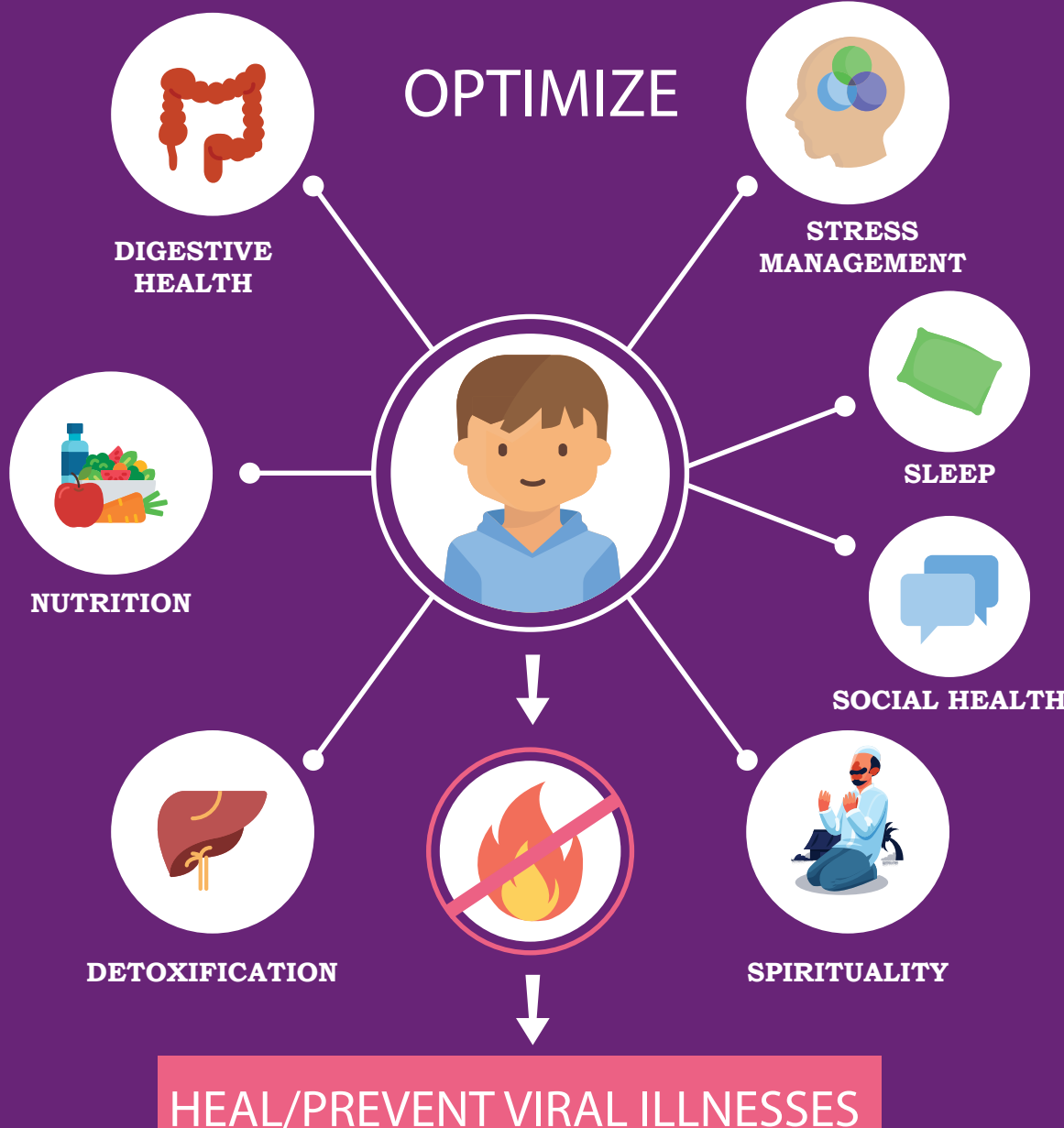
Keep the World In, On and Around You Natural

- Identify The Toxins in Your World
- Make Sure You Are Pooping Daily and Peeing Often
- Alternate Epsom Salt, Sea Salt and Baking Soda Baths Regularly
- Eat To Detoxify
- Swap Out Toxic for Clean, Limit EMF Exposure



Optimize Stress Management, Sleep, Social and Spiritual Health

- Incorporate a Relaxation Routine into Your Day- Mindful Prayer
- Keep Quality Sleep a Priority
- Connect with Loved Ones
- Say 10 Things You Are Thankful For Every Morning, Duas, Dhikr
- Laugh Daily
- Find Time to Play
- Spend Time Outdoors, Garden
- Regular Exercise
- Develop a Routine, Read Quran
- Compassion for Yourself and Others, Good Deeds
- Remember Allah is in Control



ADDITIONAL IMMUNE BOOSTING TOOLS*

Immune Boosting Tayyib Foods



- Zinc- Beans, Cashews, Eggs, Garlic, Grass-fed Beef, Liver, Pumpkin Seeds, Poultry, Sesame Seeds, Spinach, Oysters
- Quercetin- Apples, Leafy Green Vegetables, Broccoli, Onion, Dill, Oregano
- Vitamin C- Asparagus, Berries, Broccoli, Bell Peppers (yellow), Brussels Sprouts, Cantalope, Citrus, Guava, Green Leafy Veggies, Kiwi
- DHA/EPA- Fish, Shellfish and Sea Vegetables
- Glutathione- Asparagus, Cruciferous Veggies, Garlic, Onions, Other Sulfur Foods like Turnps, Radishes, Mustard Greens, Cauliflower
- Vitamin D- Cod Liver Oil, Egg Yolks, Caviar, Mushrooms, Fatty Fish (Salmon and Mackerel), Beef Liver
- Beta-Carotene- Apricots, Carrots, Collards, Kale, Sweet Potato, Red Bell Peppers, Pumpkin
- Anti-Viral Foods- Coconut Oil, Oregano, Garlic, Green Tea, Medicinal Mushrooms, Turmeric, Rosemary, Chili Powder, Ginger, Fermented Foods, Honey and Black Seeds



Protective Measures

- Minimize Touching Face
- Stay Home When Sick
- Cough/Sneeze in Elbow
- Social Distancing
- Frequent Hand Washing

Supplements

- Multivitamin/mineral with B Vitamins and Magnesium
- Vitamin D
- Buffered Vitamin C (1000 - 2000mg per day)
- Zinc 20 mg per day
- Probiotics
- Fish Oil
- Quercetin (1/4th tspn twice daily)
- Nettles
- Vitamin A
- Elderberry
- Curcumin
- Melatonin (1-2mg at night)
- Natural Antiviral Herbs (Monolaurin, Green Tea Extract, Andrographis, Astragalus)
- Glutathione or NAC to Optimize Detoxification, Other: Ozone Therapy

- Children—
- Cod Liver Oil/Vitamin D
- Fish Oil
- Probiotics
- Vitamin C



Aromatherapy

- Oregano is known for immune-boosting properties, natural antifungal, antibacterial, antiviral, antiparasitic
- Myrrh strengthens the immune system and with frankincense oil has antimicrobial efficacy

*Options to discuss with your doctor- to see what best fits your unique self. For more detailed information, please see The Holistic Rx: Your Guide to Healing Chronic Inflammation and Disease

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