

COVID-19/CORONAVIRUS NUTRITION AND LIFESTYLE TIPS TO SUPPORT YOUR IMMUNE SYSTEM

Disclaimer: for guidance only and not intended to replace medical advice

1. Avoid simple sugars and processed refined/junk foods
2. Include real foods rich in:
 - Vitamin C: found in your brightly coloured fruits and vegetables (frozen ones are great too)
 - Vitamin D: get outside in the sun.
 - Zinc: found in dark green leafy vegetables (kale, spinach), nuts, seeds, fish and seafood
 - Omega 3 Fish oil: salmon, mackerel, anchovies and sardines
 - Probiotics: found in natural live yogurt, kefir, kombucha, unpasteurised sauerkraut, kimchi, miso
 - Antiviral properties: coconut oil, turmeric, garlic, oregano, ginger, walnut, apple cider vinegar
3. Ensure adequate hydration: water, herbal teas, coconut water or bone broth. No sugary or fizzy drinks.
4. Moderate (not strenuous) exercise.
5. Get some fresh air - it will also help you clear your mind.
6. Adequate sleep: aim for 8 hours.
7. Manage stress: Stress suppresses the immune system. Incorporate deep breathing or 5 minutes of meditation to your daily routine.
8. Wash your hands with warm soapy water for at least 30 seconds regularly.
9. Follow the Government guidelines and self-isolate if you display any symptoms.