

Resource Document

A List of Personal Things You Can Do to Stay Well in a Time of CoVID19:

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- + Get solid sleep each night (7-8 hours)
- + Gargle warm salt water twice a day. It makes the mucosa at the back of your mouth less hospitable to viral visitors
- + Drink at least 8 glasses of water a day 1/n
- + If you have a humidifier use it properly (clean every day). Viruses have a harder time when ambient air has 40% humidity.
- + Easy on the dehydrating things like too much coffee
- + Make foods with immune boosters—garlic, ginger, turmeric, parsley, thyme, sage, bone broth 2/n
- + Elderberry syrup
- + Increase the ZINC in your diet: chickpeas, almonds, cashews, lentils, chia seeds, pumpkin seeds, oatmeal
- + Eliminate all booze (it depresses the immune system)
- + Don't smoke (it comprises your respiratory system's defenses) 3/n
- + If you have underlying lung issues consider taking Ashwagandha for the next two months
- + Get some good time outdoors each day, get the sun on your bare skin to activate Vitamin D
- + Express appreciation out loud to the earth who supports you and your loved ones who love you 4/n
- + Sing outloud, expands lung capacity and the stimulation of the vagal nerve can calm your body's stress drive
- + Hold your kids close. They are awesome and won't be small forever. Even as we are financially challenged, try to see this moment of them being close as a gift 5/n
- + Call your mom if you can and tell her you're grateful for her
- + Limit gatherings and if you need to meet, keep it to small family size (6-8 people)
- + Namaste. No hugs or Hi5.
- + Wash Your Hands, Don't Touch Your Face.

We will get thru this. We are here for you. n/n

SOURCE: <https://twitter.com/DrRupaMarya>