

Nutrition Advice for COVID 19

Hello OGCA members:

I will be sending some advice to our community at no cost/benefit for the next few weeks to try to keep you healthy and reduce stress. If anyone wishes to call me, you can see my number below. I do the wellness/nutrition for our company for many years now – Snyder Construction. I have a diploma and Masters in nutrition Education and have had my own practice for over 12 years, part time. Retired from private practice, I now volunteer my services.

Keeping your body healthy and mind calm is no easy task in any emergency. In the last few weeks, many people have had to deal with a great deal of stress. In order to help you cope, it is imperative that you have a good diet, clean of additives, preservatives, and chemicals. This has been the trend for millennials for the last 15 years and this will continue. Here are some tips for keeping you healthy.

Lesson # 1

1. Covid 19 attacks those with decreased immunity and 80% of your immune system is in your gut. So, what you eat is paramount. Eat whole foods, 7-10 servings of vegetables and fruit, cut out white sugar, white flour, white rice. Eat organic meat the size of your palm only.
2. Avoid dairy at this time, to lower inflammation and boost immune function; take alternatives such as almond milk. Organic Greek yogurt is fine if it is organic with probiotics, naturally.
3. Buy organic bread, since most wheat is sprayed with glyphosate, which destroys the good and bad bacteria in the gut and lowers immunity.
4. Drink herbal teas, like organic green tea and ginger tea for antioxidants and lowering inflammation.
5. Drink one large glass of spring water and squeeze half a lemon in the water, before breakfast.

Vital Supplements for COVID 19

1. Good multi vitamin/mineral- From a reputable Health Food Store

2. Vitamin C – take a good brand; 1000 to 2000 mg (antioxidant)
3. Vitamin D/ or Cod Liver Oil/ as per direction (immune booster)
4. Zinc – (zinc picolinate is preferred) 15-25 mg/once per day with no dairy

(Zinc helps to kill any virus/recent studies find this)

5. Magnesium (glycinate or Citrate) – extremely helpful for stress and sleep.
Most individuals are magnesium deficient. 100 – 200 mg

This is a good starter list for the pandemic!

Please call the below number if you have any questions. If you are on any medication, check with your Doctor and take any supplement, 4 hours away from your medication.

Have a Great Week!

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