

To all OGCA members:

Lesson # 2 for Immune Health for Covid 19/Nutrition for Life!

Last week I wrote about a few tips on keeping your immunity in good shape for the virus we are fighting. Remember to keep each lesson as a building block.

Supplements that enhance good immunity:

1. A basis is in Lesson # 1.
2. Strengthen the Liver and Kidneys – to put it bluntly and Contactors will resonate with this – the liver and kidneys are filters – filters that detoxify toxins- Keep these healthy by simply eating garlic and onions each day for the liver, dandelions for the liver, and parsley and organic celery for the kidneys – make soup a staple in your weekly menus with an abundance of herbs which have dense minerals. Make this soup on the weekend and eat throughout the week!
3. Use the herb, Astragalus which boosts the immune system, St Francis is a trustworthy source, and Canadian – support our Canadian economy! It also is a powerful antioxidant and protects the liver! (Caution: do not take this herb in the presence of a fever)
4. Be sure to get enough sleep, something we all struggle with, but on weekends, sleep in and take time for yourself to regenerate. You really can do this!!
5. Cut out all processed foods and have fun making your own meals, and never overeat. Eat till $\frac{3}{4}$ full as a rule.
6. Cut out all pop (sodas), most have over 10 teaspoons of sugar and one teaspoon of sugar suppresses the immune system for 12 hours so imagine what one coke does to you. The diet sodas have aspartame, which is an excitotoxin and causes suppressed immunity and a host of problems including neurological disorder and cancer.

That is it for this week – Have a Good Week and call if you have a Question!!

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