

Staying Healthy During Covid-19

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Exercise and Movement

- Moderate-intensity training can facilitate sleep if it is done early enough in the day so that you have time to calm down afterward. Additionally, it will help you calm your mind, reduce your stress, and can boost your immune system.
- **NOW IS A GREAT TIME FOR STRENGTH TRAINING.** Maintaining your muscle mass is one of the best ways to boost your immune system. **NOTE**, exercising to exhaustion can reduce your immune system's response; more is not always better.
- Yoga or other movement routines can be important components for stress reduction and activating the parasympathetic nervous system to help with stress reduction and relaxation.



Sleep Hygiene

- We fight bacteria, viruses, and cancers best while sleeping. We all need to work on maintaining a proper sleep schedule. Our immune system works best when we are well-rested.
- If you are having trouble falling asleep, you can try to use some 5-HTP or melatonin or magnesium to assist the process.
- If you are having trouble staying asleep, cut out the sugar and alcohol before bed. If you are still having trouble staying asleep, when you wake up, start box breathing. You can do that by inhaling slowly for 5 seconds and exhaling slowly for 10 seconds and shift your mind into a space of gratitude. This technique works because we can't experience worry and fear while having gratitude at the same time and breathing that slowly will down-regulate the sympathetic nervous system (fight or flight) and up-regulate the parasympathetic nervous system (rest and digest). You should be able to get back to sleep in short order.



Nutrition and Dietary Considerations

- Now is a great time to get into the kitchen and cook.
- Garlic, Onion, and Oregano and Turmeric have all been shown to be wonderfully anti-microbial foods. Get these foods into your gelatin heavy stock for an immune-boosting powerhouse.
- In addition to eating them, you can also supplement them or use their essential oil form if that's your thing. Most importantly, focus on eating real food in your own kitchen as much as possible. Doing so will increase the nutritional density of your meals, limit the number of unhealthy fillers, and help to give your body the ingredients needed to mount a tremendous immune system defense.
- Cooking for yourself also means that highly processed foods can and should be limited. Refined flour-based foods are out; high sugar foods are out, fresh vegetables and high-quality meats are IN!
- There is also some evidence that intermittent fasting can boost the immune system, suffice it to say that gluttony around food can suppress your immune system, and, like exercise, a little will go a long way.
- Now is a GREAT time to boost your Vitamin D, Zinc, Magnesium, and probiotic usage. There is relatively good research showing these nutrients to help fight cold's and flu viruses and boosting immune function.

QUESTIONS OR COMMENTS, EMAIL JIM@HEAFNERHEALTH.COM



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THANK YOU AGAIN TO JED GLASS FOR CREATING THIS USEFUL RESOURCE