

During these challenging days with the virus throughout the country and world, it is vital to support our Immune System. We cannot lose sight of continuing with masks, washing hands, social distancing and healthy etiquette including covering when coughing and bodily droplets.

Moving our bodies regularly supports a strong immune system. This can be as simple as walking or jogging around your neighborhood or indoors at home or school. Yoga is great for flexibility and strength.. Adding a couple days of resistance workout using weights or your own body weight. There are many free videos available including; .

<https://www.youtube.com/watch?v=r7xsYgTeM2Q>

<https://www.youtube.com/watch?v=UEEsdXn8oG8>

<https://www.nytimes.com/guides/well/strength-training-plyometrics>

<https://www.youtube.com/watch?v=H1F-UfC8Mb8>

Eating a well balanced diet rich in vegetables, fruits and clean protein is wonderful. You can use this time as a welcoming in that new way of eating you have thought about for a while. Think of exchanging processed foods with nutrient dense, whole foods. Some excellent web sites:

<http://www.whfoods.org/>

<https://www.culinarynutrition.com/top-50-vegan-blogs/>

The Mediterranean diet is an excellent foundational healthy way of eating, look below;

<https://www.helpguide.org/articles/diets/the-mediterranean-diet.htm>

Articles on immune support during Covid-19

<https://www.uhealth.com/en/media-room/covid-19/boost-immunity-with-food>

<https://www.medicinenet.com/script/main/art.asp?articlekey=229772>

<https://lpi.oregonstate.edu/COVID19/nutritional-strategies-immune-system>

A wonderful resource for integrative approaches during the virus and all days, comes from Andrew Weil Center, University of Arizona School of Medicine, link below;

[https://www.integrativemedicine.arizona.edu/covid\\_19.html](https://www.integrativemedicine.arizona.edu/covid_19.html)

Most important, be gentle with yourself.



[www.sophushealth.com](http://www.sophushealth.com)

*Arnie*