



COVID-19
INFORMED &
EDUCATED
HEALTH ADVICE

CRAFTED BY HEALTH PROFESSIONALS AT



Natural Instinct Healing

TO PROVIDE SUPPORT TO THE TEAM AT

PEOPLE
INFRASTRUCTURE


community staffing solutions



SUPPORT.

How to look after your health and ensure the best internal environment to the external crisis.

It certainly wouldn't be unreasonable to assume that by the time this piece is written our understanding of COVID-19 would have changed again. Nevertheless, we are here to help! Mortality rates are an often used parameter to help us grasp the seriousness of a health threat.

The current COVID-19 rate is around 2.3% give or take 1-2% depending on data. The vast majority (80%) of these deaths is in those over the age of 60 and approximately three-quarters of whom had other disorders that may have made them immunocompromised.

FOCUS:

IMMUNE MODULATING

(rather than immune boosting)

We can boost the immune system and increase the amount of immune cells, but if the ratios aren't quite right it won't make a difference. It's all about modulation; regulatory adjustment. So how? After much research from the team we have come up with our preferred foods and supplements that have scientifically proven immunomodulating effects on the body.

MUSHROOMS

It may be foreign territory to you, but if there's a time to harness Chinese Medicine .. It's now! Mushrooms both edible and tinctures have been used for thousands of years for their healing powers and immune modulating effects. They modify cytokines, which are inflammatory messengers that can suppress white blood cells and make you more susceptible to getting sick.

FISH OIL

Similar to mushrooms, good quality fish oil has powerful effects on immune modulations by modifying cytokines, pathogen clearance and antibody production. Quality and consistency is key! Again, the quality of your fish oils is paramount to the positive impact upon your health. Not sure what to take? Book a free 15 min chat here and we'll help you.

GLUTAMINE

Studies have shown positive results with immune regulation in the gut and soothing the intestinal lining. Immunity starts in the gut and is felt all over. Glutamine also supports the nervous system response under times of intense stress and support our bodily systems adaptability to subsequently perform and function at a higher level.

FERMENTED FOODS

Dietary intake of probiotic rich foods allows their intimate interaction with the gut mucosa and mucosal immune system which contains the largest part of the body's immune cells. The lactic acid bacteria in probiotics modulate immune and inflammatory responses in the gut through their interaction with intestinal cell walls. Foods include: yoghurt, kefir, kombucha, fresh sauerkraut and kimchi.

LEAFY GREENS

Eat your greens! They are not only super high in vitamin C but they also ensure that immune cells in the gut and the skin function properly. They are also high in glutathione which helps support the liver clearance, helping the eradication of pathogens from the body at a much quicker rate.

TURMERIC

Definitely a herb that should be added into your cold/flu prevention regime. It is jam packed with vitamin C, and has scientifically proven benefits with inflammation related illness and has potent immunomodulating capacity of the body.

STAY HYDRATED!

Do not underestimate just how powerful staying hydrated is for the overall function of our body. Water helps to hydrate the cells, thus contributing to the integrity and function of them. In simple terms - hydrated cells = healthy cells. A minimum of 2L throughout the day should be a baseline. Don't wait until you're really thirsty until you start to drink.



STRESS SUPPORT



Stress is a huge factor that contributes to immune compromise, so please use this time of uncertainty to make sure you are sleeping and consider a mindfulness practice such as meditation or qigong to calm the nervous system. The absolute fastest way to give your immune system the best chance to fight off disease is adequate good quality sleep (the kind where you feel refreshed and rested in the morning).

NERVOUS SYSTEM SUPPORT

If your nervous system feels run down, overactive, and overwhelmed consider a good quality magnesium glycinate before bed as it is both a muscle relaxant and nervous system supporter. Avoid stimulants such as coffee, tea, soft drinks and refined sugar. Especially avoid these after 6pm as high consumption late at night drains the body of vital energy and leaves you eventually feeling more run down and tired. Opt for alternatives such as fresh juices, sparkling water, herbals teas and fresh fruit if you are craving sweets. Provided you are complying with current Government regulations, nature truly does heal - so give yourself permission to receive fresh air, vitamin D (sunshine) and surround yourself with greenery (biofilia). As we all know, and has been widely documented, nature has powerful restorative effects for the healing of our physical and mental health.

HOW TO LOOK AFTER THE ELDERLY

Here's some specific tips and recommendations to support those greatest at risk - our elderly population.

The obvious: This virus itself is highly contagious, and these obvious things will stop the spread:

- Don't visit when ill
- Wash your hands
- Social distancing



THE NOT SO OBVIOUS:

Over 31% of the elderly population have vitamin D deficiency (rising to over 50% in the winter months as they are generally exposed to UV a lot less. In the case of corona, vitamin D stimulates all of the innate antimicrobial immune responses and can enhance the elimination of invading bacteria, viruses, and fungi in the body so consider supplementing.

PROFESSIONAL SUPPORT

If you are experiencing symptoms of COVID-19 please follow government advice and necessary precautions. For those who want professional support from Australian qualified Natural Health practitioners (Naturopaths, Nutritionists, Intuitive Healers) then the team at Natural Instinct Healing are here to help!



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