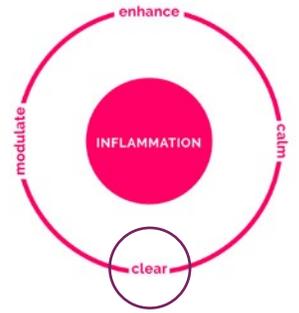


Right now, a lot may feel out of your control. But if we follow my 3 Roots Many Branches framework, there are many ways we can help ourselves and our loved ones to become more resistant to the impacts of the virus, and better able to withstand the stress of uncertainty and change that we're all facing. INFLAMMATION and immune function are at the heart of resilience. And **clearing** is a great way to support your overall immune function.



1 CLEAR BODY WASTE

- Hydrate with water, herbal tea, broths, fresh vegetable juices
- Consider water-rich foods (soups, stews, fruits & vegetables)
- Eat plenty of fiber
- Consider digestive supplements
- Consume probiotics and prebiotics (food first)

3 CLEAR INFLAMMATION

Remove dietary inflammatory triggers.

- Gluten
- Dairy
- Refined sugar
- Alcohol
- Processed foods
- Plus individual food allergies, sensitivities, intolerances

2 CLEAR CONTAMINANTS FROM OUR ENVIRONMENT

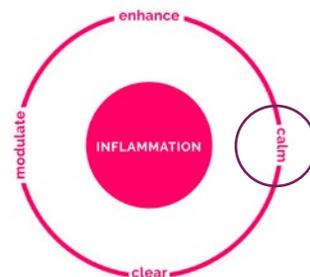
- Wipe down surfaces such as counters, doorknobs, light switches
- Wash hands frequently with soap and for at least 20 seconds
- Cover your mouth when coughing or sneezing (use inner elbow)
- Wipe down your grocery cart with a sanitized wipe

4 CLEAR STRESS & ANXIETY

- Stay up to date on the latest facts from trusted sources & experts
- Practice stress reducing techniques such as deep breathing, meditation, prayer, gratitude and/or visualization
- Call a friend or loved one to stay emotionally connected
- Get some exercise, go for a walk, spend time in nature

CORONAVIRUS AND YOUR CIRCLE OF INFLUENCE

When things feel concerning, remember to step back into our “circle of influence.” Establishing what we can truly influence with our diet, lifestyle and habits allows us to positively impact ourselves, our immunity, our families and our communities. From there we’re better able to influence the things we’re most concerned about. (Less worry, more action!) In my 3 Roots Many Branches framework, the second area in our “circle of influence” reminds us to bring some **calm** to the system so we can tame the flames of inflammation.



1 CALM INTERNAL INFLAMMATION

- Remove the largest inflammatory triggers: gluten, dairy, refined sugar, alcohol, processed foods PLUS individual food allergies, sensitivities and intolerances
- Spice it up with kitchen herbs and spices (garlic, ginger and turmeric are faves)
- Eat as many colors as possible and keep your veggie intake up
- Hydrate to keep those mucous membranes moist

2 CALM YOUR NERVOUS SYSTEM

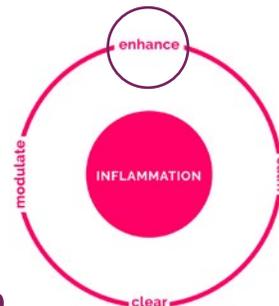
- Recognize that these are trying times and allow yourself to feel just what you are feeling
- Try Box Breathing: Inhale for 4 counts, hold for 4 counts, exhale for 4 counts, hold for 4 counts. Repeat 3-5 times
- Sleep, sleep and more sleep (prioritize sleep and relaxation; make your bedroom a sanctuary for rest)
- Reach out and spend time with friends, family and the coaching resources that provide the most support (and least anxiety)

3 CALM AS MANY LIFESTYLE PATTERNS AS YOU CAN

- Eat and chew food thoroughly
- Sip on some hot soup or tea (bonus: add coconut oil or raw honey)
- Walk slowly (outside, if you're able)
- Notice your surroundings
- Take time to invoke your smell response with flowers, or any smells that bring you joy (frankincense essential oil is a great option)
- Take breaks from news and phone (especially before bedtime)

CORONAVIRUS AND YOUR CIRCLE OF INFLUENCE

We often want to skip right to the agents (supplements or otherwise) that will strengthen our immune system to do its job better. To sit securely in our “circle of influence”, it’s important to “clear” and “calm” in addition to boosting. Remember that sometimes improvement comes naturally when we remove the distractions. That said, there are certainly key agents that can **enhance** immune system support based on individual needs.



1 ENHANCE IMMUNE FUNCTION

- Targeted vitamins, minerals, and nutrients, based on needs of individual (consider vitamins D, A, C, NAC, quercetin, zinc)
- Diverse, nutrient-rich diet (rainbow of whole foods whenever possible)
- Spice it up! (immune favorites include garlic, ginger, oregano, curcumin, echinacea, astragalus)
- Protect barrier systems (hand washing, adequate hydration, fermented foods, probiotics)
- Hydrate sufficiently (gargling helps too!)
- Avoid inflammatory foods and personal food triggers; stabilize blood sugar
- Avoid smoke

4 ENHANCE DETOXIFICATION

- Tend to your bodily waste elimination.
- Pull that neti pot out and start irrigating
- Clear the lungs with breathing, essential oils, humidifier and air purifier
- Move the lymph with gentle jumping or blowing bubbles
- Consider herbs, saunas, epsom salt baths and other gentle detox support

2 ENHANCE SLEEP

- Create a sanctuary
- Make it dark!
- Unplug
- Establish a bedtime (10pm or earlier!)
- Rest & digest (avoid going to bed full)

3 ENHANCE DIGESTION

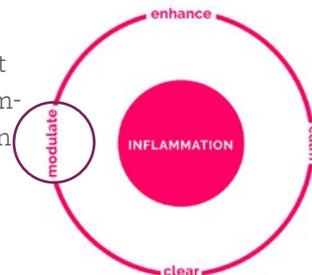
- Support mucosal health (consider the following as-is right for individual needs: probiotics, prebiotics, vitamin D, vitamin A, CoQ10, EFAs, aloe vera)
- Support IgA antibody production (remove inflammatory foods - see ‘Clear!’)

5 ENHANCE STRESS RESILIENCE

- Meditate (see ‘Calm’ suggestions)
- Move! (to tolerance and enjoyment; be mindful of physical stress/overexertion)
- Re-affirm family and community relationships
- Find some joy in each and every day

CORONAVIRUS AND YOUR CIRCLE OF INFLUENCE

Your “circle of influence” includes the opportunity to truly tune in to your own body and make the modifications that work best for you. This means that you’ll have to look internally (into what your body tells you, what your labs reveal, and/or what your dedicated healthcare team can recommend), and less at the generic information suggested for a population larger than yourself. When we **modulate**, we invite more balance, and fully recognize that each year and even each circumstance may require different agents and different doses to bring us into our unique opportunity for resilience in that moment in time. Instead of a checklist, we **modulate** by asking ourselves questions (and finding our individual “mediators”). Here are some questions to get you started:



1 MODULATE SLEEP & RELAXATION

- How much am I sleeping?
- Is there a way to optimize my sleep right now? If so, where can I go for help?
- How is stress affecting my body? Am I able to calm down?
- What’s happening in my gut right now?
- Am I giving myself enough time to make good food choices?
- What relaxation techniques work best for me? And what can I do right now?

2 MODULATE EXERCISE & MOVEMENT

- Am I moving my body?
- Am I sweating daily?
- Am I exercising too much or too little?
- What exercises feel best for me?

4 MODULATE STRESS & ANXIETY

- How can I best honor the emotions I’m feeling?
- What helps me feel calm?
- What does my new routine look like?
- How am I taking care of myself during this time of change?
- What helps me feel most grounded?

3 MODULATE NUTRITION & HYDRATION

- What food does my body really need right now?
- Is there anything I’m eating that I need more of?
- How many vegetables am I eating each day?
- Am I eating a variety of foods and colors? (bonus antioxidant points!)
- Am I drinking enough water and staying hydrated?
- Do I have concerns that I’m digesting and absorbing my food?
- Am I pooping every day? And am I satisfied with the quality of my poop?
- Is there anything I’m eating that I could eat less of right now?

5 MODULATE RELATIONSHIPS & NETWORKS

- Are there relationships or networks that I can “detox” right now, that are causing me added stress?
- Am I staying connected with my community even with physical distancing?
- Are there any support groups or circles or resources I feel I need right now?