

At Home Immune Boosting Tips

Protect Yourself & Your Loved Ones!

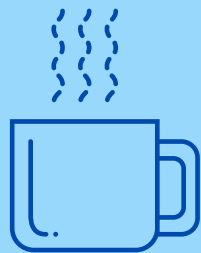
You are probably already taking liposomal Vitamin C and Vitamin D because you know these are easy ways to support your immune system. If you are not and need some, then click [HERE](#). Below are some things you can do at home during these challenging times...

Relax

Effects of stress on the body include: decreased nutrient absorption, decrease in thyroid hormone and sex hormones, increased inflammation and food sensitivity ([just to name a few!](#)), all functions which are essential for protecting against illness.

So what can you do to lower stress and relax more? Take a hot salt bath or aromatherapy bath, have your partner give you a massage (Doctor's orders! 😊), or warm your core with a hot water bottle. For even more relaxing ideas [CLICK HERE](#).

Hot Water



The virus hates heat and cannot survive if exposed to temperatures greater than 80°F (27°C). Therefore, sipping at least 50 oz of hot water or hot broth throughout the day is a great protective measure.



Gargle

Gargling with a disinfectant solution such as Hydrogen Peroxide, Salt Water, or Silver Solution can eliminate or minimize the amount of virus in the throat before it can reach the trachea and lungs.

FYI: Perhaps you are taking multiple things and just need a little health guidance right now, then click [HERE](#) for information on our Telemedicine Services