

## **What to do when you're sick, think you're about to get sick or are recovering from a physical or emotional trauma**

### **Drink plenty of filtered water.**

- A minimum of ½ your body weight in ounces. 150 lbs = 75 ounces daily
- Herb teas and organic vegetable broth are not only acceptable, but often therapeutic. **However, they do not replace your bodies need for water.**

### **Get plenty of rest.**

- There is no substitute for rest! It is best to get at least 8-10 hours of sleep at night.
- Take it easy; if you feel tired get extra rest. Your body heals best during deep sleep.

### **Avoid negative TV, movies, newspapers, talk-radio, people and other influences. Focus on positive influences.**

- Science has proven that thoughts and feelings can affect all systems of the body. One study revealed depressed immune systems in participants for 30 days after viewing a popular horror movie.
- It has been proven that in states of sincere love, and exposing yourself to things that create a good feeling significantly boosts the immune system.

### **Drink/Eat plenty of broths and non-dairy based organic home-made soups.**

- Mother Nature can really pack a punch and helps your immune system to kick butt!
- Recipe-** Use organic low sodium vegetable broth, bring to a boil. Reduce to medium heat adding in chopped or boxed grated vegetables (use different colored veggies) of choice, simmer in broth until vegetables are tender. Homemade soup is high in electrolytes (minerals) and immune boosting anti-oxidants.
- Optional:** Spices such as cumin, curry, cayenne, turmeric and/or garlic (garlic tastes best if sautéed in EVOO first) are healthy/anti-inflammatory and may be used if tolerated.

### **If tolerated increase your consumption of raw, juiced and/or lightly steamed fruits and vegetables.**

- Be sure to chew food thoroughly. Fruits/veggies contain lots of powerful immune boosters which aid and speed the healing process.

### **Eliminate all processed/packaged foods, sugar, alcohol, tobacco, caffeine. Only eat foods made in nature.**

- Consuming toxins, additives, preservatives and carcinogens distracts your body from the healing process. •Viral, bacterial, fungal & yeast infections thrive on sugar.

Decrease or eliminate red meat, wheat flour and dairy products-and all other pro-inflammatory foods.

**THESE RECOMMENDATIONS CAN BE FOLLOWED LONG-TERM BY PEOPLE WITH CHRONIC ILLNESS OR TO SUPPORT GENERAL HEALTH**