

## THE ULTIMATE ANTI — VIRAL GUIDE.

### >> Foods (organic/ideally local):

Eat as many of these foods as you can!

- ▶ Raw Virgin Coconut Oil (1-3 tbsp/day away from food)
- ▶ Raw garlic (2-3 cloves a day)
- ▶ Raw ginger root (1-2 tbsp/day fresh)
- ▶ Raw Turmeric root (1-2 tbsp/day fresh-best with an added pinch of black pepper)
- ▶ Chlorophyll-rich greens (parsley, dill, basil, spinach, kale, chard, watercress, arugula, romaine, cilantro etc...3-4 cups/day)
- ▶ Chlorella and Spirulina (1 teaspoon each)
- ▶ Berries
- ▶ Pomegranates
- ▶ Red Bell peppers
- ▶ Citrus fruits (grapefruit, orange, lemon, mandarine etc..)
- ▶ Cucumber
- ▶ Cayenne pepper
- ▶ Radishes (including black radish)
- ▶ Purple or green cabbage
- ▶ Sauerkraut
- ▶ Coconut milk kefir
- ▶ All raw unpasteurized fermented foods (except Kombucha)

### >> Herbs and Teas:

Cistus incanus/Rockrose: <https://amzn.to/2Udsylq>

Lemongrass/Tulsi, Oat straw: <https://amzn.to/2ISot7e>

Peppermint/Spearmint: <https://amzn.to/2TS9ikK>

Nettle: <https://amzn.to/2Qi7qzt>

Dandelion: <https://amzn.to/2TS9NeC>

Uva Ursi: <https://amzn.to/39X7XPc>

Echinacea: <https://amzn.to/2UcuFw1>

>> **Essential Oils — Choose 1-2 ONLY** (4-6 drops of rubbed on each foot before bed in a small bit of coconut/olive oil):

[Oregano Oil](#)— 1-2 drops internally twice daily if infected:

[Thyme Oil](#)

[Peppermint](#)

[Lemon](#)

>> **Habits/Activities:**

Deep breathing

Yoga

Grounding outdoors (barefoot on sand, earth or grass)

Sleeping by 8-9 pm

Napping when tired

Decreasing stress

Laughing

Infrared saunas and sweating

Gentle exercise that you love

Drinking enough water/hydration

Walking more

Singing

Dancing

Jumping/rebounding

>> **Thoughts/Emotions:**

Positive affirmations (repeat one of the following at least 10 times per day, ideally twice):

- ▶ I am healthy and strong
- ▶ My immune system is vibrant and strong
- ▶ My body is powerful and fights all infection easily
- ▶ My good bacteria are always keeping me safe
- ▶ I am safe and healthy
- ▶ I am healthy and happy

Stress Less and Do your Best! 😊

Xo

Brittany