



2012 FM 407 Suite 200A ♦ Lewisville, TX 75077
Phone:(214)430-1195 ♦ Fax:(866)665-1146 ♦ www.Max-WellnessCenter.com

Set up a telecommunication consult today!

Pandemic Preparedness Nutritional, Botanical, and Lifestyle Considerations

Disclaimer

- *The recommendations provided here are not intended to diagnose, treat, or cure any disease.*
- Herbs, vitamins, and home therapies only help the immune system, they do not prevent or treat Coronavirus, nor other infections.
- **ALWAYS check with your doctor before changing diets or taking supplements**

Avoid spread of infection

- Avoid Shaking Hands
- Use nitrile or latex gloves when shopping, filling gas tanks, or doing other public activities requiring you to touch high traffic surfaces. You can carry them in your car or in a purse or backpack and dispose of them after use.
- Wash your hands with soap and water for at least 20 seconds after being in public settings. Dry your hands completely after washing.
- After washing your hands, use paper towels to open public bathroom doors
- Cover your nose and mouth with a disposable tissue or paper or cloth when you cough or sneeze –then wash your hands.
- Consider wearing facemasks with an N95 rating when traveling in public places. But remember that **any** facemask will remind you to not touch your mouth, nose, and face with your hands when in public and will limit your hand to face contact.
- Use disinfecting wipes when provided at grocery stores or other public venues.

Immune system support

- Get enough sleep and rest to support your general health and immune system
- Avoid all added sugar, processed sugar, corn syrup
- Stay hydrated!!! When you think you've had enough water or herbal tea, drink some more. Consider adding electrolytes for added hydration.
- Manage stress and find ways to rest and take care of yourself
- Social distancing does not mean you cannot go outside. **Get some fresh air.**



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FOOD AS MEDICINE- general principles

- Eat a healthy, non-inflammatory diet, avoiding food allergens and food intolerances
- Eat fermented foods and take probiotics for immune support
- Increase Green Leafy Vegetables in the diet where and if appropriate.
- Increase Vitamin A containing foods (not if you are pregnant without checking with your doctor)
- Increase Vitamin C containing foods
- Increase Vitamin D containing foods

FOOD AS MEDICINE-specific foods to support immune system

- Freshly Crushed Garlic (Allow freshly crushed garlic to sit on cutting board for 5 minutes to activate allicin)
- Fresh Ginger Tea
- Raw Honey
- Cinnamon (Simply Organic brand)
- Licorice Tea (avoid if you have hypertension)
- Mullein Tea
- Thyme (fresh with cooking or dried in a tincture, or tea)
- Quercetin as supplement or in raw onions and other foods

Immune Support Supplementation

- Vitamin A appropriate supplementation at first sign of viral illness: a reasonable adult dosage is 800 -1200 mcg per day for 4-7 days. Pregnant women should check with their doctor first as this may be too high for their unborn child. Certain liver conditions and medications may not be compatible with this dosage, so check with your physicians.
- Vitamin C supplementation of 200-500mg per day with meals as an immune system support if under general stress, increase to 400-500mg 2-4x per day at first sign of illness. This gives general immune support.
- Vitamin D3 supplementation at 400 I.U. to 800 I.U. if you know your Vitamin D3 levels are already in a healthy range. If you suspect deficiency or have a confirmed deficiency then increase to 1000 to 2000 I.U. per day for 4-8 weeks before reducing. Do not use high doses of Vitamin D if you have Liver or Kidney disease without consulting with your doctor. 1,2, 15
- Zinc lozenges prophylactically when in public, 1-2 per day or at first sign of viral symptoms may have some benefit, so might elderberry and zinc combination lozenges.
- Colloid Silver Nasal Spray and throat spray at first sign of viral symptoms or if exposure to the virus is suspected. Use as directed.



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Respiratory Support Botanicals

- *Astragalus membranaceus* root 3,4
- *Mahonia aquifolium* (Oregon Grape Root) and *Hydrastis canadensis* (Goldenseal) (AVOID in pregnancy, lactation, and neonates). 5-10
- *Echinacea*- works best at the beginning of an infection. 11-12, 14
- *Sambucus nigra* (Elderberry). 13
- And many more.
- **Remember to ALWAYS check with your doctor before starting any supplements or botanicals**

Essential oils to have on hand for diffusing in rooms, steam inhalations, and massage:

- Thyme
- Frankincense
- Eucalyptus
- Cinnamon
- Clove
- Spearmint
- Grapefruit
- Thyme
- Ginger
- Oral use of essential oils is NOT recommended, unless under recommendation of physician. Do not use essential oils in young children, asthmatics, or in those with respiratory difficulties.

Home hydrotherapy

- Warming socks
- Warming compress over chest
- Alternating hot and cold in the shower
- Sauna

Warming Socks (ie “Magic Socks”)

- **Materials:**
 - *A bucket with hot water*
 - *A bowl with ice water*
 - *A pair of thin cotton socks*
 - *A pair of thick wool socks*
- **Method**
 - **Step 1.** Soak the pair of thin socks in the bowl of ice water. When the socks are completely wet, remove them from the water and squeeze out the water.



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- **Step 2.** Put your feet into a bucket or bathtub of hot water to warm up your feet. Soak them for about 10 minutes until they are hot.
- **Step 3.** Remove your feet from the hot water and quickly dry them off. Immediately put on the cold wet cotton socks, then cover the wet socks with the dry wool socks.
- **Step 4.** Go straight to bed. Make sure your feet are covered at all times, otherwise the treatment will not work.

Warming Compress on the Chest

This is the same idea as the warming sock treatment however it is targeted to the chest area

- **Materials:**
 - Towel (sized to cover chest)
 - Epsom salts
 - Hot water
 - Cool water
 - 1 thin cotton t-shirt (cut to size to cover chest)
 - Wool blanket
- **Method**
 - Step 1) HOT phase--- You can either take a hot shower or bath (with Epsom salts) for 5-7 minutes, or do the following; Soak the towel in hot epsom salt water, apply vapor rub to the chest, then apply the hot towel and cover with wool blankets for 5-10 minutes. Repeat with a second round of hot compress if the patient is cool. You can do this on the front and back to relieve chest congestion. This is crucial that at no time should the body become chilled. Treatment should be discontinued if the person gets chilled and they should be warmed as soon as possible
 - You may then follow the hot phase with a “warming compress”.
 - Step 2) WARMING compress phase. This is applied by using a very thin and small cotton towel or cut up cotton t-shirt that just covers the chest and abdomen. Soak the material in cool water and wring it out very well so it is not dripping. It is then applied cool to the warm chest and covered with wool to allow the body to heat it up in 10-15 minutes). (FYI It is called a “heating/warming compress” because the patient’s body heats up the cool, wet undershirt.)

Alternating hot and cold shower

- **Method**
 - At the end of every hot shower, step out of the water, turn it to cool or cold (to tolerance) then let the cold water run on your neck for 30 seconds to 1 minute.
 - You may do 3-4 cycles and always end on cold.



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The above information has been borrowed (with permission) and adapted from Dr. Sara Hazel ND's blog post <https://www.drSarahazel.com/blog/pandemic-response-part-1>

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