



## **Eat well, focus on the positive, and other great tips for getting through stressful situations (*like the Coronavirus outbreak and subsequent social isolation and self quarantining.*)**

Many people are hyper-focused on health right now but worry, stress and poor nutrition will not help. It won't help the immune system fight off the billions of bacteria that are always present. It also won't help one's energy or state of mind regarding positive and healthy behaviors. Certainly not now but really, not ever.

Some recommendations:

### **#1. Eat foods from the attached list...**

**Proteins:** Chicken, fish, eggs, turkey, beef, protein powder and more

- **Fats:** Mac-nut oil, Olive oil, Avocado oil, almonds, walnuts, mac nuts and more
- **Carbs:**
  - **Vegetables:** Most veggies are under 40GI except potatoes, yams, sweet potatoes, corn (in all forms).
  - **Fruits:** Low glycemic below 40GI - olives, avocados, berries, lemons, grapefruit
  - **Legumes:** Chickpeas and black/white beans - 2-3/wk max
- **Other:** Molecularly Distilled Fish Oil, Protein Powder, Hot Sauce, Pink Himalayan Salt, Black Pepper
- **Culinary herbs and spices:** Fennel, garlic, ginger, horseradish, mustard seed and thyme-most are natural antiseptics

## **#2. Focus on the Positive**

Try to reduce/eliminate immune-harming emotions of fear and worry and replace them with immune-supporting ones, exercise, relaxation and meditation.

Fear signals danger to our bodies, setting up a fight, flight or freeze response that sends a wave of immune-damaging stress hormones into the body.

The University of Minnesota breaks down how fear prompts our bodies to release hormones that...

1. Slow (or shut) down non-essential functions we don't need for immediate survival, such as digestion
2. Sharpen things we may need in an emergency, like eyesight, increased heart rate and blood flow to run fast
3. Provide higher hormone flow to amygdala part of the brain to focus on danger

But most of us aren't in imminent physical danger.

So this response, when chronic, begins damaging the immune system, makes us more susceptible to a cold, increases the risk of many diseases, causes premature aging appearance and can even shorten a person's life span.

## **#3 Do This Instead:**

- Be prepared, but don't panic.
- Use exercise and meditation for a stronger and healthier immune system, focus and de-stress
- Retrain your body for deep diaphragmatic breathing. I heard Dr. Oz talking about this over the weekend and thought it should be emphasized: Chronic fear prompts shallow chest breathing, which further recruits our fight-flight-or-freeze stress hormones and can cause pain and strain in the neck and/or muscles.
- Limit and/or avoid sugars and alcohols -
  - Understand that many people emotionally eat and furthermore, now have more idle bored and anxious time on their hands. However, sugar (in all forms including carbohydrates which are double bond sugars) will suppress and weaken your immune system.
  - Furthermore - they will increase weight gain (fat) and will decrease energy levels, disrupt deep sleep and perpetuate low confidence, body image and pessimistic self-talk.

- Lastly, it will increase the risk of heart disease, diabetes, dementia and other major health problems.

**Below are recommendations directly from the CDC.**

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe

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