

POST COVID IMMUNO-COMPETENCE HACK



EASY IMMUNE HACKS

- Our Immune system relies on nutrient-dense whole foods to function well. Complications from a disease often occur due to the body's inability to fight infection because of nutrient deficiency.
- This is a great opportunity to cut out sugars and starch from our diets—one causes all sorts of systemic inflammation, (and feeds viruses and cancers), the other suppresses proper immune function—sugary and/or energy drinks, bread, pasta, sweets, sugary snacks, even energy bars, sauces, cookies, etc.
- Limit alcohol consumption –it destroys your brain cells, makes you depressed and demotivated while bringing only temporary relaxation. It's a huge immune suppressant.
- Add garlic, onions, ginger, lots of spices (oregano, turmeric, rosemary) to your meals.
- Eat fruits and vegetables, a few servings a day.
- Try to consume fermented foods for your microbiome and hence - overall immunity.
- Start cooking soups and broths.
- Enjoy herbal teas and honey.
- Sleep is crucially important for your proper detoxification, overall mental health, and enhanced immunity. Read about sleep hygiene and make it an important part of your routine.
- Regular exercise is key to producing new brain cells, providing oxygen to your brain, produce endorphins and dopamine.

SUPPLEMENTING

Vitamin D3:

Studies have shown that people with Vit D deficiency are 11 times more likely to get a cold or flu, whereas supplementing with Vit D can reduce colds and flu by 42%. It is best to get your levels of Vitamin D checked for accurate dosing. Blood levels should be above 30, optimal is closer to 50 and above. Many need a daily supplement of 5.000 or more in winter. Children of about 1,000-2.000 per day.

Zinc:

The recommended amount is 30-50 mg a day. Zinc is an essential immune-supporting nutrient.

Probiotics:

A healthy gut is a major barrier against pathogens and integral to the immune system. Lactobacillus Plantarum and spore forms of Bacillus are the best for immunity. Lacto and Bifidum-bacterias in abundance should be part of your daily diet.

Fish Oil:

In addition to good fats – this will provide more Vit A and D, for added immune protection.

MENTAL HEALTH:

ANXIETY and STRESS produce CORTISOL and free radicals and ultimately lower your immune system when you need it most!

MAIN SUPPLEMENTS for a healthy neurophysiological response:

- GABA 500 mg – 3 t.d.
- Magnesium Citrate – 400-800 mg a day.
- Valerian Root 500 mg – once or twice daily, preferable 1 hr before bedtime.
- Melatonin – 3-6 mg 1 hr before bedtime (effective inadequate immune system response).

TIPS

- Staying busy and engaging in an old or new hobby is a shortcut to happiness.
- Manual labor at home (cooking and tidying) or in the yard will be very gratifying.
- Try to think “I WANT TO..” instead of “I HAVE TO” in regards to all the changes in your diet and daily routine. This will help you get out of a depressed mode and start living a quality life despite the circumstances.
- Bed making in the morning is a fantastic trick on your brain which is getting lazier every day:). Try to make it a rule after you take a contrast shower in the morning.
- Develop a good, productive, and functional schedule during a day with blocks of time dedicated to different activities, from work to sport, leisure, daily meditation, etc. STICK to IT by all means.
- ME TIME is essential among those activity blocks. Pamper yourself, read a book, meditate, exercise, dance, sing, draw, sip your favorite tea, do it alone WITH yourself and FOR yourself.

Violetta Sokol

*Psychologist, Certified
Integrative Health and
Functional Medicine Coach*

AMC Kyiv

