

# 6 Areas Where You Can...

Have Questions? Call us at  
(480) 719-5119

## Boost your immune system

The following are recommendations for prevention with a general dosage range for adults. If you are ill, please consult a physician.

### Lifestyle

- Get 7-8 hours of sleep nightly
- Exercise for 30-60 minutes daily (spike body temperature)
- Drink plenty of water
- Get fresh air throughout the day
- Use a humidifier
- Nasal spray 1-2 sprays in each nostril twice daily
- Get natural sunlight daily

### Herbs

- Black Elderberry *Sambucus nigra* 1-2 tsp per day
- *Echinacea angustifolia* 1/2-1 tsp per day
- *Astragalus membranaceus* 1/2-1 tsp per day
- Oregon Grape *Mahonia aquifolium* 1/4-1 tsp per day
- Goldenseal *Hydrastis canadensis* 1/4-1 tsp per day
- Thyme essential oil - diffuse in home
- Frankincense essential oil - diffuse in home
- Eucalyptus essential oil - diffuse in home (not with children under 5)

*pick 1-2 from each category*

### Food/Spices

- Citrus fruit
- Garlic 1-3 cloves per day
- Ginger 2-4 tsp chopped per day
- Shiitake mushrooms
- Fresh vegetables
- Avoid sugar/high glycemic foods
- Bone broth 1-2 cups per day

### Mental Well-being

- Meditate and/or pray daily
- Yoga, Tai Chi, Qi Gong
- Limit screen time and news viewing
- Be of service
- Connect with others
- Laugh
- L-Theanine 200-400mg per day to calm anxiety
- Practice Gratitude
- Homeopathy (prescribed a trained practitioner)

*to implement into your daily life*

### Nutrients

- Vitamin D 4,000-7,000IU per day short term
- Vitamin C 1-3 grams per day, divided
- Vitamin A (use with caution)
- N-acetyl cysteine 1200-2400mg per day
- Quercetin 500-1500mg per day
- Zinc 25-50mg per day (lozenge preferred)
- Selenium 100-300 mcg a day
- Omega 3 fatty acids (EPA/DHA) 1-3 grams per day

### Hydrotherapy

- Alternate hot and cold water (bath, shower, etc)  
30 seconds cold - 3 minutes hot  
Repeat 3 times (*Always* end on cold)
- Use a sauna or hot tub daily to spike body temperature

A U R O R A   N A T U R A L   M E D I C I N E

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