



10 STEPS TO PROTECT YOUR BODY AGAINST A DEADLY VIRUS

STAY HYDRATED. DRINK LOTS OF WATER

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 - Due to aging, seniors' "thirst reflex" may not remind them to stay hydrated. The goal: drink up to eight glass (8 oz) of water a day.
 - Remember to stop drinking any liquids 20 minutes before or after a meal to keep your stomach acid strong.
 - Avoid liquids such as water, tea, beer, or soup at mealtime to prevent diluting out the hydrochloric acid in your stomach.
 - A sip of water to help with swallowing when eating is OK.
 - The hydrochloric acid in your stomach has a very low PH, and like battery acid in a car, it will dissolve many things. It will kill MOST, if not all viruses and bacteria on contact.

CHOOSE HIGH QUALITY PROTEIN TO BUILD STRONG ANTIBODIES

- 2
 - To support the rapid production of antibodies in your own body, eat high quality protein such as eggs or sardines first at each meal. Your stomach acid will quickly dissolve it & put it to work.
 - Antibodies produced in your own bones are made of protein.
 - Your antibodies will provide you with a major line of defense.
 - It is called *active immunity* because your own antibodies will mount a major defense against the virus to protect you.
 - Their role is to attack the "intruder," the virus (which is also a protein) because it is viewed by your body as a "foreign" protein.

SENIORS SHOULD TAKE VITAMIN B-12 SUBLINGUAL 1X A WEEK

- 3
 - Seniors need to take Vitamin B-12 under the tongue
 - Lack of sufficient Vitamin B-12 may result in pernicious anemia.

EAT SOLUBLE FIBER DAILY TO HELP DETOX YOUR BODY

4	<ul style="list-style-type: none">• Soluble fiber is a prebiotic that your GUT Microbiome needs.• A healthy Microbiome can detoxify your body up to 50%.• Soluble fiber includes vegetables like spinach, kale, red bell pepper, salsa, onions, cabbage, and zucchini; and fruit like apple, banana, orange, blueberries, grapefruit, raisins.
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SOLUBLE FIBER WILL ALSO HELP HEAL YOUR GUT LINING

5	<ul style="list-style-type: none">• Soluble fiber in your daily diet will help your GUT Microbiome produce short chain fatty acids (SCFAs), which heal the gut lining to prevent germs from coming in and putting your immune system on overdrive. (See #4)
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IF SOCIALIZING, MEET IN A LARGE, VENTILATED ROOM

6	<ul style="list-style-type: none">• If socializing, stay in a large ventilated room.• Avoid sitting with others in small, cramped spaces.
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YOUR FIRST LINE OF DEFENSE IS YOUR SKIN

7	<ul style="list-style-type: none">• For best protection against a deadly virus take direct action to avoid a dry, cracked skin. To do this, you will need a healthy, well-oiled skin, both on the outside and <u>also your interior system of skin</u> (your nasal passage, mouth, and lungs, for example).• To keep your skin “well oiled” eat <u>GOOD fats</u> and oils like olive oil, avocado, butter, sour cream and high fat cheese and yogurt.
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KEEP YOUR RESPIRATORY AND DIGESTIVE SYSTEM SKIN HEALTHY

8	<ul style="list-style-type: none">• Your respiratory and digestive systems are “invaginations” of your outside skin. For example, your outer skin turns inward at your nose and mouth.• What goes for the outer skin (see #7) also goes for inner skin.
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KEEP YOUR STRESS HORMONE CORTISONE LOW

9	<ul style="list-style-type: none">• The fastest way to reduce stress is through touch, massage - including self-massage (neck, feet and hands), or meditation, yoga, and CORE stretching exercises.• The second fastest way is through aerobic exercise, that is non-stop exercise that boosts your heart rate for at least 15–60 minutes at least every other day.• Did you know? When you increase your daily amount of soft, soluble fiber (see #4-5) your Microbiome - also referred to as your second brain - will increase your body’s production of the neurotransmitter Serotonin. Serotonin contributes to feelings of inner well-being, which may improve your mood.
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SAVE MONEY WITH SOAP INSTEAD OF HAND WIPES

10	<ul style="list-style-type: none">• Soap does not kill germs; it washes them away.• Wash your hands frequently.
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