

5 WAYS TO PROTECT YOURSELF

FROM THE CORONAVIRUS



INTRODUCTION

Take a deep breath. Superior Immunity is our best protection against infections including coronavirus. There are also some common-sense strategies you can use to protect yourself and your loved ones. And long after this crisis has ended, you should continue to protect your health year-round by adhering to these best health practices.



2

BRING YOUR OWN PENS

Every surface in a public place can harbor germs. Carry your own pen (and don't lend it to anyone) in case you need to sign a credit card receipt. If you have to use the stylus or write your name using your finger at a terminal, use hand sanitizer afterwards – or better yet, wash your hands. Use alcohol-based sprays or wipes to disinfect hard surfaces.



4

SLEEP & EXERCISE

Make a point of getting seven to nine hours of sleep per day – and even more for children and teens. We all require a different amount, so don't use caffeine to enable less sleep, and don't use an alarm clock. Sleep as much as your body wants to. Keep fit with moderate exercise.

1



WASH YOUR HANDS

Wash whenever you touch anything used by other people, such as doorknobs, the buttons on the microwave at work, office telephones, etc. Use soap and water, and be sure to scrub the back of your hands, between your fingers, and under your nails. Do it for at least 20 seconds. Don't touch your face, mouth, eyes, or nose until you've washed your hands.

3



BREATHE OUT

If someone is sneezing or coughing around you, try breathing out slowly as you move away from them. This will keep you from inhaling the germs they just expelled.

5



IMMUNE-SUPPORTING FOODS

Your health and longevity are directly linked to your immune system, and your immune system depends on sufficient amounts of micronutrients to function properly. The Nutritarian program is unique in supplying a sufficient amount and a wide variety of phytonutrients and also making sure no nutritional inadequacies occur. To boost your immunity and keep it operating at peak efficiency, you need to eat a diet designed to optimize your body's ability to heal and repair. The Nutritarian diet is based on powerful immune-boosting ingredients, including cruciferous vegetables, berries, mushrooms and onions.

Dr. Fuhrman

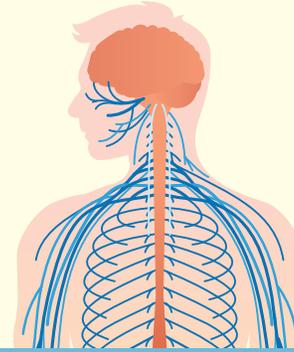
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STRATEGY FOR CARE



ILLNESS & CARE

If you get sick with a viral syndrome: it is best to rest, drink water, avoid cooked food, and only consume fresh fruit and raw vegetables if hungry. Fasting or eating very lightly when ill speeds recovery, reduces mucus production, and activates the immune system's defenses to rapidly eliminate the viral load. Most importantly, do not poison yourself with medications in an attempt to manage symptoms. Adding toxins to the body when you are ill can complicate and worsen the illness. Fever-reducing medications and antibiotics can make a mild illness dangerous.



SUPER IMMUNITY GUIDED DETOX

Our immune system is on the job 24 hours a day – so it is vital to fuel it with a micronutrient-rich diet that will keep it operating at peak efficiency. Excess fat on the body also weakens immunity and lowers the micronutrient concentrations in our body's tissues. To help you boost your body's natural defenses, I have designed a Super Immunity Guided Detox, with a 21-day meal plan and recipes, six interactive online group sessions with me, a special online session with my food addiction counselor, Platinum membership and an online classroom with readings and videos.

NEW BOOK

The book that was 30 years – and 1,000s of scientific studies – in the making:

The Breakthrough Nutrient-Rich Program for Longevity, Disease Reversal, and Sustained Weight Loss.

READ MORE: DrFuhrman.com/eatforlife

