

Health, Wellness, & Safe Shopping

March 27, 2020

www.BotaniCuisine.com

PUBLIC HEALTH INFO



[Where Many Virus Originate](#) by Dr. Neal Barnard, founder of the [Physician's Committee for Responsible Medicine](#), Video, 11 min.

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Maryland Department of Health: <https://coronavirus.maryland.gov/>
[How to Boost Immunity](#) by Dr. Milton Mills, Critical Care Physician and Nutrition Expert.

HANDWASHING 101



<https://www.sepsis.org/news/covid-19-infection-prevention-soap-and-water-or-hand-sanitizer/>

GROW PRODUCE INDOORS OR OUT



[Lettucegrow.com](#) has an outstanding "Farmstand" system that's self-watering and self-fertilizing! [Watch this video](#) of LettuceGrow's co-founder.

Check out the FarmStand system! <https://www.lettucegrow.com/the-farmstand>
Use my referral link: <https://inst.cr/t/ce4IT7zsNyEd> or create your own account.

15% DISCOUNT: Use JANEUNCHAINED promo code until April 1st.

HOME DELIVERY



[INSTACART.COM](https://www.Instacart.com) Order from the website or phone/tablet app.

Start shopping by using my referral link: <https://inst.cr/t/ce4IT7zsNyEd> or create your own account.

Various stores. Am I the only person who just found out about Instacart? I'm thrilled to find it!

BULK DRIED PRODUCE: [HarmonyHouseFoods.com](https://www.harmonyhousefoods.com)

Wide range of produce, beans/legumes, and textured vegetable protein (better than meat)

PRACTICE SAFE AT-HOME POST-SHOPPING



[Tips from a family physician](#) (Video, 13 min.)

- Wipe down your cart.
- Commit to buying an item **BEFORE** picking it up.
- Don't shop if **any respiratory symptoms** or were **exposed** (to someone w/the virus).
- No one **over age 60** should go to the market.
- Plan purchases, **minimize** time in store, buy enough for **two weeks**.
- Keep shopping bags by front door, take items out and wash **EVERYTHING**.
- **Sanitize / Clean table area** before bringing groceries into kitchen.

Please note: Although the doctor in the video mentions using sanitizer, we can be equally effective with good ol' [soap and water](#). (CBC news, Edmonton, Canada, Mar 09 2020)

– "Something as simple as soap will be able to kill it because it just breaks it down. If you've just touched your face for the 16th time this hour (that's the average, according to Tetro), dig out the Purell.

And Please Note This:

- **Excessive sanitizing hurts the environment** as chemicals get cycled into water and ground.
- Washing with soap and water removes surface pathogens and viruses become inert after being washed away.