



Healthy4life.ca Corona Virus Update - January 2020

Holistic nutrition includes body, mind and spirit. Articles will address each area.

2 Cases of Corona Virus Confirmed in Toronto, Ontario

Boost Your Immune System Through Nutrition

Steps you can take to take a load off your immune system.

Reduce or better yet eliminate immune system stressors such as anxiety, fear, obsessive thoughts, carbonated beverages, excess sugar, refined grain products, hydrogenated fats, artificial sweeteners, foods containing pesticide/herbicide residue, preservatives, chemical food dyes/flavourings, contaminated water.

Eat foods that will support your immune system and help your liver with detoxifying harmful molecules. Get enough quality sleep. Follow the sanitation tips in the article below. Use daily stress management techniques like meditation, prayer, autogenic relaxation, deep breathing, guided imagery, listening to or playing music and art.

With 80% of your immune system in your microbiome, support it with nutrient dense, whole foods and beverages.

Consume foods high in:

Vitamin C: guava, papaya, kiwi, citrus fruits, rose hips, acerola cherries, green peppers, broccoli, Brussels sprouts, kohlrabi, snow peas, cauliflower, kale, rapini, tomatoes, asparagus, parsley, dark leafy greens, cabbage, sprouted grains and raw fish.

Zinc: meat, shellfish, legumes (beans & lentils), nuts, seeds, dairy, eggs, whole grains, potatoes and dark chocolate.

Chlorophyll: dark leafy greens, dark green hard vegetables, chlorella, and herbs.

Know the facts: The flu vaccine is NOT preventative for corona virus.

What is the Coronavirus? Reprinted from January 24, 2020 PSAC Bulletin

Little is known yet about the 2019-nCoV, a cousin of the SARS virus which causes pneumonia-like symptoms, doesn't respond to antibiotic treatments and is believed to have originated at a market in Wuhan, China. The World Health Organization (WHO) has decided that it's still too early to declare a global health emergency because of the limited number of cases worldwide and China's efforts to contain the spread of the virus.

Coronaviruses are a large group of viruses that are common among animals. The viruses can make people sick, usually with a mild to moderate upper respiratory tract illness, similar to a common cold. For those with a weakened immune system, the elderly and the very young, there's a chance the virus could cause a lower, and much more serious, respiratory tract illness like a pneumonia or bronchitis. There are a handful of human coronaviruses that are known to be deadly.

Who is at risk for occupational exposure?

The risk of infection is greatest for persons living with or caring for an individual with the Coronavirus. This includes health care workers, ambulatory care workers and other community care workers treating patients with the virus or responding to medical emergencies involving persons infected with the virus. Indeed, any worker in direct contact with the public is at risk. They may include airline personnel, airport personnel, border services and immigration employees, passport offices employees, employment insurance personnel, food inspection employees, refugee board employees, laboratory workers, foreign affairs employees, parole officers, wildlife officers, environmental pollution officers, veterans' affairs employees, etc. Anyone who comes in close proximity with a possibly infected individual could be at risk for contracting the coronavirus.

Six things workers need to know

1. Know
what
steps
your
workplace
has

in
place
for
a
pandemic.
Ask
if
there
is
a
business
continuity
plan.
Find
out
what
role
you
have
in
this
plan.

2. Participate
in
any
training
and
education
your
workplace
offers.
During
a
pandemic,
it
will
be
essential
for
various
workers
to
be
able
to
cover
some
of
the
duties
normally

done
by
co-
workers.
Help
train
others
to
do
aspects
of
your
job
as
well.

3. Know
what
“leave”
policies
your
workplace
has
in
place
for
sick
leave,
or
for
caring
for
your
family.
Knowing
what
options
are
available
ahead
of
time
will
help
you
know
what
arrangements
you
need
to
make.

4. Wash your hands after using the washroom, before eating, and after touching common surfaces such as doorknobs, railings and telephones. Do not touch your eyes, mouth or nose, as this helps the virus enter your body more easily. Follow personal hygiene steps such as coughing into your arm, to help slow the

spread
of
the
virus.
Use
protective
equipment
provided
by
your
employer
such
as
N95
masks
and/or
safety
gloves.

5. Have
a
home
emergency
kit
and
a
personal
or
family
plan
for
a
pandemic.
Write
down
and
post
your
family
and
work
contact
information.
If
you
are
at
home
with
the
flu,
or

to
take
care
of
a
family
member,
be
sure
to
keep
in
touch
with
your
workplace
so
they
know
what
your
situation
is.
Also,
let
your
workplace
know
if
you
have
any
medical
conditions
that
may
be
an
issue
should
you
get
sick
at
work.

6. Stay
home
if
you
have
the

flu
–
or
think
you
have
the
flu.
Staying
home
when
sick
and
washing
your
hands
are
the
most
effective
ways
to
help
slow
the
spread
of
a
virus.

**Be healthy 4 llfe,
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