

Natural ways



**Maintain your
mental & physical
health during
COVID**



Holy Corona!

With the continuing of the Corona crisis and the often restrictive measures of the government, it is now more important than ever to take responsibility over your own health and make sure you do everything to keep yourself healthy mentally and physically.

This is the reason we have compiled some very easy and effective tips that we like to share with you in this brief booklet.

Sharing is caring

Especially during these times, it has become apparent that we have to take care of ourselves and each other. This has nothing to do with getting a vaccine or not, but of seeing how we can prevent or alleviate the suffering of people that experience anxiety, depression, or any other mental conditions, which also affect physical health.

As the governmental policies have affected the physical and mental health it is in the interest of all to share natural ways for a strong immunity.



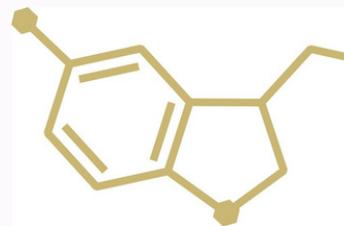
THINK RIGHT



Don't worry, be happy. Although it feels as the most counter intuitive actions, worries and anxiety about government policies or corona itself, can dampen the immune system and actually make you more vulnerable for the virus.

Make sure you do not add to the mental stress you feel. To try to maintain a balance, it is good to keep everything in perspective, and stay as positive as you can.

- Do not watch the news every day
- Try to meditate every day
- Write down what you are grateful for every day
- Write down your worries
- Reach out to friends and family when you feel stress or anxiety



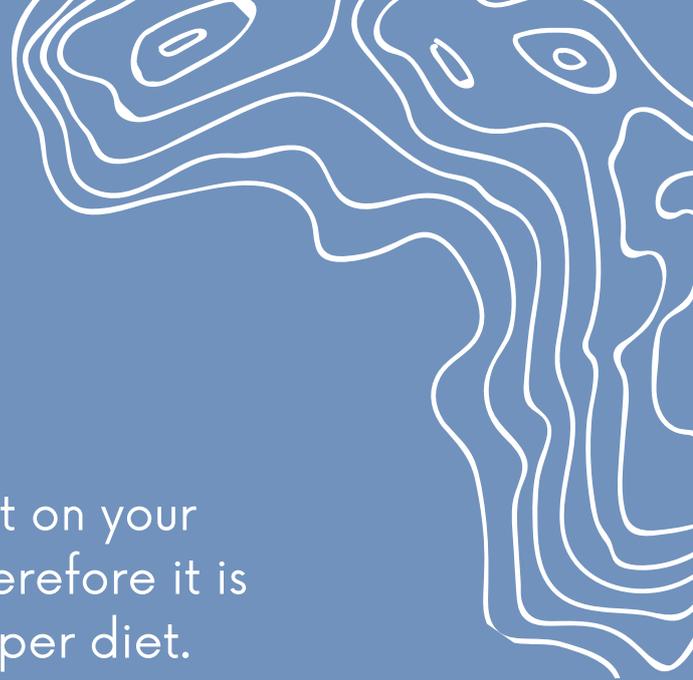
EAT RIGHT

Food can have a tremendous effect on your mental and physical health, and therefore it is imperative that you maintain a proper diet.

When we are in stress modus, often people can eat food that are high in sugar, fat and salt, as a way to cope with stress. Sugar, for example, actually has the effect of a pain killer, this is why we often crave sugary food when we feel stressed or emotional. However, the euphoria is short lived and it has an unhealthy effect on our physical and mental health afterwards.

Make sure you eat foods that nourish your body and mind, as it will affect your chemistry, which effects your feeling of balance, physic and cognitive abilities. In short, you will become what you eat!

- Fruit & Steamed/grilled veggies/beans should be the base of your meals
- Eat at regular times
- Do not eat within two hours of going to be
- Snack nuts/raisins/fruit/dates/figs/dried fruit



REST RIGHT

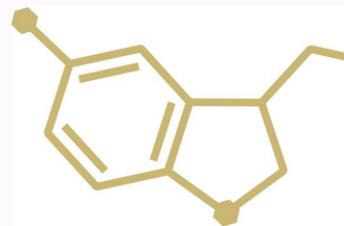


No rest, no recovery. No rest, no recuperation.
No rest, no rejuvenation. No rest, no energy.

To have proper rest is to make sure you replenish your energy levels and stay balanced.

Stress can often lead to restless nights, and it is therefore important to do the minimum necessary to make sure we give our body and mind a chance to wind down.

- Stop drinking coffee 5 hours before bed time
- Stop screen time one hour-two hours before bedtime
- Stop eating minimum 2 hours before bed time
- Drink CBD, Valerian, Camomile, Lavender tea (herbal tea)
- Read before going to bed
- Unwind with some binaural beats or a meditation



MOVE RIGHT



Lockdown or no lockdown, we need to move our bodies. When we move we create energy and endorphins which makes us feel better and more in control of ourselves. They work as a **natural mood booster**, which can fight off a feeling of restlessness and anxiety.

- Start walking or biking to work if possible
- Begin an online yoga class regime
- Start to run in the park
- Take the stairs, never the elevator
- Tibetan rites are an easy and accessible way to start with a morning practice
- Get a buddy to work out with you



DRINK RIGHT

Drink Yourself Strong

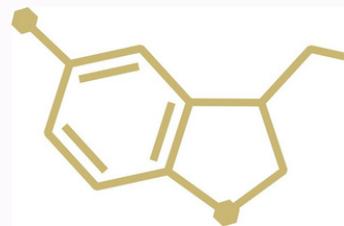
There are a few drinks that have shown in scientific studies to give a boost to your immunity, and these, I believe are the top four!

- **Lemon juice**

Lemon is a natural **antioxidant** and a fantastic source of vitamin C. It has **antibacterial** and **antiviral** properties. Drinking this power juice will surely boost your **immune system**. Although it is quite acidic, drinking it with (warm) water will give a jump start to your digestive system and helps the liver clean out the toxins. If poured first thing in the morning will be quickly absorbed. It has been promoted often as an **alkaline** drink, and it is known that in an alkaline environment virus and bacteria cannot thrive.

- **Ginger**

Long celebrated as a health booster in South East Asia, westerners have slowly begun to appreciate the tangy and bitter taste of ginger. It works anti-inflammatory and as an antioxidant and considered a holy grail in many products that advertise increasing immunity. It is great as a tea or squeezed into a juice.



DRINK RIGHT



Drink Yourself Strong

- **Kurkuma (turmeric)**

Just as lemon and ginger kurkuma has been known for centuries as an anti-oxidant and **anti-inflammatory** substance. In South East Asia it has long been used for its immunity boosting properties. It has some amazing research backing up this beautiful root as a health elixir that can do miracles. Combined with some pepper its health benefits are increased.

Juice these wonderful three ingredients and drink them with a glass of (lukewarm) water in the morning and you have yourself a **SUPERMAN** drink. Then again, there is one such drink that must be the ultimate blend:

- **Golden Milk**

In essence Golden Milk is a blend of kurkuma, ginger, cinnamon (sometimes black pepper) all containing antioxidant properties. This combination has been hailed as a health elixir for centuries. The combination mixed with milk makes for a powerful drink that protects your cells from **oxidative stress**. You could even add some other ingredients such as star anis to make it even more beautiful (and rich in flavor). Next to a cup of cacao, this must be a winter's favorite for anybody that loves to cosy up on the couch with a nice blanket

Cheers!

GROUND RIGHT

NATURE is medicine

Nature is one of the best doctors out there. It can provide us with Sun and fresh air, which is essential for our cells to feel invigorated. It has been proven that contact with nature alleviates stress and calms us down. Nature walks have even been prescribed as natural medicine, having the appropriate "nature pill".

- Try to walk in a park or a forest every day for 20 minutes This seems to have a significant effect in lowering your stress levels
- Swing in nature water, especially if it is chilly, boosts the hormonal system (shot of endorphins!), immune system, cardiovascular system and has an anti-depressant effect
- Increase the amount of air-cleansing plants in your home. This does something to your air quality, but also has a calming effect.
- Listening to nature sounds, such as running water, lightening, wale and dolphins and sounds of a rainforest, can have a very calming effect on the mind and body.

