

## The 6 Pillars for staying healthy and fit over the next few weeks:

### 1. Daily workouts are essential.

Even though many gyms are closing, I DO NOT sacrifice these.

If you have to train at home or in a hotel room, you can still get it in.

I'll be adding workouts below but you can always go for a walk, run, or yoga at home. Don't neglect this.

### 2. Fresh air, sunshine and deep breathing.

Natural light, fresh air, and nasal breathing are crucial for optimizing cellular health and the immune system. Make sure to put some time aside for deep breathing or meditation and getting in fresh air to open up the lungs, hip and spine, lower your blood pressure and improve the immune and digestive system.

### 3. Sauna.

Recent data from WHO (World Health Organization)

shows the corona-virus grows in the nasal cavity but can't survive above 133degrees.

Get into a sauna and breathe some hot air for 20-30 mins daily.

### 4. Eat Whole Foods.

I support immunity with great food. Avoiding sugar and high carb diets will allow the immune system to be strong.

### 5. Daily Vitamins and supplements to boost the immune system:

Elderberry, vitamin A (i use cod liver oil for this), NAC (N-Acetyl cysteine), zinc, berberine and garlic and I'd recommend adding bone broth or collagen also.

Vitamin d, vitamin c, all the B vitamins you should be using daily anyway. If you're not, get on it asap.

Melatonin is also increasingly looking to be a useful addition to individuals about 40-50  
Research here:

<https://www-evolutamente-it.cdn.ampproject.org/c/s/www.evolutamente.it/covid-19-pneumonia-inflammasomes-the-melatonin-connection/amp/?fbclid=IwAR2dWofFXQGnEa2aafEzrdZmNbcgl007zASo1IBTTGuANq7TxarzjjiNuVc>

## 6. High quality sleep.

This should already be high on your priority list if you want better energy, recovery or health. Make sure to get to bed the same time every day and do your best to keep in around the same times as the sun goes down or not long after to make sure you're getting high quality deep and rem sleep. Best practices like morning sunshine, sleep environment, supplements (magnesium), meal timing (2-3 hours before bed), and exercise are all big factors to better sleep quality.

*NOTE: THIS IS NOT MEDICAL ADVICE.*

*If you are ill, feeling ill, or might be in contact with someone that is ill, contact your medical professional. Everyone has a different immune system, different levels of exposure to many different illnesses, and different genetics. Use precaution when applying any new protocols and ALWAYS consult your physician before starting anything new.*