

COVID-19

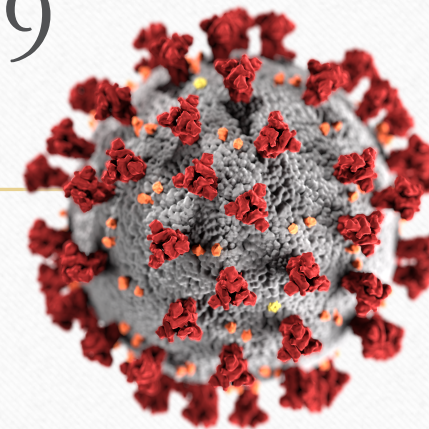
Nutritional & Lifestyle Applications for Immune System Support

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April 24, 2020



Key Features of COVID-19



- RNA Virus – has RNA as its genetic material (as is Influenza A, B, C).
 - 82% identical to SARS-CoV
- 2-14 day incubation period
- Clinical Symptoms: Cough, fever, tiredness, difficulty breathing (severe cases), 5-10% of individuals have GI distress preceding fever such as nausea and diarrhea.
- Some individuals, especially the elderly and sick, may have dysfunctional immune systems that fail to keep the immune response in check triggering an overproduction of immune cells and leading to a “cytokine storm” in which immune cells flood into the lungs. This is what leads to the really severe cases, and is why we must do our part to protect those that are immunocompromised from this virus.

www.the-scientist.com/news-opinion/why-some-covid-19-cases-are-worse-than-others-67160

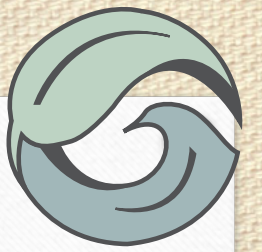
<https://www.ncbi.nlm.nih.gov/books/NBK554776/>

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses#:~:text=symptoms>



So What Can We Do...?

Sick care is infinitely more expensive than
health care!



**KEEP
CALM
AND
CARRY
ON**



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First Things First...



Overview

- The #1 Supplement For Immune System Support.
- Stress Management
- Dietary Choices
- Nutraceuticals & Botanicals
- Easily Accessible Tools
- Sourcing





The #1 Supplement You Can Take...



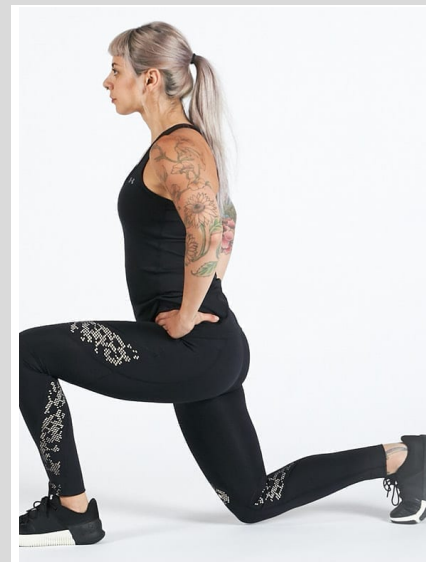


Sleep Tools

- Pre-bedtime meditation. Insight timer has some great free meditations available.
- Foods: Tart Cherry Juice for a boost of natural melatonin, Oats (calming), Matcha taken early in the day (natural L-Theanine), Turkey (natural tryptophan), walnuts (DHA & Melatonin)
- Warm Epsom salt bath before bed with lavender EO.
- Passionflower, Valerian, Chamomile, Lavender, 5-HTP, Holy basil.
- AND.....!!!!!!



Stress Management



- Breathing exercises
- Daily meditation
- Regular exercise: Yoga or HIIT at home
- Journaling (free form, or gratitude lists)
- Regular socialization through zoom
- Ashwagandha & other adaptogenic herbs (tea recipe coming later)
- Limit WiFi & EMF exposure

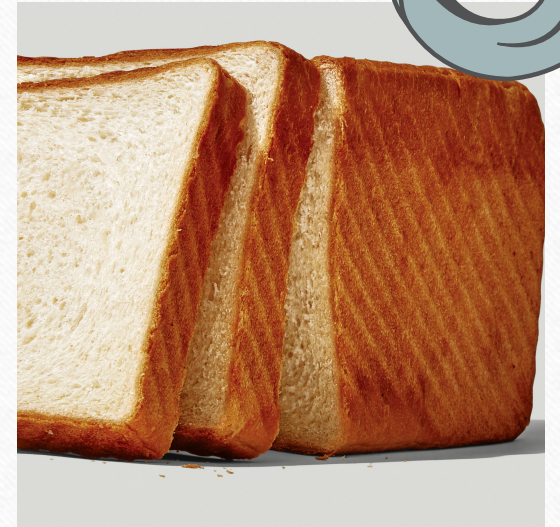


FOOD IS COMMUNICATION



Dietary Insults to Immunity

- Sugar
- Alcohol (sorry!)
- Refined/Processed Foods
- Inflammatory Oils: Canola, Soy, Trans Fats, Cooking past smoke point
- Non-Organic Foods (pesticides and GMOs)
- Fried Foods
- Fast Food
- Low Nutrient Diversity
- Excessive Carbohydrates
- Dairy





Food for Health Maintenance

From a Fast Food society.....



to a Slow Food Society





Comprehensive Grocery List

Protein: Plant Based & Animal Based

- Frozen veggie burger patties: I like the Hilarie's ones or any that are gluten free grain/legume based or nut based. Look out for veggie patties that have canola in them
- Canned beans: black, legumes, garbanzo beans
- Canned sardines: these are EXTREMELY rich in omega-3's and can be used for a tuna-salad style sandwich/salad
- Canned wild caught salmon: great mixed with some Primal Kitchen Mayo and some dill for a sandwich or to snack on with crackers
- Dry legumes/beans: If you have the time (let's be real we all do) to make beans from scratch these are great to have, cook them with some kombu to make them more digestible
- Eggs
- Frozen grass fed meats of various types: these will last you a while
- Grass fed frozen burger patties: i like the applegate organic turkey mushroom blend
- Nuts & seeds (brazil nuts are rich in selenium for immunity)
- Frozen Sustainable Seafood: I like to get mine from vitalchoice.com
- Wild caught salmon fillets for the freezer: again see above.

Healthy Oils

- Extra virgin coconut oil for cooking, also because its very antimicrobial
- Extra virgin olive oil for salads
- Avocado oil for cooking
- Ghee for cooking and for soups, and whatever else you want because its delish

Fruits

- Prioritize fresh organic fruits
- Avocado's can be put in the fridge to prevent from going bad
- Green apples will last a couple weeks
- Bananas can go in the freezer
- Lemons will last a while in the fridge
- Frozen fruits: my fav here are frozen wild blueberries, super rich in antioxidants.
- Oranges are rich in Lutein – which is a great phytonutrient for immunity



Comprehensive Grocery List

Vegetables

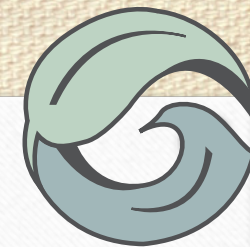
- Prioritize fresh and organic
- Leafy greens
- Root vegetables will last a couple weeks: beets, carrots, yams, sweet potatoes
- Squash will last a long time! Kabocha squash, acorn squash, butternut squash, spaghetti squash
- Onions & garlic
- Broccoli: eat within the week
- Cauliflower, Brussels Sprouts will last a tad bit longer than broccoli
- Ginger root
- Frozen veggies: butternut squash, kale, broccoli, cauliflower

Spices

- Glass containers are much safer than plastic
- Onion powder
- Garlic powder
- Chili
- Paprika
- Cumin
- Cayenne

Spices

- Oregano
- Coriander
- Thyme
- Rosemary
- Ginger
- Celtic or Pink Sea Salt
- Turmeric
- Curry powder



No Rush (2+ Weeks)

Cabbage, carrots,
sweet potato,
winter squash,
beets, ginger,
lemon, onions,
dried herbs, limes,
parsnips, melon

Use Soon (5-7 Days)

Arugula, Bell pepper,
broccoli, brussels sprouts,
cauliflower, eggplant,
green beans, lettuce,
mixed greens,
mushrooms, scallion,
zucchini, summer squash,
green apples, oranges

Use ASAP (3-5 Days)

Asparagus, basil, bok
choy, cilantro, kale,
parsley, snow peas,
spinach, tomatoes,
raspberries, blue
berries, black berries



Comprehensive Grocery List

Whole Grains

- Quinoa
- Black Rice
- Wild Rice
- Buckwheat groats
- Amaranth

• Delicacies & Snacks

- Manuka or Raw local honey
- Birch benders pancake mix or frozen waffles
- Simple Mills Almond Flour Crackers
- Hu Chocolate Bar
- Mary's Gone Crackers

• Delicacies & Snacks

- Siete tortillas for taco's
- Almond butter
- Tahini
- Epic Bars
- Primal Kitchen Bars
- Bulletproof Bars



Comprehensive Grocery List

Beverages

- Almond, hemp, coconut milk
- Coconut Water
- Herbal teas
 - Chamomile
 - Holy Basil
 - Turmeric/ginger
- 100% Juices rich in phytonutrients (polyphenols)
 - Tart Cherry
 - Pomegranate
 - Blueberry
 - Concord Grape

• **Bulk Items**

- Canned soups: Amy's or Pacific Bone Broth Soups
- Bone Broth
- Vegetable Broth

• **Supplementary**

- Protein powder: Great Lakes Collagen Hydrolysate
- Electrolytes: Nuun, Hilyte, Trace Minerals



Key Foods for Health Maintenance

- Garlic, Onions & Ginger
- Fermented Foods
- Honey
- Rosemary, thyme, & oregano
- Turmeric
- Legumes
- Rainbow Fruits & Veggies
- Mushrooms: shiitake, maitake
- Spirulina
- Brazil Nuts (5 nuts = days worth of selenium)





Key Nutrients for Health Maintenance

- Vitamin C: 3,000mg daily in divided doses
- Vitamin D3: 2,000IU or more depending on your vitamin D status
- Magnesium: 400mg daily (citrate, malate, or chelate)
- Zinc: 20mg daily
- Selenium: 100mcg daily (or eat 5 brazil nuts)
- Cod Liver Oil: 2 tsp daily
- NAC: 600mg daily
- Vitamin A Micellized Drops: Up to 5,000 IU daily





Foods High in Key Nutrients

- **Vitamin C:** Red Bell Pepper, orange, grapefruit, kiwi, green pepper, broccoli, strawberries, brussels sprouts
- **Vitamin D3:** Sunlight, cod liver oil, sword fish, salmon, sardines, liver, egg.
- **Magnesium:** Pumpkin seeds, spinach, swiss chard, sunflower seeds, cashews, quinoa, millet, buckwheat, beet greens, brazil nuts
- **Zinc:** Grass fed beef, crab, lamb, Pumpkin seeds, lobster, turkey, garbanzo beans, lentils
- **Selenium:** Brazil nuts (5 per day), halibut, sardines, salmon, shrimp, turkey.
- **Omega-3's:** Salmon, sardines, walnuts, flax seed, hemp seed, pumpkin seed.
- **Vitamin A:** Liver, cod liver oil, sweet potato, pumpkin, spinach, squash, carrots, kale



Botanicals for Health Maintenance

Fungi are rich in beta glucans and other polysaccharides that help fight off infection and support innate immunity. They are anti viral, antimicrobial, and supportive of a healthy microbiome.



Reishi



Shiitake



Maitake



Cordyceps



Botanicals for Health Maintenance

- Elderberry – 15 mL of the syrup daily
- Licorice Root – 1 mL 3-4 times a day
(caution with high blood pressure).
- Schisandra Berry – Tincture, tea, powder
- Echinacea – Tincture, tea, powder
- Chinese Skullcap – Tincture, tea, powder
- Jade Screen, TCM herbal remedy to strengthen defenses
- Astragalus – You can use the root and cook it into a soup broth





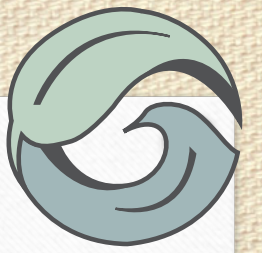
Ginger Juice Tea

- Great to drink at first sign of any virus.
- Juice 1-2 lbs of fresh ginger, pour 3-4 ounces of the juice into a mug and add one quarter of a lime, a large TBSP honey, 1/8 TSP cayenne & 6 ounces hot water.



A Note Of Caution

- Autoimmunity: Only introduce one new herb or nutraceutical at a time and closely monitor how your body responds. There are no clear correlations between herbs and specific autoimmune conditions, so practice caution.
- If you are taking any other medications or supplements, or have a preexisting health condition, please consult a health care practitioner before supplementing with ANY nutraceuticals or botanicals.
- These recommendations are NOT intended as treatment for COVID-19, they are recommendations for preventative health care and maintaining a healthy immune system. If you suspect you have COVID-19, please consult your local hospital or testing facility.



A Few Recipes

Immune System Support



Immune Support Fudge Ballz

Full recipe on mooreintegrativehealth.com/blog

Ingredients

- 2 cups Pitted Medjool Dates
- 1/3 cup Almond Butter
- 1/3 cup Coconut Oil
- 6 TBSP raw Cacao Powder
- 2 TBSP Raw Honey or Manuka Honey
- 1/2 TSP Vanilla Extract
- 1 Pinch Sea Salt
- 3 TBSP Collagen Hydrolysate Powder OR other protein
- For nervous system support add 1-2 TSP Kava Kava
- 1-2 TBSP Cordyceps Mushroom Powder OR you can use Reishi Powder.
- Hemp seeds & goji berries for topping or some almonds (really any nut/seed that you have)





Viral Slayer Soup

Full recipe on mooreintegrativehealth.com/blog

BROTH

- 6 New Mexico chilis
- 2 2-inch chunks peeled ginger
- 6 shallots rough chopped
- 4 cloves of garlic
- 2 bunches of cilantro stems
- 1 tablespoon turmeric
- 1 tablespoon fresh thyme
- 1 tablespoon salt
- 2 tablespoons avocado oil
- 1-2 pounds of ground chicken
- 3 cups sliced shiitake mushrooms
- 3 cups maitake mushrooms
- 4 cups good bone broth
- ½ cup apple cider vinegar

POWER STASH PACK, immune-boosting herbs in a tea ball or wrapped in cheesecloth to simmer in broth

- 4-5 Slices of dried Astragalus Root
- 3 TBSP dried Nettle Leaf
- 1 bunch of kale, sliced
- 1 package of rice noodles, cooked
- Substitute for Shiratake or Yam
- Noodles if you have Candidiasis, previous head injuries, or ADHD.

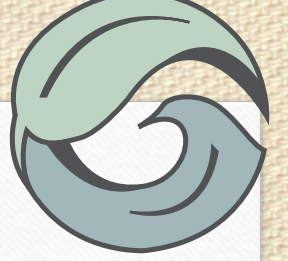
FIRE PASTE

- 3 tablespoons fresh ginger, grated
- 2 tablespoons fresh garlic, grated
- 1-2 teaspoons cayenne (*depending on how spicy to like*)
- 2 Meyer lemons zested
- ⅓ cup extra virgin olive oil
- 1 teaspoon salt

TOPPINGS

- Fresh cilantro leaves
- Grated carrots
- Sliced red onions
- Lemon wedges
- Pumpkin seeds
- Sesame seeds
- Fire paste
- Salt to taste





Immune Jello Squares



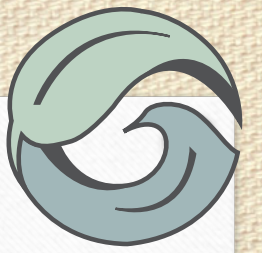
- 2 Cups Tart Cherry Juice
- 2 TBSP Elderberry Syrup
- 1 TSP Vitamin C Crystals (buffered)
- 1 TBSP gelatin
- Mix $\frac{1}{4}$ cup juice with gelatin in a bowl, head the remaining juice. When juice is hot add Vitamin C and elderberry and stir well. Add juice mixture to gelatin/juice and stir well. Pour into shallow 8 x 8 inch pan, let cool and put into fridge to harden.

* Adapted from Rebecca Snow



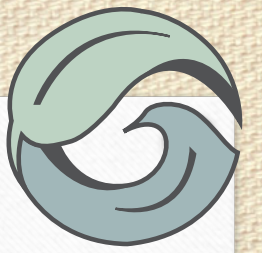
Anxiety Soother Tea

- 3 TBSP Kapoor Holy Basil
- 2 TBSP Skullcap
- 2 TBSP Lemon Verbena
- 1 TBSP Milky Oat Tops
- ½ TBSP Hawthorne Berries
- ½ TBSP Rose Petals
- 1 Liter water
- Sip throughout the day



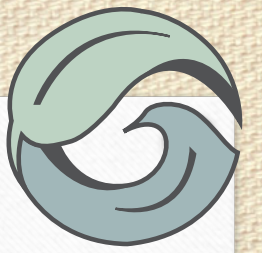
Easily Accessible & Budget Friendly Tools

So as not to overcomplicate things...



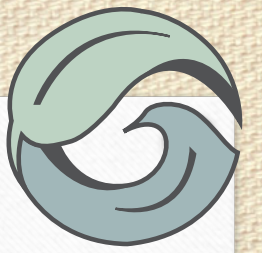
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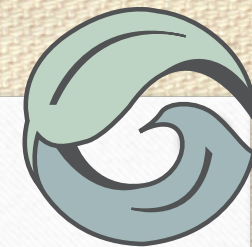
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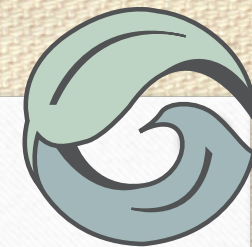
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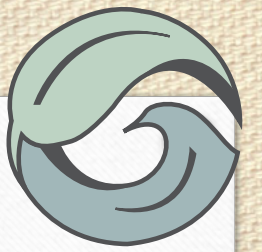
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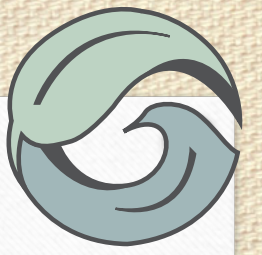
And this...



Sourcing Supplies



- In person – Elevate Wellness South Lake Tahoe
- Through a practitioner – Fullscript or Wellevate
- Herbal products: Mountain Rose Herbs, Oregon's Wild Harvest, Galens Way, Pacific, Starwest, Frontier, Geo's Joy
- Local Natural Health Food Store



Questions?

Thank you for listening to me blabber!