

There's never been a better time to...

# UPGRADE YOUR IMMUNITY

Our greatest protection against a wide range of pathogens including SARS-Cov-2, which causes covid-19, is an effective, robust and resilient immune system.

## PREVENTION

### Essential

- Vitamin C - 5 g of ascorbic acid (powder) in 1.5 litres of water, drunk through the day
- Vitamin D - 100 mcg (4,000 IU) or more of vitamin D3 (cholecalciferol) daily
- Zinc (zinc citrate; zinc picolinate; zinc acetate) - 30-50 mg per day. Take away from meals containing grains

### Optional

- Quercetin - 500 mg per day between meals
- Beta-glucans - take 500 mg daily on an empty stomach in the morning



## LOW TECH GADGETS

- Salt pipe (do a patch test first to check you're not allergic to iodine) - put a couple of drops of Lugol's iodine (5-15%) into the mouthpiece of the pipe. Shake, then sniff 10-15 times. Repeat every two hours at the first signs of infection ([watch video](#) with Dr Sarah Myhill)
- USB rechargeable nebuliser - can be used for iodine (as above) or saline (obtained from your pharmacy). If using iodine mix with a small amount of filtered water



## HEALTHY EATING

**Food is medicine.** Prioritise your nutrition by eating natural, nutrient dense, colourful (6 colours a day), unprocessed (organic where possible) wholefoods to nourish and support your body particularly during stressful periods.

[anhinternational.org/campaigns/food4health-campaign/](https://anhinternational.org/campaigns/food4health-campaign/)

## SLEEP

- Deep, restful sleep is essential for strengthening the immune system, allowing for balanced and effective immune function
- Aim for 7-8 hours a night, avoiding digital devices for at least an hour before bed



[anhinternational.org](https://anhinternational.org) - search 'sleep'

## STRESS MANAGEMENT

Chronic stress reduces the immune system's ability to fight off viruses and puts you at greater risk of becoming ill.

- Have some fun and laugh a lot!
- Learn to say no when you need to
- Take a digital detox
- Our breath is powerful, search for apps offering deep, mindful breathing practices
- Create a playlist of music in the 528 Hz healing range
- Prioritise carving out some 'me' time in your week



[anhinternational.org](https://anhinternational.org) - search 'stress'

## MOVEMENT

Regular movement or exercise (more than 1 hour per day, avoiding long periods of sitting) plays an important role in keeping your immune system healthy. Move your body with some physical activity daily – but make sure it's something you enjoy.

