



7 Tips to Support Your Immune System during Corona Virus Pandemic





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At Amity Veterinary Care, we are Passionate about your Pets ... and Mad about You. Please take a look at these health tips recommended by Medical Professor Wong Kin-Chung (USA) to support your immune system. Stay Safe and Stay Home where possible!



1.

Rinse your mouths often with cold salted water, not hot. Cold water will contract blood vessels in your mouth and throat, thereby reducing chances of viruses entering your blood stream. Salted water makes it harder for the virus to attach to your mucous membranes. Alcohol containing mouth rinse works better. RINSE OFTEN.

2.

If you believe you have contracted the virus and cannot be hospitalised, your only option is to self-isolate at home and wearing a mask all the time. Your family members should also be wearing masks at all times. So long as there is no transmission via droplets, transmission of the virus is unlikely. Clean your house thoroughly including your furniture using 75% alcohol. Alcohol kills this virus. High heat kills it too, so use hot water of over 60 degrees to wash your clothes. For shoes or clothes that can't be washed in hot water above 60 degrees, clean them with disinfectant.

3.

Drink lots of water. Drink frequently keeping yourself hydrated. When you are dehydrated, you will not feel well and your immune system will be affected. Keep drinking, keep urinating and keep hydrated. A good immune system is of overriding importance

4.

Take high dosage Vitamin C, 4000mg daily. Vitamin C affects virus' self-replication and can also improve the blood vessels' outer surface, reducing infection from the lungs. Drinking red wine (not white) can protect tissues against inflammation as it contains polyphenol which acts like defensive hormones.



5.

Consuming chicken soup with mushrooms (especially high quality shiitake), Lingzhi and/or Ginseng that contain properties will stimulate the immunity system. Be sure to soak mushrooms well before cooking to remove harmful pesticides. Garlic, ginger and onions have properties that help one's fight against this virus, eat raw or make into drinks to consume. Ginger is best. Make drinks by boiling fresh ginger in water. This can help blood circulation and boosts the immune system.

6.

In Chinese medicine, astragalus, codonopsis and American ginseng contain flavonoids, protecting cells from severe damage. If you are not able to source the above, soy beans is a good alternative. Taking small amounts of aspirin (5-20 mg) may help. Other than being anti-inflammatory, it also thins your blood. This may improve circulation, help your immune system and reduce virus replication. Please consult with your doctor for more advice before doing so.

7.

The key is excellent nutrition. Make sure you maintain your appetite. If you are struggling to consume solids, an option would be to liquidise your food. Maintaining excellent nutrition is key to improve your body condition, mood and immune system.



Summary

Take care of yourself and of those around you. Keep the faith. Be grateful. Balance living like there is no tomorrow with behaving like you'll live forever.

This virus may take lives but do not let it take away our smiles. We will prevail. We were here first.

Wishing you all the best in health, heart, mind and soul. Be safe.



Yours,

Dr Lennon and his Amity Team





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<https://amityvets.co.uk>  01626 247 888  friends@amityvets.co.uk

Amity Veterinary Care
Brunel Court, Brunel Road, Newton Abbot
TQ12 4PB