

Covid 19 – Lifestyle Support

Guidelines for Prevention:

Coronaviruses are a large family of viruses that generally trigger a respiratory tract infection as they can either affect your upper respiratory tract (sinuses, nose, and throat) or lower respiratory tract (windpipe and lungs).

With millions of confirmed Covid-19 cases around the world, it makes it imperative to consider various aspects of lifestyle, which can help to strengthen your immunity and combat this virus. This is essential not only for you and me but it is also very important for the ones who come in close contact with a Covid-positive patients day in and day out.

The prevention of this pandemic is essentially based on the four pillars of lifestyle:

- A. Balanced Nutrition**
- B. Adequate Exercise**
- C. Quality Sleep**
- D. Emotional Detox**

A. Balanced Nutrition:

A nutritious diet plays a pivotal role in determining one's immunity and overall health.

- **Antiviral foods:** Foods like garlic, star anise, ginger, turmeric, coconut oil, resveratrol (found in grapes) help in slowing down the growth of the virus hence assists in fighting the infection.
- **Antiviral herbs:** Herbs like oregano, tulsi, liquorice, and thyme contain potent plant compounds which possess excellent antiviral activities.
- **Vitamins (B complex):** This is found in most of our day-to-day foods like cereals, pulses, nuts, and seeds helps in generating a healthy immune response.
- **Vitamin C:** It is a powerful antioxidant which helps in boosting immunity as it is also known to support the development of WBCs. The commonly known sources of vitamin C are citrus fruits including lemons, kiwi, oranges, sweet lime, and so on. Indian gooseberry (amla) is one of the great sources too, apart from guava, black currants, tamarind, tomatoes, and so on.
- **Vitamin D:** Maintaining adequate Vitamin D levels is vital to prevent getting infected or to ward off the infection without mortality, in case it occurs. Natural source of Vitamin D is sunlight, so it's important to get ourselves exposed to early morning sunlight every day, between 7 a.m. to 9 a.m. or in the second half between 4 p.m. to 5 p.m. for 15 to 20 min.
- **Minerals:** Minerals like zinc are needed for immune cell development and it also plays an important role in triggering an inflammatory response. A deficiency of this nutrient significantly affects the immune system's ability to function properly, resulting in an

increased risk of infection and disease. The richest sources of zinc are pumpkin seeds, almonds, hemp seeds (less than 1 tsp), legumes like chickpeas, sesame seeds, and so on.

- **Selenium:** It possesses antioxidant properties. One of the most excellent sources of selenium are brazil nuts. You can consume 2 soaked brazil nuts in a day, which takes care of the recommended dietary allowance for selenium. The other good sources of selenium are sunflower seeds, mushrooms, spinach, legumes, and bananas.
- **Prebiotics and Probiotics:** Prebiotics (apple, banana, pear, onion, garlic, and so on) and Probiotics (rice kanji, A2 organic curd/buttermilk, beet/carrot kanji, kombucha, kimchi apple cider vinegar with mother culture, and so on) help maintain the gut microbiome, which in turn plays a role in supporting our immune system. 70 to 80% of our immunity lies in our gut.
- **Giloy juice:** It is packed with antioxidants, which help in purifying the blood and also flush out toxins from the body thereby boosting your immunity. You can take about 30 ml of organic giloy juice mixed in a glass of plain water on an empty stomach for best results.
- **Hydration:** Staying well-hydrated helps our body to naturally eliminate the toxins and pathogens that could contribute to illness. Ensure an intake of 2.5 to 3 litres water on a daily basis. Additionally, consider sipping warm herbal concoctions including lemongrass-turmeric tea, oregano-black peppercorn tea, or thyme concoction and hot piping soups including drumstick, cabbage, or broccoli soup with 1 tsp of nigella seeds added.

For children, you can refer to the following link:

[Tea for Tots: Immunity Boosting Tea For Children](#)

B. Adequate Exercise:

Owing to the current pandemic situation most of our movements have become restricted and it has been difficult to keep up with an exercise routine. However, exercise is extremely important to keep our lymphatic system well stimulated, which is an essential part of our immunity.

Adequate physical activity can help to manage the blood pressure, weight, and reduce the risk of heart disease, stroke, type 2 diabetes, and various cancers - all conditions that can increase the susceptibility to COVID-19.

It also plays a role in reducing stress and anxiety (cortisol) and stimulates the release of serotonin and endorphins (happy hormones), which revitalize the mind and the body.

Here are some simple full body workouts, which you can look at adding to your daily routine:

- Jumping jacks
- Spot jogging
- Planks
- Squats and lunges
- Tabata workout ([Link](#))
- Neck rotations and arm workouts

Note: People with joint pain or injuries, please avoid or kindly do it under supervision.

Quality Sleep:

Sleep is a natural immune booster. The body needs a good night's sleep of 7 to 8 hours to keep the immune system intact. Lack of sleep causes degenerative changes in the body, which hamper the overall functioning of our immune system. As good quality sleep improves the T lymphocyte production (essential part of the immune system) and the immune system's response time, it plays a crucial role in preventing Covid 19.

Not only the duration but even the time at which we go to sleep is extremely important. It is essential to sleep by 10 - 10:30 pm to allow the body to go through the detox, repair, recovery, and healing process thoroughly.

The various ways to improve sleep quality are:

- Left nostril breathing for 10 - 15 mins.
- Using natural sleep potion made of ¼ tsp Nutmeg Powder, 5 strands of Kesar (Saffron), 2 tsp Khus Khus + 5 Black Raisins (soaked)
Mix all spices in a 50 - 100ml of warm water, and have it with the soaked raisins.
- Alternatively, you can use [Evening Immunity Elixir - chamomile blend by Dancing leaf tea.](#)
- Using an essential oil diffuser with few drops of either pure lavender or pure frankincense oil added to it. It helps calm the system and promotes good sleep.
- Listening to Binaural beats meditations:
 - [Binaural Beat - Delta Wave Frequency |90minute| 100% Pure](#)
 - [Sleep Music Delta Waves: Relaxing Music to Help you Sleep, Deep Sleep, and Inner Peace](#)

D. Emotional Detox:

Stress and anxiety result in an increase in cortisol levels, which causes an increased inflammation in turn, compromising the immune response. Hence, ensuring good emotional health is very important in prevention of this condition.

The different methods, which can be adopted in order to maintain good emotional balance are as follows:

- Meditation to reduce anxiety:
 - [Om Frequency 136.1 Hz](#)
 - [Relaxing Your Body, Softening Your Face](#)
 - [The Tension Release Meditation](#)
 - [Reset From Stress](#)
 - [Meditation for Self Love](#)
- Self-instruction techniques:
 - [How to Stop Negative Thoughts and That Little Voice In Your Head](#)
 - Journaling
 - Chanting positive affirmations
 - Practicing positive visualizations

- Ways of doing positive visualizations:
 - [Holistic Living from Home | The Power of Visualization](#)
 - [How to Visualize Health and Healing](#)
 - [Using the Power of Mind and Visualization](#)

Examples of few positive affirmations:

- My mind and body are in perfect harmony.
- Every single cell of my body is filled with wellness, health, and vitality.
- I choose to be strong physically and mentally.
- I nourish my mind, body, and soul with every breath I take.
- I am full of abundance and positive energy.

Daily essentials:

- Steam inhalation once a day using a pinch of carom seeds (ajwain), turmeric, 1 - 2 drops of eucalyptus oil.
- Salt water gargling once a day.
- Coconut Oil Pulling for 5 mins upon waking up before brushing.
- Masks are a must, when you step out of your house.
- Social distancing must be maintained at all times.
- Always take a complete bath and wash your clothes after coming back.
- Touching the eyes, ears, mouth, and nose, especially when out must be avoided.
- If in close contact with a Covid positive person, ensure to wear masks at all times even at home.
- Basic hand hygiene like washing hands with soap and water.
- Covering the mouth while sneezing or coughing in your sleeve.
- All crowded places must be avoided.
- Consumption of raw foods like raw meat, vegetables, and eggs must be avoided.
- [DIY wash for fruits and vegetables](#)

You can also refer to:

- [Luke's Immunity Kit](#)
- [Luke's Magic Immunity Pill - Lifestyle](#)

Frequently Asked Questions:

1. How to incorporate the anti-viral foods in the daily routine?
 - Foods like **garlic and ginger** can be added in soups. It's best to use them in raw and crushed form as it activates the active components in them, which are responsible for the anti-viral properties.
 - **Star anise** can be added to boiling water or brewed in the form of tea and sipped on throughout the day.
 - **Turmeric** is one spice, which can be added in all meal preparations.
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- **Coconut oil**, opt for virgin cold pressed variety only. You may add this to your food or you can use this oil to cook your meals or you may have 1 tsp - 1 tbsp of this as it is.
- Herbs like **Oregano** can be sprinkled on soups or vegetable curries or over salads or it can be made into a concoction along with **tulsi leaves**.
- **Liquorice and Thyme** can be brewed in the form of a tea.

2. Do I need to include them all every day?

You may have any 3 - 4 of these functional foods in your daily routine.

3. How to make rice kanji and what is the best time to have this?

In a clay pot, mud pot, or stainless steel vessel add 1 - 2 tbsp of cooked rice, add water to cover the rice and cover this with a lid. Let it ferment overnight. The best time to consume rice kanji is in the morning on an empty stomach.

4. How to make kimchi and what is the best time to have it?

Cut the cabbage in cubes and add salt to it. Cover it with water and let it rest for 1 to 2 hours. Later drain the cabbage and set it aside. Now make the spice paste by mixing ginger, garlic, pepper, jaggery, lemon juice, and chilli flakes (optional).

Add this to the cabbage, you can add vegetables as per your choice (optional).

Pack this in a jar and seal it tight. Ferment for 4 to 5 days.

Check it and refrigerate.

You can have this in the morning or in the mid-morning.

5. How much water is advisable to drink every day?

2.5 to 3 litres water.

6. Recipes:

- [Lemongrass turmeric tea](#)
- Oregano peppercorn tea

Method:

- Take 2 cups of water and add ¼ tsp oregano and 1 - 2 peppercorns in it. Boil it till it reduces to half. Strain and sip it warm.
- Drumstick soup: (Serves 4)
Ingredients:
 - 6 to 8 drumsticks
 - ½ cup moong dal
 - 1 tbsp A2 cow ghee
 - A pinch of crushed peppercorns
 - 1 tsp cumin seeds crushed
 - ½ cup minced onion
 - 2 tsp ginger garlic paste

- ½ cup thick coconut milk
- 1 bay leaf
- Coriander leaves to garnish
- Salt to taste
- Few curry leaves

Method:

Cut the drumsticks into 3 inch long pieces. Cover with water. Add a little salt and cook till soft. Drain and preserve the cooking liquid. Cool the drumsticks. Split open and scoop out the flesh with a spoon. Mash the flesh lightly. Cook dal using the cooking liquid from drumsticks. Add more water if needed till very soft. Mash well. Heat the oil and add pepper and cumin seeds. After a few seconds, add the bay leaf and curry leaves followed by onions. Fry till onion is brown. Add ginger garlic paste and fry well. Cook for 2 minutes. Add the cooked dal, drumstick pulp, and salt. Add enough water to make the soup the consistency of a thin cream. Simmer for 5 mins. Serve hot garnished with coriander leaves.

- Broccoli soup (Serves 1):

Ingredients:

- 1 cup broccoli florets, cleaned and washed
- 6 - 7 almonds – soaked and peeled
- 2 tbsp chopped onion
- 2 cloves garlic
- 1 tsp A2 organic ghee
- ¼ tsp black pepper
- Black salt to taste

Method:

Heat the ghee in a pressure cooker on a slow flame. Add onions and garlic. Slightly sauté. Add 1 cup water, salt, almonds, and broccoli. Pressure cook for 1 whistle. Once it cools. Hand blend it. Slightly warm, add black pepper. Squeeze a few drops of lemon before consuming.

- Immunity boosting soup (serves 4):

Ingredients:

- 3 cloves garlic
- 1 chopped spring onion
- ½ cup chopped any greens available (celery, fenugreek, spinach)
- 1 inch grated ginger
- ½ cup chopped broccoli (discard the stem)
- 1 cup kale if available

- Fresh coconut milk 2 cups
- 3 - 4 cups water
- 1 tsp pink salt
- ¼ tsp cayenne pepper
- Black pepper
- Fresh grated turmeric (raw if available)
- Juice of half lemon

Method

Place all the ingredients except lemon juice in a pot, boil for ten minutes. Now pour the soup in a blender and blend it till smooth. Sprinkle black pepper and top it with pumpkin seeds, chia seeds, and chopped walnuts.

References:

- [15 Impressive Herbs with Antiviral Activity](#)
- [The 15 Best Supplements to Boost Your Immune System Right Now](#)
- [Can vitamin C prevent or treat COVID-19?](#)
- [Effects of prebiotics on immune system and cytokine expression](#)
- [The Role of Probiotics and Prebiotics in Inducing Gut Immunity](#)
- [How Sleep Strengthens Your Immune System](#)
- [Current Directions in Stress and Human Immune Function](#)
- [Vitamin D Levels and COVID-19 Susceptibility: Is there any Correlation?](#)

Guidelines for healing and recovery

As there is no vaccine for COVID-19 yet, although scientists and researchers are at work. The only thing that can fight the virus is a strong immune system and the body's intelligence and through a healthy lifestyle that supports strong immunity.

When it comes to recovering from the pandemic well, it is important to focus on the below four lifestyle pillars.

- A. Balanced Nutrition**
- B. Adequate Exercise**
- C. Quality Sleep**
- D. Emotional Detox**

A. Balanced Nutrition: Nutrients from the food will not just help to prevent you from having this infection, it will also nourish the body and build immune support to cope with the infection better. This way the disease will be less aggravated and recovery rates can be improved. A few nutrients and superfoods of interest, which are essential for recovery are as follows:

- **Nutrients:**

1. Vitamin C: Vitamin C is a powerful antioxidant, which helps in boosting immunity. It is also known to support the development of WBCs. The commonly known sources of vitamin C are citrus fruits, Amla (Indian gooseberry) being the most potent, cherries, black currant, and guava are also rich sources of this vitamin.

2. Selenium: Selenium is a trace mineral, which possesses antioxidant as well as antiviral properties. [Selenium supplementation in the prevention of coronavirus infections \(COVID-19\)](#). The food sources of selenium: brazil nuts top the list. Sunflower seeds, oats groats, broccoli, mushrooms, garlic, asparagus, navy beans are also good sources of selenium.

Among animal foods, fish like salmon, tuna, halibut, sardine are good sources of selenium. A2 organic cottage cheese, antibiotic-free and hormone-free chicken, and free range eggs can be included too. However, we recommend the consumption of non-veg foods not more than once or twice a week. These foods can aggravate inflammation in the body.

3. Coenzyme Q10: It is an important vitamin-like substance required for the proper functioning of many organs and chemical reactions in the body. It helps provide energy to the cells. Read more about [Coenzyme Q10](#).

Food sources of CoQ10 include plant foods like sesame seeds, pistachio nuts, broccoli, cauliflower, oranges, strawberries, and the animal sources include fish like herring, sardine, mackerel, antibiotic-free hormone-free chicken, and free-range eggs.

4. Zinc: Zinc is a vital micro-nutrient contributing to immunity especially gut immunity. The common food sources of zinc include pumpkin seeds, almonds, hemp seeds, legumes like chickpeas and sesame seeds.

5. Vitamin D3: The most vulnerable group of population for COVID–19 are the ones that have the most deficit in Vitamin D. Morning sunlight exposure helps in the natural synthesis of Vitamin D. In case that’s difficult to achieve, here are a few food sources for you: fatty fish like salmon, tuna, herring, sardines, and cod liver oil, egg yolks provide vitamin D. Vegetarian sources are not many. Mushrooms contain fair amounts of this vitamin. However, supplementation is essential if your Vitamin D levels are insufficient or deficient.

6. Vitamin B12, folic acid, and Vitamin B2: There is evidence that folic acid (vitamin B9) and cobalamin (vitamin B12) play a crucial role in the healthy balance of the immune system. Inadequate levels of folic acid and B12 can drastically alter immune responses. More about [Vitamin B12, folic acid, and Vitamin B2](#)

Folate can be obtained from green leafy vegetables, beans and legumes, peas, peanuts and citrus fruits. Vitamin B12 is not naturally present in plant foods, so vegetarians and vegans may not get enough of this vital vitamin in their diets. They may need to take a B12 or B-complex supplement. The animal foods rich in vitamin B12 are dairy products, fish, meat, and particularly, beef liver and clams. Vitamin B2, namely, Riboflavin contributes to boosting immunity apart from the several other roles that it plays in the body. One may get this B vitamin amply from natural sources like nuts, green vegetables, meat, and dairy products.

7. **Magnesium:** Magnesium is a vital micro-nutrient for optimal immune functions. Magnesium has a strong relation with the immune system, in both nonspecific and specific immune response, also known as innate and acquired immune response. [Possible roles of magnesium on the immune system](#). The common food sources for Magnesium are raw cacao nibs or powder, 80% dark chocolate, avocados, nuts like almonds, brazil nuts, legumes like chickpeas, beans, seeds like pumpkin, chia, and flax seeds, bananas, and green leafy vegetables.

8. **Omega 3:** Unroasted flaxseed powder and chia seeds help fulfil the omega 3 requirements in a vegetarian's diet along with the brain food walnuts. Fish like salmon and mackerel are the richest sources of healthy omega 3 fats. The role of omega 3 in building immunity and its anti-inflammatory properties are well established. [Modulation of Immune Response by Omega-3 in Health and Disease](#)

9. **Proteins:** Proteins make up each and every cell of your immune system. It is a crucial inclusion in all major meals. The forms of protein that are easily digestible are sattu (roasted chana or chickpea flour), soaked moong (mung bean), and masoor dal (lentil). Dals should be soaked for 7 - 8 hours before use for better digestibility. Green moong or other whole pulses need to be soaked for 16 - 18 hours before being cooked. Always pressure-cook the whole legumes before use, to reduce the digestibility load on the gut. Consider using cereal-pulse combinations like moong khichdi/rajma rice, and so on to ensure complete protein with all the amino acids in place. Eggs need to be consumed on a regular basis as it makes a reference protein with all the amino acids needed for immune building and recovery.

- **Functional Foods**

1. **Cold-pressed, organic, virgin coconut oil:** This has the highest capacity to reduce viral load and line and lubricate the gut and lung passages.

2. **Ashwagandha powder:** Ashwagandha is known for its anti-inflammatory, immune-boosting, sleep-inducing properties. A night time infusion with a tsp of pure Ashwagandha powder mixed in warm water, will be helpful in the treatment of COVID 19.

- 3. Nigella seeds:** 1 - 2 tsp of soaked nigella seeds can be useful due to its antiviral properties. They can be included in the meal preparations (added to dals or soups). Nigella seeds soup recipe is attached in the appendix.
- 4. Rice Kanji:** Rice Kanji is a wonderful natural probiotic and helps in building gut immunity. You may soak half a cup of cooked rice in 1 cup water. Soak overnight in a clay pot or mud pot or a stainless steel vessel. Keep it covered. Next day, drink the water and eat the rice on an empty stomach daily. You may also blenderize the rice with the same soaked water.
- 5. Vegetables of importance:** A few vegetables have been shown to have beneficial results in healing from COVID. Ensure these vegetables are not consumed raw, it's best to include thoroughly cooked vegetables as raw foods can aggravate the infection.
 - a. Beetroots are rich in nitrates, which are converted to nitric oxide in the body, they are known to support vasodilation. The steamed beetroot soup recipe is appended below.
 - b. Steamed carrot juice with a dash of black pepper and a tsp of virgin coconut oil can help boost respiratory health.
 - c. Include cooked cruciferous vegetables like cabbage, broccoli, kale, cauliflower for adequate liver cleansing and anti-inflammatory benefits.
 - d. Onion juice with flaxseed powder and pinch of pepper can act as a wonderful superfood. Take a tbsp of flaxseed powder in 2 tbsp of water and whisk it well, add a tsp of raw onion juice and pinch of pepper powder. Consume it on an empty stomach.
- 6. Luke's immunity boosting powder:** Having ½ tsp a day of this powder with a cupful of warm water or simply adding it to your meals can help in boosting immunity. Mentioned here is the link for the detailed benefits and recipe for making this immunity powder.
[Boosting Immunity Made as Simple as Consuming a Spoonful of this Powder](#)
- 7. Nuts and seeds:** A handful of nuts and seeds can help recover faster from the illness due to the anti-inflammatory benefits. Ensure you soak the nuts and seeds overnight for better digestibility. Include 2 brazil nuts, 4 - 5 almonds, 2 walnuts, 1 - 2 tsp of pumpkin seeds daily.
- 8. Magical Concoctions:** A few concoctions cited in the appendix can help in reducing the viral load and building immunity. Antiviral tea and Magic Lung tea are among the must include to recover from the COVID -19 infection. (Recipes are mentioned in the appendix).

Few common symptoms seen in COVID patients and subsequent home remedies to provide symptomatic relief are cited below:

1. Poor appetite:

- A tsp of amla powder in a glass of warm water or 2 tbsp of fresh amla juice can act as an appetite stimulant.
- Lemon-ginger shots before eating: 1 tsp lemon juice + 1 tsp ginger juice mixed in water can help to boost the appetite too.

- An amla candy can be an interesting inclusion. Here's the recipe to make a healthy tangy amla candy (Recipe in the appendix).
 - Jaljeera also helps in improving taste acuity. (Recipe in the appendix)
- 2. CBC parameters:** If the blood reports indicate impacted CBC parameters, you may use the below remedies:
- 2 tbsp of fresh papaya leaf juice twice a day before meals if the platelets and WBCs are low. Other superfoods essential for improving the platelet count are soursop leaf tea, pomegranates, moringa, garden cress seeds, beetroot, and fresh berries.
 - For improving RBC or Hemoglobin levels, include organic moringa or wheatgrass powder with lemon water on an empty stomach or 1-2 tsps of soaked garden cress seeds with a glass of lemon water. Ensure you always include Vitamin C for the better absorption of iron. (Recipe for moringa chutney is included in the appendix)
- 3. Fever:** For alleviating fever, the below home remedies can be useful.
- Fenugreek or methi seed concoction will help in combating fever. Take ½ tbsp fenugreek seeds. Boil it in 300 ml water. Reduce it to 150 ml. Sip warm. Consume once a day.
 - Onion water: Cut some onion, soak it in drinking water for 6 to 8 hours, consume 3 to 4 tbsp thrice a day.
 - Salt water poultice: Take room temperature or slightly cold water and mix some table salt in it and dip in a muslin cloth and put this poultice on the forehead. Repeat it a couple of times till the temperature comes down. You can do it about 2-3 times a day.
- 4. Cold and coughs:** For helping the cold and cough to settle, applying Acorus Calamus (Vekhand) paste made with water will be helpful. Mix ½-1 tsp of Vekhand powder with 1 tbsp water to form a thick paste and apply it over the forehead and nose. Allow it to dry and retain on the forehead till you are comfortable. This is safe to apply for babies and kids too. Also, kesar paste application on the forehead helps to reduce cold and cough. Using a hot compression with ajwain poultice on chest, back, throat, nose provides a great relief. Hot compression with Nagarvel leaf (Betel leaf) can be used alternatively. Lozenges can be soothing to include too (Recipe added in the appendix).
- 5. Pain management:** For alleviating pain, the below remedies can be tried:
- Sesame seed oil and camphor mixture OR adding 5 - 6 drops of nutmeg oil mixed in 1 tbsp of unrefined coconut oil or sesame seed oil helps in pain relief.
 - Epsom salt soaking can be helpful in reducing pain and swelling due to the presence of magnesium, avoid if you have hypotension (low BP levels).
 - Lymphatic massage or dry brushing can help with water retention and swelling.
 - Sesame seeds + dates + dry ginger powder laddus can be amazingly helpful and energy-boosting too.

- Pain relief mix consisting of fenugreek (methi) powder 50 gms + turmeric powder 50 gm + 20 gm ginger powder, consume 1 tbsp of this mixture once a day mixed with warm water.

6. Breathing difficulties: The remedies below can help with relieving breathing troubles.

- Using a castor oil pack on the chest: Warm a cup of cold pressed castor oil, dip a cotton cloth into it, wring out the oil, place the cloth on the pain area and put a hot water bag or heating pad on top for around 10 mins.
- Steam inhalation with a few drops of eucalyptus or tea tree oil or a dash of turmeric powder or cabbage leaves. Practice this for 3-5 mins, once a day.
- Thyme concoction OR Magic Lung Tea is mentioned in appendix
- Applying warm virgin coconut oil or Eucalyptus oil on bridges of the nose is helpful.

7. Throat soreness: This is a common symptom seen in COVID -19 sufferers. Below are the home remedies suggested to provide relief.

- Gargling with salt water or turmeric water helps.
- Turmeric + dry ginger + black pepper concoction: Use 1 tsp raw turmeric powder + ¼ tsp dry ginger powder + a pinch of black pepper powder. Boil in 4 cups of water, reduce to half. Strain and sip warm.
- Tulsi + liquorice concoction: Use 4 - 5 crushed tulsi leaves + 1 tsp liquorice powder or an inch of liquorice stick. Boil in 2 cups of water, reduce to half. Strain and sip warm.
- Dry ginger powder + turmeric + jaggery balls in the ratio of ½: 1 : 1 ratio are quite helpful too. Roll out tiny balls out of this mixture and consume 2 - 3 a day.
- Gargling with betel leaf juice added in warm water gives relief from throat irritation.

8. Mouth sores or dryness: Handy remedies that can be followed:

- Coconut oil pulling or pomegranate juice oil pulling can be helpful when done immediately after waking up.
 - Chewing dry coconut flakes until the oil is extracted from it.
 - Chewing a mouth freshener made of cardamom (elaichi), grated coconut, dried amla granules can be helpful.
 - Sucking on a few pieces of gond or edible gum too.
- **Hydration levels:** Water intake of a minimum of 3 litres will be quintessential for preventing dehydration arising due to high fever. Set reminders and fill bottles to achieve it. Sip warm fluids all through the day. Infused water can be helpful for those who find trouble consuming water. (Recipes are added in the appendix)

B. Adequate Exercise: Based on your energy levels and health status, you can choose to do simple exercises like in-house walking, some sitting chair exercises, desk stand and so on. Once you recover well, you can resume your walk or workout gradually.

C. Quality Sleep: Sleep is the time when the body heals and repairs itself. Body's natural detoxification takes place during sleep. Make sure to sleep by 10 - 10:30 pm and gather a good 7 - 8 hours sleep. Sleep infusions like Evening Immunity Elixir - chamomile blend by Dancing leaf tea, sleep potion, nutmeg cinnamon tea can be helpful. (Recipes are added in the appendix). Using an essential oil diffuser with few drops of either pure lavender or pure frankincense oil added to it. It helps to calm the system and promotes good sleep.

Binaural beats work greatly to improve sleep. Here are the links for the binaural music:

- [Binaural Beat - Delta Wave Frequency |90minute| 100% Pure](#)
- [Sleep Music Delta Waves: Relaxing Music to Help you Sleep, Deep Sleep, Inner Peace](#)

D. Emotional Detox: Learn to combat fear and anxiety slowly. Regular meditation and deep breathing would help you achieve this gradually. Start with gratitude journaling and make sure you practice the following affirmations to maintain a positive frame of mind.

- I believe in my ability to get through tough times.
- The feelings in my body are normal and I fully accept them.
- I have everything I need within me.
- I have an inner sense of calm.
- I appreciate my life and find things to be grateful for.
- I have been through hard things before and have survived them.
- This will not break me.
- I let go of what I can't change and do my best with what I can.
- I am going to focus on things I love to get me through this.
- Yes, this is hard, and I can do hard things.
- I am allowed to express pain.
- I have the ability to overcome this situation.

Appendix:

Anti-viral tea: Boil one-star anise in 2 cups water with 3 black peppercorns, 1 cracked elaichi, a dash of Sri Lankan rolled cinnamon, 2 cloves, ½ tsp raw turmeric powder, 1 pinch piece of mashed or grated ginger, raw and minced garlic (1 - 2) cloves. Boil and then simmer for 2 minutes and consume warm. This can be consumed twice a day.

Magic Lung Tea recipe: 1 inch piece ginger or 1 tsp dried ginger powder, 1 small cinnamon stick, ½ tsp basil or tulsi leaves (fresh or dried), 1 tsp oregano dry (or fresh leaves), 3 peppercorns, 2 crushed elaichi, (optional - 1 to 2 crushed garlic cloves), ¼ tsp fennel seeds, pinch of ajwain, ¼ tsp jeera (cumin seeds). Boil for 10 minutes, let it simmer. Then strain and sip warm (can add raw organic honey or jaggery to sweeten it up).

Home-made lozenges:

Ingredients:

- ½ cup - Jaggery (crushed)
- 2 tablespoons- Organic turmeric powder
- 1 tablespoon - Organic black pepper (freshly ground)
- 1 teaspoon - Cinnamon powder
- 1 teaspoon - Mulethi powder

Method:

Melt jaggery with 1 tablespoon of water, bring it to boil. Simmer for 2 minute. Add all the powders. Store in a glass jar or you can make small chickpea sized balls.

Use it as cough lozenges. Do not chew, just place in your mouth. -

Once a day only for 2 - 3 days.

Sleep Infusion Tea:

Ingredients:

- 2 cups of water
- 1 tsp of fennel Seeds
- A dash of cinnamon
- ¼ tsp nutmeg powder
- ½ tsp dried tulsi leaves (optional).

Method:

Take 2 cups of water and add fennel seeds, cinnamon, nutmeg powder, and dried tulsi leaves. Allow it to boil and reduce to half. Strain and sip slow.

Sleep Potion:

Ingredients:

- ¼ tsp nutmeg powder
- 5 strands kesaror saffron
- 2 tsp Khus Khus
- 5 black raisins (soaked)

Method:

Mix all spices in a 50 - 100ml of warm water, and have it with the soaked raisins.

Dancing leaf tea Immunity elixir with Chamomile:

If you want to procure it, here's the link to buy it online: [Evening Immunity Elixir - Herbal Blend - 125 Gms](#)

Ingredients:

- 1 tbsp - Chamomile buds
- ¼ tsp - Oregano
- 1 tsp - Fennel
- ½ tsp - Carom

- A pinch of Pepper
- ½ tsp - Turmeric
- 2 - 3 sprigs - Thyme
- 1 - 2 sprigs - Rosemary
- 2 - 3 sprigs - Peppermint
- 2 - 3 stalks - Lemongrass ((fresh or dried)

Method:

1. Take 2 cups of water in a vessel
2. Add all ingredients except chamomile in it and allow it to boil.
3. Once it starts boiling, add chamomile, turn off the flame, cover the vessel with a lid and let it steep for about 2 - 3 minutes.
4. Remove the lid, strain into a cup and sip warm.

*You can add a dash of raw honey or jaggery to sweeten the beverage.

*The longer you steep the tea, the more flavonoids you'll get in your brew.

- [Moringa Chutney](#)
- [Jaljeera](#)
- [Amla Candy](#)

Beetroot soup:**Method:**

Peel and chop 2-3 beets into small chunks. Heat ghee in a skillet, sauté onion, one tbsp minced parsley and beetroot chunks. Add salt as per taste. Cook until soft and aromatic. Transfer in a blender. Add hot water if desired. Garnish with pepper and fresh parsley leaves.

Squash and nigella seed soup:**Ingredients:**

- 1 tbsp cold pressed coconut oil
- ½ onion
- 1 tsp nigella seeds
- A pinch of chilli powder
- 400g squash, peeled, deseeded and cut into chunks (can be replaced with pumpkin or bottle gourd)
- ½ potato, cubed
- 400ml vegetable stock or water
- A small bunch of flat-leaf parsley

Method:

Heat the oil in a large pan, add the onion, then fry until lightly coloured. Add the nigella seeds and chilli, then fry for 1 min. Tip in the squash, potato and stock, then bring to the boil. Stir well, cover, then simmer for 20 mins, or until the vegetables are tender.

Purée the soup in batches, adding a handful of parsley with each batch. Return the soup to the pan, then reheat.

Infused water options:

1. Star anise lemon infused water:

Method:

Infuse 1 star anise and lemon slices in a litre of water and sip on it.

2. Jeera-ajwain-fennel infused lemon water:

Method:

Infuse in the ratio of 1:½:1 and lemon slices in a litre of water and keep sipping on it during the day

3. Cinnamon-ginger infused water:

Method:

Infuse ½ inch pc of Sri Lankan rolled cinnamon stick and grated ginger in a litre of water and sip on it.

Thyme tea:

Ingredients:

1. 3 sprigs of fresh thyme (or 2 sprigs of dried thyme)
2. 1 and ½ cup boiling water

Method:

Place the thyme sprigs into a teacup. Pour about 1 ½ cup boiling water, cover, and let it steep for about 5 minutes. Remove the sprigs before drinking.

Thyme tea tastes great on its own and you can also add a slice of ginger, lemon, and a dash of raw honey to the tea.

Yoga therapy and practices

1. **Basics Do's and Don'ts of Yoga:**

Here are some prerequisite before you start your yoga journey. Yoga connects the mind, body, and soul and hence it's essential to follow some basic yoga principles whether you are a beginner, intermediate, or master.

Link: [Basic Dos and Don'ts about Yoga and Pranayama](#)

2. **Yoga for Immunity:**

These videos demonstrate the top immunity-boosting asanas and pranayamas including the right breathing practices that can help quell your stress and anxiety.

- **Asanas for Immunity:**

This video contains the following Yoga Asanas for immunity:

1. Bridge pose or Setu Bandhasana

2. Cobra pose or Bhujangasana
3. Camel pose or Ushtrasana

[Simple Yoga Asanas for Immunity](#)

- **Pranayama for Immunity:**

This video contains the following breathing exercises:

1. Diaphragmatic breathing
2. 4-7-8 breathing
3. Left nostril breathing
4. Kapalbhata (try doing this once you have recovered completely since it can be a bit strenuous)

[Pranayam \(Breathing Exercises\) for Immunity](#)

3. **Breathing exercises for lung health:**

Basics of breathing:

This video contains information on basics of breathing (diaphragmatic breathing) for maximum benefits, Kapalbhata (only do if you feel comfortable), 4-7-8 breathing techniques and Sheetal pranayama (in case you feel extremely hot and acidic).

Link: [Simple Breathing Technique for Sleep, Stress, Focus and Detox](#)

4-7-8 breathing:

- Inhale for 4 seconds through both nostrils.
- Hold or retain your breath for 7 seconds
- Exhale for 8 seconds.

To reap more benefits: Exhale in a bit of a different way. Do not exhale through the nostrils. Generate a "whoosh" like sound. Now how do you generate a whoosh sound? You need to purse your lips tight but you do it counting to 8 seconds. So it's a slow exhale with your lips pursed like a whoosh action. You do this for 6 times to begin with and then slowly build up to 8 and then 10 rounds.

This trains your parasympathetic nervous system, it calms down your nervous system, and it gets your breath in control. It distributes oxygen equally to all those billions of cells that you have in the human body.

Single Nostril Breathing:

There are two energy channels in our body working simultaneously to maintain balance of heat and coolness. Suryanadi or sun channel brings heat helping in energizing. Chandra nadi or moon channel helps in cooling down the system bringing a calming effect.

Link: [Single Nostril Breathing](#)

Magic Lung breathing:

- Take a standing position. Keep your arms at your sides and your feet slightly apart. Relax.
- Take a few deep breaths and exhale through the nose. Now breathe in through your nose and exhale slowly through your mouth until you cannot exhale any more. But do not stop here, because there is still air remaining in your lungs.
- Now, force your diaphragm to exhale all the air from your lungs with wheezing. Several times exhale through the mouth with a “ho, ho, ho ho.”
- Until you feel there is no more air in the lungs. At this point, you will feel you have pulled in your belly toward the spine.
- Through the nose, slowly inhale fresh, clean air in your empty lungs. Fill your lungs with air completely, and then hold your breath for 6 seconds, counting them slowly.
- At this point, the oxygen has filled your lungs.
- Again exhale through your mouth until there is no air left in your lungs and repeat the “ha...ha...” to expel the stale air out of the lungs.

Link: [Magic Lung Breathing Exercise](#)

4. Desk yoga (Sukshma Vyayam)

Sometimes one may not even have the energy to do all of the above. In that case, we recommend Sukshma Vyayam. These are gentle and not at all strenuous and can help improve the flow of the energy or prana in the body and bring in relaxation. Desk yoga can be done while sitting on a chair and with a backrest.

Link: [4 minute Desk Yoga](#)

A couple of points to remember:

1. Practice breathing exercises preferably in the morning on a light stomach, before breakfast.
2. Never strain yourself. Discontinue asanas or pranayama if it makes you feel breathless. Just rest in shavasana or balasana if you feel tired.
3. Perform each asana 3-5 times and breathing exercises 5-10 times based on your comfort level. Never strain.
4. Get some passive movement done, if you are absolutely weak and cannot move. Ask your caretaker to gently lift each leg a couple of times, massage and press the soles of your feet for about 10-15 minutes. This will help to stimulate blood circulation.
5. Continue to make yoga a part of your daily routine for a healthy lifetime.
6. Recite the following positive affirmations in your mind, if you find your mind wavering during breathing exercises. Positive affirmations are a great way to rewire the subconscious mind and therefore train the little voice within from

being in a state of negative thinking to a positive one. Reciting positive affirmations is a great tool to reprogram the mind.

Examples:

- I am healthy.
- My immune system is strong.
- I heal quickly.
- My body bounces back fast.
- My immune system is incredibly powerful.

7. Follow this sample routine, if you are unsure of where to start. (Please listen to your body)

1. Morning breathing exercises and asanas:
(5-10-15 rounds - based on your comfort level)

Types:

- Right nostril breathing or anulom vilom (based on your condition)
- 3 - 4 Immunity boosting yoga asanas (any)

2. Mid - day breathing:

Type:

- Magic lung breathing (3-5 rounds)

3. Bedtime breathing:

Types:

- Left nostril breathing
- 4-7-8 breathing
- Abdominal breathing (5-10-15 rounds)

Customize the rounds or repetitions as per comfort and energy levels.

This document is created and is a combined effort of Luke and his team of nutritionists, lifestyle experts, and yoga experts.

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May good health envelop you, and we hope each new day brings you closer to a full and speedy recovery and healing.