

IMMUNE SYSTEM SUPPORT:

• 3 Pillars of Health:

- ① FOOD: Eat cooked food, allow 3 hrs. between meals
- ② SLEEP: 8 hrs, reduce screen time before bed, Yoga Nidra
- ③ Creativity: Express your creative self (writing, cooking, painting)

• Lymphatic System Support:

- ① drink hot lemon water throughout day
- ② Move your body: walk, dance, jump
- ③ Abhyanga self-massage w/ warm oil or dry brush

• Grounding Activities:

- ① Create boundaries with screen time/reading the news
- ② Get your hands in the dirt
- ③ Prioritize self-care routines: bath, meditation, breathing

• Build OJAS → vitality/strength:

eat: avocados, dates, yams, almonds, mung beans,
zucchini, bananas, ghee/oil, turnips

avoid: dry/raw food, stimulants, refined sugar, processed foods

• Herb/Spices

- ① IMMUNE: garlic, onion, rosemary, thyme, oregano
- ② digestive: cinnamon, ginger, cloves, cardamom,
turmeric, fennel, cumin, black pepper
- ③ Nervous System: Lavender, chamomile, valerian root,
Passionflower, poppy, ashwaganda, lemon balm