

TAKING ACTION AGAINST THE CORONAVIRUS COVID-19

“It’s not the seed (coronavirus) it’s the soil (your body)”

1. **Get Adjusted!** The adjustment strengthens the Nervous System and a strong Nervous System optimizes your Immune System. Increase your body’s ability to fight the virus!
2. **Stock up on Zinc Lozenges!** Zinc has been known to block the coronavirus. Put it in your mouth and let it dissolve for a couple of minutes.
3. **Use Latex or Nitrile Latex Disposable Gloves!** Use when shopping, pumping gas, coming in contact with highly touched or contaminated surfaces.
4. **Use Disposable Surgical Masks!** Mainly to stop you from touching your mouth and nose. (we touch our nose/mouth 90x/day without knowing it)
5. **Drink Water-Hydrate!** Dehydration can slow the immune response. Can wash away in the mouth.

*****This is mainly a surface living virus so our goal is to limit contacting surfaces that may be contaminated. Keep your hands away from your nose and mouth.**

Precautions to take during this time of concern

1.No Hand Shaking!

Use a Fist Bump, Elbow Bump, Slight Bow

2. Use your knuckle to touch light switches, elevator buttons. Use paper towels or gloves to lift gasoline dispenser.

3. Open doors with a closed fist, forearm, or hip! Important in bathrooms and commercial/office doors.

4. Use disinfectant wipes- Use at stores, commercial buildings, high traffic places.
(carry on your person)

5. Wash hands with soap for 10-20 seconds and/or use greater than **60% alcohol based hand sanitizer** whenever returning home from any activity.

***Do your best to increase your body's own immunity! Eat right (foods rich in Zinc), decrease stress, be aware of your environment. These will optimize your body's own ability to fight off this virus.