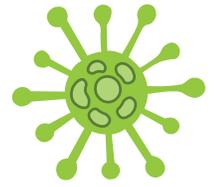


Foods to Help You Strengthen Your Defenses During the Pandemic



Fruits

Bananas, oranges, pineapples and grapes are rich in melatonin which supports restful sleep. Citrus, strawberries, blackberries, and raspberries are rich in Vitamin C and antioxidants that protect your brain against toxins.



Vegetables

Orange, yellow and green vegetables such as carrots, bell peppers, broccoli, spinach and kale are rich in Vitamin A. They help improve respiratory system function.



Legumes

Legumes such as beans, lentils, chickpeas and broad beans are rich in zinc and iron. Zinc contains antiviral properties and iron helps with the growth of immune cells.



Garlic and Onions

Garlic and onions contain compounds that help reduce viral infections as well as lower cholesterol and blood pressure.



Fish

Salmon, tuna and mackerel are good sources of Vitamin D. They improve the function of the immune system and decrease viral and respiratory tract infections.



Tea

Green tea improves immune system function and reduces inflammation.



The best way to prevent illness is to avoid being exposed to this virus. We recommend following sanitary measures and maintain a social distance from others.

For more information on these recommendations, consult your practitioner directly.

Source: The Functional Medicine Approach to COVID-19: Virus-Specific Nutraceutical and Botanical Agents

https://www.ifm.org/news-insights/the-functional-medicine-approach-to-covid-19-virus-specific-nutraceutical-and-botanical-agents/?utm_campaign=Covid-19&utm_content=125255092&utm_medium=social&utm_source=linkedin&hss_channel=lcp-3054131