

# NATUROPATHIC RECOMMENDATIONS

## Immune Support

### INCREASE INNATE HEALING MECHANISMS

- Eat to support immune function (see below)
- Meditation (30 min/day) promotes calm and peaceful mind.
- Walk in nature 30 minutes per day
- Sleep (8-10 hours) - essential for a proper functioning immune system.
- Reduce stress
- Yoga flow practice

### SUPPLEMENTS (1-3 MO)

- NAC - 500-1000mg per day with food
- Liposomal Vit C - 1000mg 3x/ day with meals
- Vitamin D - 5000 - 10,000 IU per day (15-30mins in sun)
- Vitamin A - 25,000 IU (retinoids) daily
- Elderberry syrup 1 Tbs 3x/ day
- Zinc (middle of meals) 15-75mg per day

\*Please note all information is not given as medical advise. Remember to check with your doctor first.

### HERBS AND HOMEOPATHY

Black elderberry, licorice, goldenseal, echinacea, raw garlic, Zeb-a-pique (jackass bitters), cordyceps, Dong Quai, skullcap, elder leaf, shiitake, maitake, reishi, tumeric, astragalus, ginger, oregano volatile oil (food grade) - herbal remedies available from Dr. Pereira

**Homeopathy: many remedies can help based on symptom picture**

\*Please ensure to seek advise from your local naturopathic, homeopathic or herbal medicine doctor before starting

### MORE SUPPORT

Exercise

30 minutes per day

Nasal irrigation: Neti pot

Laugh

decreases stress hormones and increases immune cells

Choose vibration of love over fear

Contrast hydrotherapy showers - end with cold for 30 seconds

Promote peaceful mind

### FOOD AS MEDICINE

- Whole grains, fruits, vegetables, lean protein, and healthy fats.
- Drink bone broth daily supports healthy digestive lining.
- Vegetable juices daily (free recipes on [drkandicepereira.com](http://drkandicepereira.com))
- Ingest food and drink that are CULTURED to support an active and robust microbiome (kombucha, kimchi, kefir, sauerkraut, miso).
- Avoid sugars, caffeine alcohol, refined & processed foods, preservatives.
- 8 to 10 glasses of water per day (can also drink coconut water, non caffeinated herbal tea).