



Your lifestyle plan of action
to boost **IMMUNITY** and stay
PROTECTED

With so much of worry, fear and confusion all around, let's begin to operate from a space of awareness, responsibility and knowledge. Here are some necessary steps to follow in the coming days.





Wash Hand



Use Mask



Avoid hand Shake



Cover face while sneezing

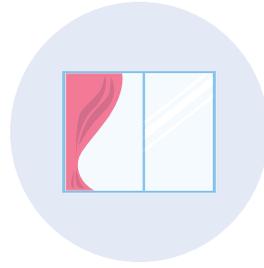


Avoid crowded places

Practicing good hygiene is primary

DOS:

1. Wash your hands with soap and water (preferably warm) at least for 20-40 seconds as the virus tends to attach to skin surfaces.
2. Choose to greet people by joining hands (Namaste), instead of shaking hands.
3. Social distancing is a must, as human contact is the most common mode of transmission.
4. Sanitize hands frequently with an alcohol-based sanitizer (60% alcohol based) when travelling. (essential oil-based sanitiser may not be enough for this case). Rub the sanitizer evenly on your hands including the webs between fingers.
5. Cleaning and disinfecting frequently touched objects including cell phones since they are closest to your oral and nasal passages.
6. Carry tissues and handkerchief. Cover your mouth and nose with tissues if the person sitting next to you sneezes and then toss that tissue in the trash.
7. Wear a mask (N95) if travelling for prevention, are sick or immunocompromised, are a health care worker or a caregiver of someone who is sick. Wearing a regular surgical mask only works as a barrier and does not protect against the coronavirus. Discard masks after 6-8 hrs of use. Unnecessary stockpiling of masks needs to be stopped.
8. Opt for a work-from-home facility if you can.



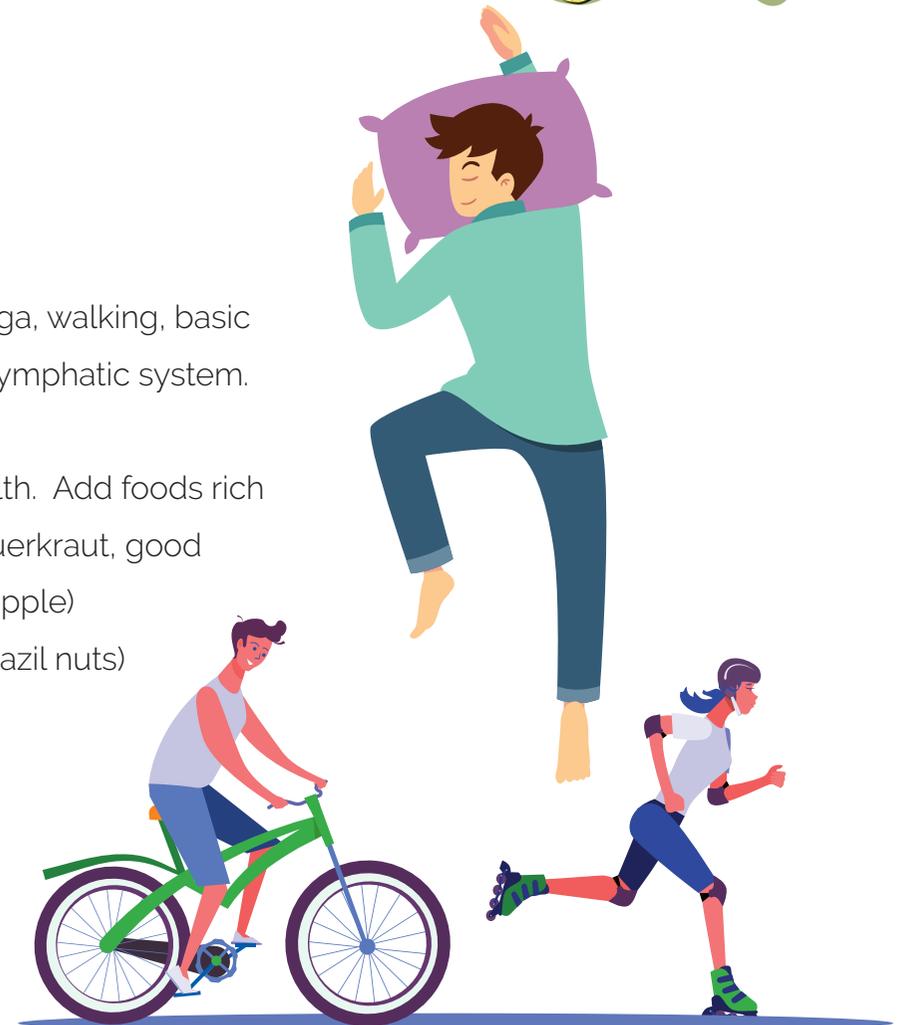
DON'TS:

1. Avoid visiting public or crowded places like auditoriums, theatres malls and social gatherings/ parties, etc.
2. Avoid using public transport and any unnecessary travel.
3. Avoid touching door knobs, handles, switches in public places. If you do so, sanitise hands.
4. Do not touch your face, mouth and nose with hands.
5. Do not spit in public places. This needs to be stopped once and for all.
6. Avoid exchange of currency notes by carrying exact change required for monetary transactions.
7. Avoid consumption of undercooked meat /fish/ eggs/ raw vegetables

NOTE: If you have COVID-19 or suspect that you do, but have mild symptoms, including mild fever, cough or sore throat, you should self-quarantine. Those with more serious symptoms, such as high fever, chills, weakness, lethargy or shortness of breath, headaches should seek medical care immediately. It is imperative that you seek medical attention if the symptoms persist or worsen beyond 7 to 10 days.

Simple ways to boost immune system:

1. Top immunity boosting foods to include in your diet:
 - Cold pressed / wet milled coconut oil
 - Garlic
 - Onion
 - Turmeric and black pepper combo.
 - Tulsi/holy basil leaves
 - Star anise
 - Neem
 - Pumpkin seeds.
 - Vitamin C rich foods - Amla/Gooseberry, guava, lemons, bell peppers
 - Moringa
 - Good quality loose black tea leaves (in moderation)
2. Sleep – A good quality sleep every night recharges our immune system.
3. Movement and activity – A regular habit of exercising in the form of yoga, walking, basic body weight exercises are enough for a strong immunity and healthy lymphatic system.
4. Maintain optimum levels of Vitamin D₃ (precursor to immunity)
5. Boost gut health as 80% percent of our immunity depends on gut health. Add foods rich in probiotics (rice kanji, fermented vegetables, homemade pickles, sauerkraut, good quality A2 yogurt) and prebiotics (garlic, banana, Apple cider vinegar, apple)
6. Top minerals to boost immunity: Zinc (pumpkin seeds) & Selenium (brazil nuts)



RECIPES:

Immunity boosting powder -

Ingredients:

- 7 tbsp. - Organic Turmeric powder (Haldi)
- 4 tbsp - Cumin seeds (Jeera)
- 4 tbsp - Coriander Seeds (Dhaniya)
- 7tbsp- Fennel seeds (Saunf / Variyali)
- 2 tbsp- Dry Ginger Powder (Saunth)
- 2tbsp - Whole black pepper (Kali Mirch)
- 1/2 tbsp - Spillanian Rolled Cinnamon powder (Dalchini)
- 3 tbsp - Cardamom powder / pods (whole Elaichi)

Procedure:

1. Keep turmeric powder and dry ginger powder in a separate bowl (no roasting)
2. Lightly roast all the remaining ingredients on a slow flame till you get a nice aroma. (avoid burning of spices)
3. Once cooled, transfer them in a grinder and grind them to a powder.
4. Add turmeric and dry ginger powder to it and mix with a dry spoon.
5. Store in a clean, air tight glass or steel jar.

Dosage:

1/2 tsp every day either with water or as a seasoning in food like soups, dals, khichdi, sabjis, etc or as an alternative to garam masala)

Or

Heat 1 tbsp pure ghee on a slow flame and add this 1/2tsp. powder to the ghee. Make a paste. Turn off the gas. Consume this every day in morning. It suits all adults and children.





Immunity boosting tea

Ingredients:

- 1 cup fresh Coconut or Almond milk (homemade)
- 1 tsp freshly ground or organic Turmeric
- 1/4th tsp Srilankan rolled Cinnamon
- 1/4th tsp ginger powder or 1-inch piece mashed Ginger
- 1 Star Anise (chakra phool)
- 1 tsp raw cold pressed Virgin Coconut Oil
- 1/4th tsp of crushed Black Pepper

To Sweeten: Add raw, unheated, unpasteurized Honey or organic Jaggery Powder

How to Make:

1. Warm the Coconut or Almond milk with all the ingredients except the oil and honey.
2. Strain and add coconut oil and honey (optional, may also use organic jaggery)

Sip warm. This tea is for everyone. Adults and kids.

Anti-viral tea (star anise)

Boil one-star anise in 2 cups water with 3 black peppercorns, 1 cracked elaichi, a dash of Ceylon cinnamon, 2 cloves, ½ tsp turmeric, 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.

Immunity boosting soups

1. Pumpkin lentil soup -
<http://www.lukecouthinho.com/blog/recipe-corner/pumpkin-lentil-soup/>
2. Sweet potato soup -
<http://www.lukecouthinho.com/blog/recipe-corner/sweet-potato-soup/>

What suppresses immunity:

1. Sugar suppresses immunity almost immediately, so avoid refined white sugar.
2. Smoking – active and passive will deplete vitamin C levels from the body.
3. Lack of quality sleep and a sedentary lifestyle
4. FEAR and WORRY although a natural response can be an obstacle towards building your immunity. Stress raises cortisol levels (stress hormone) and cortisol can turn off immunity immediately.

How to overcome fear during this time?

- Visualise good health

Videos that can help:

<https://www.youtube.com/watch?v=DPtEoOhDaTc>

https://www.youtube.com/watch?v=oKLYdTiGF_8&t=2s

<https://www.youtube.com/watch?v=tOV8cX9fEWY&t=5s>

<https://www.youtube.com/watch?v=rWTt4cNLS8I>

- Affirm good health and safety

Simple positive affirmations to practice:

- I am safe
- I am healthy
- I am protected
- My immunity is strong and capable of keeping me safe.

And lastly, let's put in our PRAYERS with faith and belief that the situation gets better, affected individuals come out of it and we are able to overcome this soon.

Please share this as much as you can.
Each of us have a responsibility to
protect ourselves and families.

- Luke Coutinho



For more information on boosting immunity, please watch -

Immunity:

<https://www.youtube.com/watch?v=mHVypuHHc0o>

<https://www.youtube.com/watch?v=PDmlP54QKSU>

<https://www.youtube.com/watch?v=byv7Ot9oZ4c>

<https://www.youtube.com/watch?v=PBVvV8A7iSI>

<https://youtu.be/F1vTPWPNOTk>

Research links

Stress - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1361287/>

The Bidirectional Relationship between Sleep and Immunity against Infections

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4568388/>

Exercise and Respiratory Tract Viral Infections

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2803113/>

Anti-viral foods

- Curcumin - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4022204/>
- Tulsi - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4296439/>
- Ginger - <https://www.ncbi.nlm.nih.gov/books/NBK92775/>
- Star anise - <https://www.ncbi.nlm.nih.gov/pubmed/22445787>
- Coconut oil - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6817632/>
- Neem - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3767196/>
- Garlic - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4103721/>
- Onion - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3360794/>
- Pumpkin seeds - <https://ijcc.chemoprev.org/index.php/ijcc/article/download/225/164>
- Moringa - <https://www.ncbi.nlm.nih.gov/pubmed/29175786>
- Vitamin C - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5707683/>

To source and subscribe high quality chemical free & natural ingredients contact :

ON. Organic & Natural

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