



HOW TO THRIVE IN THE AGE OF COVID-19

It's hard to believe that we are coming up on a year of quarantine. With the approval of multiple vaccines and more on the horizon, there is much to be optimistic about -- but we are still a ways from the "new normal." So in the meantime, how do you keep yourself and your loved ones safe and healthy? Three steps is all it takes.

1 DO YOUR PART TO PREVENT THE SPREAD OF COVID

- The best way to prevent the spread of COVID-19 continues to be:
 - Wear a mask in public
 - Maintain a distance of 6-feet from people who do not live with you
 - Continue frequent hand-washing & disinfecting surfaces in your home & office
 - Get the vaccine that is available to you at your earliest opportunity
 - For more COVID resources, consult the CDC website [here](#).
- Continue to be diligent about COVID-19 precautions, even if you've been vaccinated or are with others who have been vaccinated.
- No individual food, supplement, herb, or vitamin can improve your immunity or prevent you from contracting or spreading COVID-19.
 - There is no evidence that taking any supplements such as Zinc, Vitamin C, Vitamin D, or any others will prevent you from contracting or spreading COVID-19.
 - There is a much greater risk to your health of taking "super" doses of any specific vitamins or minerals which is why we never recommend this.
 - Don't be fooled by stories or ads that promise products with "immune boosting" effects. It is simply not true.

2 MANAGE CHRONIC HEALTH CONDITIONS

- Research has shown that chronic diseases such as hypertension, Diabetes, CKD, heart disease and COPD can increase your risk of COVID complications so stay on top of your health.
- Don't delay in scheduling regular check-ups or screenings, as well as visits with any specialists related to chronic disease management.
 - Most doctors are offering telehealth visits when appropriate, so there is no reason to delay.
 - If you're due for an appointment, start scheduling & stay on track.
- Continue taking prescribed medications and follow the instructions for how to take them:
 - Take at regular times every day - your body likes a schedule
 - Observe the rules about "with food" or without, it can affect how well your medications work
 - If you've added any new medications, make sure to let your Internist know so they can confirm all your medications work well together

- Quarantine life has made it challenging to follow prescribed diets & lifestyle recommendations, but the effects can be risky for your long-term health.
 - Make a plan to get back on track by identifying any obstacles and deciding what you need to move past them.
 - Know when to ask for help. Find the resources you need if you are struggling with issues such as:
 - ◇ Stress?
 - ◇ Access to healthy food?
 - ◇ No place or plan for exercise?
 - ◇ Limited knowledge about a specialized diet for your condition?
- Reach out if you need help!

3

INTEGRATE HEALTHY HABITS TO STRENGTHEN YOUR IMMUNE SYSTEM

- Eat a healthy “whole food” diet. Focus on lean protein, healthy fats, fruits, vegetables, and whole grains.
 - Make sure to include Protein, Fiber and a Healthy fat in every meal
- Get your vitamins from food sources and not supplements
- Don't skip meals and don't snack. Eating 3 meals a day with no snacks in between keeps your blood sugar balanced and is healthier for people with any GI issues. Poorly controlled blood sugar can also weaken your immune system.
- Moderate regular exercise has been shown to benefit the immune system. Aim for 30 minutes per day, 5 days a week to maintain your health and increase that if your goal is weight loss.
- Resistance & strength training don't appear to be immunity-boosting BUT they are essential for preventing muscle loss and increasing your metabolism, which also makes it easier to lose weight.
- Manage your stress. Chronic stress can lower your immunity. Try walking breaks, meditation, exercise or find what works for you.
- Prioritize your sleep. Research shows that poor sleep can lead to unwanted weight gain, reduced immunity, and increased risk of Diabetes and cardiovascular disease.
 - Address any health issues that may be interrupting your sleep
 - Get serious about your “sleep hygiene” and start some new nighttime habits

WHAT DOES A NUTRITIONAL CONSULT COVER?

- In-depth assessment of your dietary and health history, eating style and preferences, nutrition-related bloodwork, body composition, and current health priorities
- Maintaining a healthy weight and minimizing muscle loss
- Eating to balance blood sugar and prevent nutrient deficiencies
- Chronic disease management such as Diabetes, heart disease, and high cholesterol
- Empowering you with the knowledge and confidence to use nutrition to take control of your health



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Nutrition consults are not covered for all diagnoses, depending on your insurance company and some may require a doctor's referral. If you would like to know if your services are covered, please contact your carrier prior to your visit.



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