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WAYS TO STRENGTHEN IMMUNITY AND HELP PREVENT COMMON ILLNESSES

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The following are a list of lifestyle and dietary changes that I am making in my life and/or that I am recommending to the patients I see in my clinic. Please always check with your health-care professional(s) as to what recommendations are best for you to follow for your health and well-being. I also have no financial connections to any of the products I am listing. They are just the best I have found, so far.

- 1. Keep your whole body warm** so hands and feet are as warm as the skin over your heart. Seek and foster the joy and warmth in your relationships with family, friends, and community (also see “Importance of Warmth” article on my website).
- 2. Get plenty of sleep, especially the key, “liver” sleep (i.e. “the sleep before midnight that counts as double”).** With regard to sleep, newborns (0-3 months) need 14 to 17 hours/night, Infants (4 to 11 months) need 12 to 15 hours/night, Toddlers (1-2 years) need 11 to 14 hours/night, Preschoolers (3 to 5 years) need 10 to 13 hours/night, School-age children (6 to 13 years) need 9 to 11 hours/night, Teenagers (14 to 17 years) need 8 to 10 hours/night, adults (18 to 64 years) need 7 to 9 hours, and seniors (65+ years) need 7 to 8 hours/night. If we are getting enough sleep then we can awake bright-eyed, by ourselves and without an alarm, and will have a good appetite for breakfast (Also see “The Importance of Sleep I and II” articles and #4b in the “General Clinic Recommendations” article on my website).
- 3. Keep well hydrated. Drink more water and/or herbal teas between meals.** As a rough guide, drink 1/2 of your pound weight in ounces of water or herbal teas/day, (For example, if your weight is 150 pounds then you would try and drink at least 75 ounces of water/day). If exercising, sweating, or experiencing a fever, then you will need even more water that day. Avoid drinking lots of water with meals since drinking lots of water during a meal can dilute your stomach acids and interfere with the breakdown of proteins from your food. Dehydration will cause fatigue so make sure you are urinating throughout the day and that your urine looks only barely yellow without much of an odor. We usually don't feel thirsty until we are already pretty dehydrated.
- 4. Spend lots of time in nature and take time for “Mindfulness” and quiet meditation practices.** Walk and hike in nature at least 1 hour, several days a week, if not every day. Walking should be invigorating and uplifting and not depleting or exhausting. If feeling exhausted, make sure you are doing self-care and getting plenty of sleep as well as lots of time outdoors in nature, and then slowly and steadily increase your activity level.

5. Find ways to spend more time in the present moment by doing artistic activities that you love such as painting, drawing, sculpting, singing, quilting, knitting, sewing, woodworking, playing a musical instrument, improvisational theatre, and doing lots of harmonious, non-competitive movements like, Eurythmy, Spatial Dynamics, Pilates, Tai Chi, Qigong, yoga, swimming, and once again, walking and hiking in nature.

6. Limit screen time and limit cell phone use (text instead) and keep the cell phone off your body and away from your head when it is on. Avoid letting the computer directly contact your body. Use a landline whenever you can and try and keep your head (i.e. brain) at least 3 ft. away from your screen, when using a computer, Smart phone, or iPad. Also turn WiFi off in hour home, when asleep, if not using a cable system already. Avoid charging any electronic devices in your bedroom while asleep. Keep cell phone at least 6ft and some say 30 feet away from your head if it is turned on while you are asleep. Eliminate the SMART (electrical) meter and switch back to a manually read meter instead (Call PGE, SMUD, or your electric company to do this). See # 4a and #33 in the “General Clinic Recommendations” article on my website and look at Katie Singer’s book, [An Electronic Silent Spring](#), for more details about types of EMF and other exposures, as well as, what to do about them.

7. Nutritional Recommendations (Please also see my “General Clinic Recommendations” article on my website, specifically #14 through #21g, for additional information):

a) Increase your intake of fresh, raw, organic fruits and especially vegetables to increase the fiber, plant enzymes, beneficial intestinal bacteria, vitamins, and minerals in your diet and also consume good quality fats (See “General Clinic Recommendation” article and “Nutrition” article on my website for more details). Eat an organic apple/day since it serves as a good source of fiber, antioxidants, and even beneficial intestinal bacteria near the core (“An apple a day keeps the doctor away”). Drink freshly juiced organic vegetables/fruits 3 to 5 times or more/week. This helps keep one’s saliva pH between 7.0 and 7.4, so body remains in an anti-inflammatory state. Juice 9-12 large carrots, 3 stalks celery, 6+ stalks of “dino” kale, a green cucumber, 1 inch piece of ginger, 1 red beet, 1 red or green apple, an organic lemon and 1 peeled orange. Drink at least 8 to 12 ounces/day (if child) or 24 to 32 ounces/day (if adult), 3 to 5 days/wk. Juiced and raw vegetables also provide a good source of beneficial soil bacteria for the small and large intestines. I also sometimes take 1 tsp/day of Fermented Organic Greens by Dr. Mercola added to water or to a freshly squeezed, juiced veggie drink.

b) For a vitamin and mineral supplement, I take 1 adult packet of Oxyent, (which also contains the methylated forms of both Vitamin B12 and Folic Acid) mixed into 24 to 36 ounces of water, daily. Children 5 years and older can take ½ packet/day of adult **Oxyent** mixed into 8 to 16 ounces of water, daily. I tend not to use the child **Oxyent** packet because it contains elemental iron and can upset the child’s stomach, especially when combined with zinc in a supplement. Please see #21a and #21b in the “General Clinic Recommendations” article on my website for more information. If older children, teenagers, or adults do not like the taste of **Oxyent**, then I would have adults and teenagers take 2 capsules/day of the multi-vitamin and multi-mineral supplement from **Thorne Research (Basic Nutrients 2/day)** and only 1 capsule/day if an older child. When parents feel they do not

7b) (cont.)

need a multi-vitamin and multi-mineral supplement and only need a methylated B12 and methylated Folic acid (B9) then I recommend 1 capsule/day of **B Complex Plus** by **Pure Encapsulations** (1/2 capsule for children, older than 5 years of age) since it provides methylated Vitamin B12 and methylated Folic Acid along with all the other B vitamins (There are no minerals in B Complex Plus, only B Vitamins). I always take vitamins that contain the methylated forms of B12 and Folic Acid since many children and adults have a genetic issue and cannot methylate or activate Vitamin B12 or Folic acid (Vitamin B9) that they get in their diets. Often having a family history of an autoimmune conditions, inflammatory conditions, and/or Autism (i.e. brain inflammation) suggests there is a methylation issue (Also known as MTHFR gene deletions) that is impacting immune function.

I might consider taking extra plant minerals, like in **Fulvic Mineral Complex liquid** by **Vital Planet**, when not eating enough vegetables or not taking **Oxylent**. I drink 1 capful of **Fulvic Minerals** mixed in a glass of water/day. For older children, I would use 1/2 capful in a glass of water though juicing raw veggies and fruits is even a better source for minerals. I might use **Fulvic Mineral Complex** liquid if a child or an adult does not like taking **Oxylent** and therefore is only taking the B vitamins in **B Complex Plus** by **Pure Encapsulations** (which contains no minerals). Most of these supplements can be found on Smile.AMAZON.com (donation made to Red Cross if Smile is used) or Vitacost.com.

- c) **Try to always maintain adequate Vitamin D blood levels (40 to 50 ng/ml not just above 14 or 20 ng/ml) for immune health, especially during the winter months.** I do this by getting plenty of skin exposure to sunshine during the summer months. During the fall, winter, and early spring I take 2000 IU of Vitamin D3/day (with 1000 IU of Vitamin D3 coming from one packet of **Oxylent** which is probably a synthetic source of Vitamin D3) plus another 1000 IU of natural Vitamin D3 contained in either two capsules of **Omega-3D capsules** or 1 tsp/day **Arctic D Cod Liver Oil** both products by **Nordic Naturals**, which uses a natural source of Vitamin D, for adults, teenagers, and children older than 5 years of age. For a child 3 to 6 years of age, I recommend 1/2 tsp/day of **Arctic D Cod Liver Oil**. Only 400IU of Vitamin D3 is recommended for a breastfeeding infant and toddlers, though moms should to take the adult dose.

The best source for Vitamin D3 is spending at least 15 to 30 min in direct, mid-afternoon sunlight (longer when skin is darker in pigment). It is important to know that in the United States our bodies can only make Vitamin D3 from the UVB rays of the sun during mid-March to October, **if we live North of Atlanta, Georgia**. Therefore, especially during the late fall, winter, and early spring months, I usually recommend supplementing 1000 IU to 1500 IU/day of Vitamin D3 for children, 1500 IU to 2000 IU/day for teenagers and adults during these months and sometimes all year round if not getting enough sun exposure to the skin during the summer months. Adults should not exceed taking 4000 IU/day **as a supplement** in order to avoid Vit. D toxicity which causes calcium toxicity in the blood (see below).

On the other hand, at the first sign of a cold or congestion, I do take 25,000 IU of Vitamin D3/day for the first 3 days (using 4-5 capsules of **Nordic Naturals Vitamin D3** (1000IU or 5000 IU/capsule)-the only natural (not synthetic) source of Vitamin D I have found. If I can't find that, then 4-5 capsules of 5000 IU/capsule of **Dr. Mercola's Vitamin D3 with Vitamin K2**-though he probably uses a synthetic Vitamin D3 like is done in most other Vitamin D supplements. After those first three days, I then return to taking my maintenance dose of 2000 IU Vitamin D3/day.

All research that I have read warns **not to take more than 4000 IU of vitamin D3/daily** on a regular basis, unless you are monitoring your serum

7c) (cont.)

Vitamin D levels on a monthly or bimonthly basis. This is because Vitamin D, like Vitamins A and E, is stored in our fat and too much supplementation of Vitamin D can lead to high serum calcium levels, and therefore, can cause cardiac arrhythmias. Also see #21e in the General Clinic Recommendation article for foods containing Vitamin D and additional information about signs of Vitamin D deficiency (Ex. Frequent respiratory infections, fatigue, bone or back pain, muscle weakness, depressed mood or moodiness, impaired wound healing, increased tendency to sweat in teenagers and adults, toddlers and children often show a sweaty head, especially when they waking-up after sleeping). Remember that having adequate Vitamin D is essential for immune health and seems to help prevent respiratory infections.

d) Increase Vitamin A-containing foods (see #21d in General Clinic

Recommendation article for food sources with Vitamin A and signs of Vitamin A deficiency). Vitamin A is important for the health of our respiratory tract, skin, and intestines. Key way to get lots of Vitamin A is to eat lots of orange colored fruits and vegetables (**Oxylent** powder and **Thorne Basic Nutrients 2/day** capsules also contain Vitamin A). Vitamin A is also a fat stored vitamin (just like Vitamin D and Vitamin E) so too much supplemental Vitamin A can be toxic and can cause brain inflammation. I usually only supplement with 1000 IU to 2000 IU of Vitamin A /day, the same amount as my daily vitamin D supplementation during the late fall, winter, and early spring months.

e) Especially increase your Vitamin C intake by eating lots of raw, organic, fresh fruits and vegetables (See #21c in General Clinic Recommendation article on my website for food sources and clinical signs of deficiency), if coming down with the flu or a cold. A food-based Vitamin C supplement, that uses only natural sources of Vitamin C, can be taken by children and adults. I take **Pure Synergy Radiance C** by **Radiant Life** (in powder or capsules) on radiantlifecatalog.com, amazon.com, or vitacost.com websites. Children can take 120mg of Vitamin C/capsule or 120mg/1/4 tsp. of powder. I would recommend giving a young child a total of approximately 120 mg of Vit C, twice a day with food, for each day of an illness. I recommend to my teenage and adult patients that they can take 240mg to 580mg of the Pure Synergy Radiance C or some other supplement in divided doses, every day they are sick.

Some adults, I know, are taking 500 to 1000mg/day of Lyposomal Vitamin C capsules (probably a more synthetic source of Vitamin C as ascorbic acid) by Dr. Mercola or 1000mg Lypo-Spheric Vitamin C gel-packets (also, possibly a synthetic source of Vitamin C as ascorbic acid) by LivOn, when they have a cold or flu. Vitamin C can be irritating to the lining of the stomach and cause bleeding and/or diarrhea (if taking too high a dose all at once), so I avoid the cheaper brands sold at grocery stores and only take 240 - 250mg at a time. High heat and pasteurization (like in pasteurized orange juice) destroys Vitamin C. Some orange juice brands often add synthetic Vitamin C (i.e. Ascorbic acid) to the orange juice after pasteurization just so they can advertise that their orange juice contains Vitamin C!

7f) Increase consumption of zinc-containing foods (see list of foods and signs of deficiency in #21b in General Clinic Recommendations article on my website). **Oxylent** multi-vitamin and mineral supplement and **Thorne Basic Nutrients 2/day** also contains 15mg of zinc/adult packet or 2 capsules. In addition, children or adults can suck **Elderberry/Zinc lozenges** by **Zand** (5mg of zinc/lozenge) for extra zinc to boost zinc to a total of 25 or 40mg/day, not exceeding 50mg/day (see below).

When I have the beginning of a sore throat or nasal congestion, I also like the zinc to coat my mouth and throat because it is thought to have anti-viral/anti-bacterial properties (though I do not give these hard, grape-size lozenges to younger children because they might accidentally choke on this hard, candy-like lozenge). Instead for these young children I give them **Oxylent** powder in water or have them suck/chew on a more dissolvable, powdery form of zinc like **Thera Zinc Eldeberry "Lozenges"** (containing 7mg of zinc and actually a rapidly dissolving tablet).

At the beginning signs of a sore throat and/or congestion and before, during, and after traveling on a plane, I usually take **Airborne**, which contains zinc along with various vitamins, minerals, and Chinese herbs. I dissolve the effervescent tablet in a large glass of water and drink, repeating this every 4 to 6 or 8 hours. One effervescent tablet of **Airborne** has 8 mg of Zinc and is sold at various pharmacies and supermarkets.

Zinc is involved in over 100 chemical reactions in the body. It is also needed for RNA and DNA synthesis and cell division. Zinc deficiency is associated with impairment of growth, delay in wound healing, impaired immune functioning, memory loss, and behavioral and learning problems. Deficiency in Zinc can also interfere with the production and/or functioning of thyroid, androgen, and growth hormones. Adults and the elderly often lose their sense of taste when they are zinc deficient (which is also occurring for patients with Covid19). **Usually children and adults develop lots of white lines and spots on their nails, if they are not getting enough zinc in their diets.**

Don't exceed 50mg/day of Zinc, since excess zinc can suppress copper and iron absorption. Also take zinc with food (not on an empty stomach), otherwise it can make one feel nauseated. Nausea, vomiting, stomach pains, and other symptoms can also occur when taking too much zinc.

g) I take **Elderberry Thyme syrup** (by **True Botanica**) or **Elderberry Syrup** (by **Planetary Herbals** on smile.amazon.com or vitacost.com websites) when I start coming down with a cold or the flu. I then take 1 tsp., 3 times per day, to support my immune health. I want the Elderberry to coat my mouth and throat so I like the syrup form instead of just by capsules.

h) Take an excellent probiotic at bedtime, in order to provide additional beneficial intestinal bacteria. I recommend **Bio-kult** probiotic capsules for my patients, 2 to 6 capsules/bedtime depending on the age of the child (Give 1 capsule/night per year of age up until age 4 years of age. From 5 to 10 years of age, give 5 to 6 capsules each night at bedtime. Teenagers and adults can take 8 to 12 capsules/night). You can open the capsule(s) and put the powdered organisms in apple sauce, if child cannot swallow capsules. Each **Bio-kult** capsule contains 2 billion organisms/capsule of beneficial intestinal organisms. An adult or teenager could instead take **Healthy Trinity** capsules by **Natrens**, 1 capsule/bedtime (One capsule of **Healthy Trinity** contains 30 billion beneficial intestinal organisms).

7h) (cont.)

Please see #14-15 in the General Clinic Recommendations article on my website for more details and how to order Bio-kult probiotic. Beneficial soil bacteria are also in juiced, unpasteurized, raw vegetable and fruit drinks (see #16 in General Clinic Recommendation article).

I also recommend that Adults and children take a nightly oral probiotic for 6 months after any oral antibiotic, to restore beneficial intestinal bacteria destroyed by the antibiotic. Adults and children that get recurrent strep throat also need more beneficial bacteria in their mouth and intestines. Children and adults can then take a chewable probiotic or open one capsule of **Bio-kult** and mix with a tablespoon of apple sauce and then swirl the applesauce around in the mouth). For increasing beneficial intestinal organisms, children and adults will also need to take probiotic capsules (which protect the beneficial bacteria in the capsules from being destroyed by our stomach acid). If a young child cannot swallow capsules yet that those capsules can also be opened and put in applesauce

Good food sources of intestinal bacteria include juiced, raw vegetables and fruits, fermented cabbage or other fermented vegetables, and unsweetened yogurts (I use Strauss organic whole milk yogurt, Trader Joes Organic whole milk yogurt, or Nancy's Organic whole milk yogurt with added probiotics. I also have made my own yogurt, using the above yogurt products as my starter).

i) For adequate omega-3-fatty acids, I take Nordic Naturals Arctic D cod liver oil (1 tsp/day for children and adults > 5 years old and 1/2 tsp/day for 3 to 5 year olds) or **Omega-3D capsules** by **Nordic Naturals** (2 capsules/day for older children, teenagers, or adults). The cod liver oil and capsules provide 1000 IU of a natural source of Vitamin D3 plus around 300 to 500mg, each, of DHA and EPA omega-3-fatty acids. Omega-3-fatty acids support skin, heart, brain and immune health. **Nordic Naturals** also makes **Ultimate Omega 3D** with 450 mg of DHA and 650 mg of EPA along with 1000 IU of natural Vitamin D3 per 2 soft gel capsules, and **Nordic Naturals** also has **Children's DHA Gummies** for children older than 2 years of age that contain 145mg of EPA and 355mg of DHA/gummy. Older children, teenagers, and adults could take 2 of these gummies/day.

The Nordic Naturals brand is the only brand I have found that uses a natural, rather than a synthetic source, for Vitamin D3 as well as making a pharmaceutical grade of fish or cod liver oil (i.e. making sure there is no mercury in the oil). Sometimes when children have brain inflammation (i.e. diagnosed as having an Autistic Spectrum Disorder), I recommend the soft gel (though very large) capsules of **Nordic Naturals ProOmega CRP** which contains 525mg of DHA, 735mg of EPA, 600mg Curcumin, 300mg N-Acetyl-cysteine, and 225mg of Reduced L-Glutathione for every **3** capsules. This formulation does not contain any Vitamin D3.

When children and adults are deficient in omega-3-fatty acids (DHA and EPA), they develop a fine sandpaper-like texture to the skin, on the outer aspect of their arms and sometimes all over their backs, abdomen, and/or the back of each thigh. EPA has natural anti-coagulation ("blood thinning") properties so these supplements are often stopped 7 days before any surgical or dental procedure. Taking omega-3-fatty acids also have anti-inflammatory effects which is another reason why taking them, right now, is so important.

7j) I always consume a lot of magnesium-containing foods and/or take a magnesium supplement (see #18 in “General Clinic Recommendations” article on my website for lists of foods containing magnesium and signs and symptoms of magnesium deficiency). In general, older teenagers and Adults need around 300 to 400 mg of magnesium/day while younger children 4 to 8 years of age need 130mg of magnesium/day and older children 9 to 13 years of age need around 240mg of magnesium /day. Toddlers 1 to 3 years of age need 80mg of magnesium/day while newborns up to 6 months of age need 30mg of magnesium /day. Infants 7 to 12 months of age need 75mg of magnesium/day. Dietary sources are usually the easiest to absorb if children and adults will eat lots of green colored vegetables like spinach and kale, almonds, chia seeds etc.

With regard to magnesium supplementation, at bedtime, one can drink 1 tsp (child) to 2 tsps. (adult) of **CALM powder** by **Natural Vitality** (325mg of Magnesium/ 2 tsps. as magnesium carbonate sweetened with Stevia) added to 8 to 12 oz. of warm water. Always buy **CALM powder with ionized magnesium only and no added calcium or other vitamins**. Natural Vitality also makes **CALM gummies** with 83mg of Magnesium Citrate/gummie (though it does have added sugar). One can also stir 1 to 2 cups of **Epsom Salts** (Magnesium Sulfate) or **Magnesium Chloride salts** into warm bath water which allows the skin to absorb the magnesium and therefore causes less loose or frequent stools from taking too much oral magnesium carbonate/citrate in CALM.

Magnesium can help relax bronchospasm, relax skeletal muscles (i.e. relieve cramps, “growth pains”, and restless legs), increase melatonin, lower blood pressure if hypertensive, and increase intestinal motility to relieve constipation (especially taking CALM does this). Magnesium also is needed to activate hundreds of enzymatic pathways within the body. There is some magnesium in **Oxylent** though one can also take **MagMind capsules by Jarro** (containing 144mg of Magnesium Threonate/ 3 capsules), **Magnesium L-Threonate Capsules by Dr. Mercola** (145mg of Magnesium/3 capsules), or **UltraMag** capsules (225mg of magnesium oxide/single capsule), **Magnesium Glycinate** capsules (120mg of magnesium glycinate/capsule), or **Magnesium powder** (250mg of magnesium citrate/scoop) all by **Pure encapsulations**. Magnesium Threonate is more for brain function and causes less increases in intestinal motility so one does not get loose stools. Loose stools can occur if one takes too much **CALM powder** (Magnesium citrate by Natural Vitality).

In addition, one may need to increase magnesium intake if one consumes a lot of milk and cheese products. There is a relationship between magnesium and calcium and too much calcium relative to magnesium leads to constipation (i.e. intestinal movement or motility is slowed) just as too much magnesium, relative to calcium, causes an increase in intestinal motility and therefore loose and/or frequent stools. Milk products can also increase congestion, especially during a respiratory infection, though yogurt may not.

In summary, there are many forms of magnesium that are absorbed differently and seem to effect certain organs more than others so reading about each type of magnesium can help you decide which form to use. Some of these forms include magnesium gluconate, magnesium glycinate, magnesium L-Threonate, magnesium citrate/carbonate (more GI symptoms like loose stools if take too much), magnesium oxide (not very absorbable so I would not take), magnesium hydroxide (in Milk of magnesia), magnesium aspartate etc.

7k) I also make sure I am eating enough iron-containing foods (See #21g in “General Clinic Recommendations” article on my website for iron containing foods and many signs and symptoms of iron deficiency). When clinically iron-deficient, your nailbeds will appear pale, instead of pink, and you won’t easily see the white crescent-shaped moon at the base of your fingernails. There also will be a sluggish refill of your blood flow back to your nailbed (after briefly applying pressure on top of the nailbed, using a finger on your other hand, and then suddenly releasing that pressure off the nailbed). When I am not eating grass-fed beef, eggs, or vegetarian sources of iron I often take 1 to 2 tsp/day of **Plant Force Liquid Iron** (a vegetarian iron formula made with beet root, dandelion Nettle leaf etc.) by **Gaia Herbs**.

l) I mostly avoid eating gluten-containing grains/food products, corn products, fructose-corn syrup, trans-fatty acids, and foods with added sugar, since these can deplete the body’s vitamins and minerals and therefore promote an acidic state and inflammation in the body (i.e. my knee starts hurting). Because I have no cartilage in my right knee, it is more prone to inflammation so I also take Pro-Omega CRP by Nordic Naturals which contains omega-3-fatty acids EPA and DHA, in addition to Curcumin (acts as an anti-inflammatory), Glutathione (an antioxidant), and N-Acetyl Cysteine (a precursor of Glutathione).

m) I drink lots of lemon, apple cider, and/or organic herbal teas especially when I have a cold. To make lemon juice tea just squeeze 1/2 lemon and mix with warm water (You can also add little honey and a pinch of cayenne pepper). Some colleagues of mine drink a cup of lemon juice in water every morning when they first awaken. Other colleagues add 1 tsp to 1 Tbsp. of Apple Cider Vinegar to warm water (You can add a little honey, too). Avoid using honey in neonates and infants less than 1 year of age because of the risk of botulism spores germinating and forming a neuro-toxin in the anerobic -no oxygen environment of an infant’s intestine). Organic herbal teas contain a lot of minerals. I also drink Ginger tea with honey (I love drinking organic Chamomile with Ginger tea by Traditional Medicine).

n) I drink or eat Detox/Mineral Bone Broths and Soups containing chicken, coconut oil, garlic, yellow and green onions, +/- beets, diced tomatoes, carrots, etc. (All Organic). Please see full recipes for these broths and soups on my website.

o) Finally, read the Nourishing Traditions Cookbook by Sally Fallon (especially the first 75 pages about nutrition) and parts of the “General Clinic Recommendations” article and various nutrition articles on my website.

8. Take a Nutrition Bath made by stirring one raw egg with 1 cup organic milk (I use Organic Pastures milk) and adding this to bath water. I then add the juice of one organic lemon by cutting the lemon in half within the bath water and then thoroughly squeezing each half into the bath water.

9. Read, The New Earth-Awakening to Your Life’s Purpose by Eckhart Tolle and/or other inspiring books and listen to inspiring podcasts on SoundsTrue, OnBeing etc.

10. Remember what Marshall Rosenberg, author of Non-Violent or Compassionate Communication, would say which is **“Don’t do anything in your life that you can’t find a way to enjoy (i.e. love)”**. See the “Compassionate Communication” article in the Parenting section of articles on my website that summarizes what I learned during his 9-day International Training (i.e. expressing feelings, needs, making requests, active listening, cultivating gratitude, peace and love).

11. **Express gratitude and awe. Surround yourself with work, activities, and people who represent “Goodness, Truth, and Beauty” in your life.**
Focus on being more loving and bringing more love into your life, since living in fear, whether from having worries or regrets about the past or worrying about the future, takes one out of the present moment, increases cortisol secretion from the adrenal glands, and thereby suppresses immune function. As Huston Smith shared in his autobiography, highlighting what he learned from a Japanese Zen Master: Maintain an infinite gratitude for your past, an Infinite service for the present, and an Infinite responsibility for the future.

12. **Are you staying true to yourself? Are you living the life of your dreams? Are you doing work you love? Are you speaking-up for your values and truths?** Are you truly alive and therefore feeling and expressing all of your feelings of anger, sadness, fear, and joy in a receptive way so you can make requests of others, that are heard? Are you talking to trusted and empathetic friends or a counselor about the shocks, disappointments, or stressors in your life, so they don’t affect the functioning of organs in your body or lead to accidents and illness, because of holding back feelings of anger, sadness, or fear (so feeling joy becomes suppressed too!). When feeling overwhelmed and telling yourself that you are overwhelmed, it is like sending a message to your body to shut down and stop functioning. **Refocus on those 7 C’s of Consciousness (Clarity, Creativity, Courage, Calmness, Compassion, Centeredness, and Connection)** to bring you back into the present moment. Take care of yourself, so you have the strength to care for others. Love yourself so you have the heart forces to unconditionally love everyone and everything around you.