

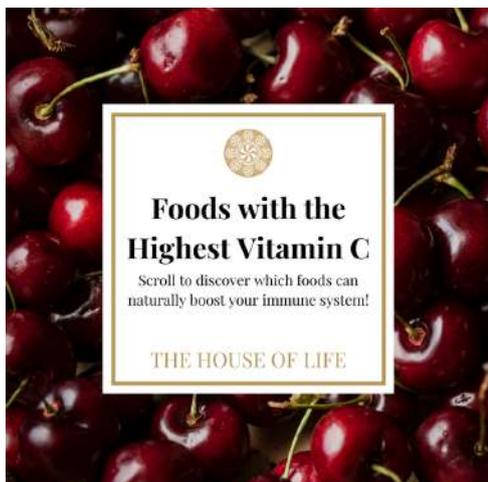


# THE HOUSE OF LIFE

Holistic Health & Wellbeing Clinic

## Dr. Marina Christov's Immunity Tips

1. Wash your hands regularly with soap and water for 30 seconds.
2. Increase your sun exposure to boost your Vitamin D levels or take good quality Vitamin D3 supplement. (Dosage depends on each individual case, but I recommend at least 2000 IU.)
3. Hydrate with Immune enhancing teas, soups and purified water.
4. Try freshly squeezed juices incorporating bee pollen, oranges, parsley, ginger and spinach.
5. Eat more Vitamin C and Vitamin A rich foods. In addition, I strongly recommend a quality vitamin C, Zinc and Olive leaf supplements.
6. Eat more fermented foods, medicinal mushrooms and organic seasonal vegetables.
7. Increase your ginger, oregano, thyme, garlic, onion and turmeric intake.
8. Eliminate or greatly reduce sugar, dairy, wheat and animal products.
9. Transform fear, worry and stress into states of gratitude, love and laughter
10. Practice regular prayer and mindfulness.
11. Use therapeutic grade essential oils, like eucalyptus, tea tree, orange, lemon and clove.
12. Rest when you are run down; quality sleep is also important.
13. Avoid wind, drafts and exposure to the cold.
14. Reschedule work or other life commitments if you are unwell. Nothing is more important than your health.
15. Participate in regular exercise.





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## How to avoid it!

As with other respiratory infections like the flu or the common cold, public health measures are critical to slow the spread of illnesses.

### These include:

- Staying home when sick; covering mouth and nose with flexed elbow or tissue when coughing or sneezing. Disposing of used tissue immediately.
- Washing your hands frequently. CV transmission occurs mostly by direct contact, touching tissues or materials on which the virus is present. Be mindful of not touching your face.
- Disinfecting your PC keyboard, mobile phones, other frequently touched surfaces and objects.
- Drink herbal teas and bone broths throughout the day. Hot liquids neutralise the virus.
- Our Immune enhancing tea formula is excellent, as it contains well researched immune enhancing herbs and berries, and has won an award for its functional properties.
- Saunas, steam rooms and hot steamy showers are recommended.
- Gargle with a disinfectant solution that eliminates the amount of CV that could enter your throat. Salt water gargles are great.
- Avoid drinking ice water or anything really cold.
- Keep your body warm, especially extremities.
- Airing out spaces.
- Exposing clothes/ pillows and blanket out on the sun.

### Daily health check! Every morning:

- Take a deep breath and hold your breath for 10 seconds. If you successfully complete it without coughing, discomfort, a sense of oppression etc then this shows there is no fibrosis in the lungs, indicating no infection.
- CV does not resist heat and dies if exposed to a temperature of 27 degrees +\
- Masks are effective as the diameter is about 400-500 nanometres, health professionals need to take further precautions.
- On a metal surface CV can survive 12 hours.
- CV can live nested in fabrics and clothes for 6-12 hours.
- CV only survives on your hands for about 10 minutes.
- CV may not show signs of infection for days.

### Corona Virus: What we know and how to prevent it? How does it manifest?

- Corona Virus (CV) does not cause a dripping nose or catarrhal cough. It's a dry nose and cough.
- CV is first installing itself in the throat, causing inflammation and a dry throat sensation. This symptom can last 3-4 days.
- It travels through the humidity present in the airways, down the trachea and installs in the lung, causing pneumonia. This is 5-6 days.
- Pneumonia occurs with a high fever and difficult breathing.



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## SCHOOL ADMINISTRATORS, TEACHERS AND STAFF

Recommendations for healthy schools are:

- Sick students, teachers and other staff should not come to school.
- Schools should enforce regular hand washing with safe water and soap, alcohol rub/hand sanitizer or chlorine solution and, at a minimum, daily disinfection and cleaning of school surfaces.
- Schools should provide water, sanitation and waste management facilities and follow environmental cleaning and decontamination procedure
- Schools should know the latest facts and understand basic information about coronavirus disease (COVID-19), including its symptoms,
- Instead of keeping children out of school, teach them good hand and respiratory hygiene practices for school and elsewhere, like frequent hand washing (see below), covering a cough or sneeze with a flexed elbow or tissue, then throwing away the tissue into a closed bin, and not touching their eyes, mouths or noses if they haven't properly washed their hands.

### Washing hands properly:

Step 1: Wet hands with safe running water

Step 2: Apply enough soap to cover wet hands

Step 3: Scrub all surfaces of the hands – including backs of hands, between fingers and under nails – for at least 20 seconds

Step 4: Rinse thoroughly with running water

Step 5: Dry hands with a clean, dry cloth, single-use towel or hand drier as available. Wash your hands often, especially before and after eating; after blowing your nose, coughing, or sneezing; going to the bathroom/toilets/latrines and whenever your hands are visibly dirty. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water, if hands are visibly dirty.

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## How does fear affect the body?

Fear, as taught in Traditional Chinese Medicine, is an emotion which “descends” and if chronic can damage the Kidneys and deplete all vitality.

Sudden fear, affects the Heart. Once a state of shock has occurred (especially if the person is very young or very old), circulation is, to some extent, permanently altered until adequately treated.

Considered in terms of Western physiology, sudden fear or panic rapidly activates both the nervous system and the circulatory system. Our body consequently releases the stress hormones cortisol, adrenaline, and noradrenaline.

### **This will:**

- Slow or shut down functions not needed for survival (such as our digestive system)

- Sharpen functions that might help us survive (such as eyesight). Our heart rate increases, and there is an increased flow of blood to supply the muscles.

If the fear/ anxious state continues, our defences become reduced and the adaptive energy supply is gone. This often leads to burnout or adrenal fatigue, maladaptation, and immune system dysfunction.

Some of the other effects of chronic fear on physical health include headaches turning into migraines, muscle aches turning into fibromyalgia, body aches turning into chronic pain, and difficulty breathing turning into asthma.

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