

COVID-19 Immune Support Tips & Recipes

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“And so, we enter difficult times. But as old systems fail, out of the shards, and out of the human capacity that our species has always possessed, we will, of necessity, create something new, something that really does work better and that does reflect the world in which we live more accurately. Ironically, that will include a return to plant medicines as our primary healing agents for infectious diseases.”

Stephen Harrod Buhner, Herbal Antivirals: Natural Remedies for Emerging & Resistant Viral Infections

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Disclaimer: None of the recipes, tips or other items shared here are meant to replace the suggestions made by your health care provider or the government agencies managing the pandemic reporting/resources. I am not a doctor. There is currently no treatment, cure or vaccine for this disease.

(Please note, this is a work in progress; I plan to post this on my website and make updates to the content as time goes on, especially building out the Stress Reduction, Sleep, Rest and Exercise portions. Also, please excuse the formatting and cobbled together nature of this document).

Hello! As a Functional Nutritionist, I am qualified to give recommendations for lifestyle practices to support your health and well-being. In response to the Coronavirus (COVID-19) pandemic, I've put together some basic lifestyle support suggestions to help make your body and spirit a less hospitable host for this viral pathogen and for the fear surrounding the unprecedented event unfolding around us at rapid fire pace.

The most susceptible people in this pandemic seem to be people older than 60, those with underlying medical conditions - many of which are lifestyle/toxicity diseases, and more recently, people of any age who are not practicing good social distancing and thus getting more potential exposures. The pandemic is deeply damaging to the lung tissue and overwhelms the fluid systems of people in whom the disease becomes more severe.

I can't help but think about the recent fires in Australia and the Amazon as harbingers of this particular pathogen grinding the country's economic and cultural systems to a halt. I'm not saying this is a cause and effect relationship, but rather a correlation between the landscapes devastated by fire (one region that burned – the Amazon – is considered the lungs of the planet) and the tissues of our bodies devastated by this disease. If we really sit deeply with the understanding that our body is the earth and the earth is our body, it becomes easier to look at the macrocosm of fires ravaging large portions of landmass in the southern hemisphere over the past year and the microcosm of a viral pathogen exploding in the northern hemisphere 6-8 months later, which gets carried into our airways where it forces itself into one of our very own cells and finds its way to the deep, exquisitely sensitive tissues of our lungs, where it essentially paralyzes them.

This is not the first viral pandemic to sweep through the human population and it is not likely to be the last. Because of the RNA type nature of this virus, it is practically impossible to develop a vaccine that will be 100% effective at stopping the spread. Just as the annual flu vaccine can only protect a certain portion of the population that receives it, the vaccine for this virus may slow the spread, if/when it is developed, which could take 12-18 months (according to most estimates I've heard), but it will never stop it in its tracks.

The best defense against viral (and any other pathogenic) infection is to support the immune system and the overall health and function of the body, mind and spirit. You have to consider your body as a host for any potential pathogen. The virus' main objective is to get into a host, find its way to the preferred cells/organs of the body and then replicate itself so the "host" spreads the virus to the next person through (in this case) coughing/sneezing/fluid transfer. If the host is inhospitable, the virus is less likely to take root and cause severe disruptions to that person's health. **It is extremely important to note**

that a person with mild symptoms is still very much contagious to others with whom they come in contact.

Another way to talk about this is resiliency. Resiliency is a measure of a system's (the human body's) ability to return to normal function after a disturbance (novel coronavirus). What I can do is help you build resiliency in your body, mind and spirit using lifestyle changes, plant medicines, supplements, foods, daily practices and more.

WHO AM I? I am a single person, living alone with my dog, far from most family and friends. I don't know any of my neighbors. Three days into my self-imposed quarantine, I developed a fever and began to link it to other symptoms I'd been having for days. I am not high risk enough to warrant testing and my integrative doctor said everything I'm doing is great (see my personal protocol below, at the end). My full bio is on my website, but I have two functional nutrition trainings, an herbal training, a Weston A Price Foundation endorsed cooking training and a problem-solving, curious mind. I am relatively healthy/hardy, though dealing with chronic symptom patterns/stresses from multiple sources, and I am always working to be "healthier".

WHAT I'M OFFERING RE: COVID-19:

- My services to support your immune system as a Functional Nutritionist on a "Pay-What-You-Can" scale until further notice
- I ask that you pay at least \$1/week for any services rendered up to \$55/in-person hour, which is the rate listed on my website
- However, no one will be turned away for lack of funds
- I have access to functional lab testing, discounted high-quality supplements (which have been put on the list of "essential services" by the federal government) and access to bulk dry herbs and some tinctures made in my home (if mail services continue as normal) – all of these will incur some extra cost
- Visit my website for more details and please be patient as I get content on my site updated with stuff related to the pandemic
- Please feel free to share widely!!!!

www.sararosedaloia.com

Basic Prevention and General Tips (most of which you've probably seen in a million places, some of which may be new):

- Carry a thermometer with you everywhere. Monitor your temperature for any slight increase above 98.6 or whatever is normal for you
- Self-quarantine (and have all the supplies you need to do that on hand) for at least 2 weeks at the first sign of illness

- *(Really, though, we should all be staying home as much as possible right now, whether we appear/feel sick or not)*
- Wash hands regularly with soap, water and plenty of friction
- Don't touch your face
- Disinfect regularly touched surfaces at transition points between the inside of your home and the outside world and within the home (doorknobs, steering wheel, cell phone, keyboard, etc)
- Plan limited social gatherings with smaller groups outside in the fresh air
- Limit physical contact
- Talk on the phone instead of in person
- Make your home a sanctuary
- Hydrogen Peroxide, Hydrochlorous Acid, pure Rubbing Alcohol and Bleach water can all be used to kill coronavirus on surfaces
- Use smoke medicine (ie; burned dry herbs) inside your home for cleansing and clearing daily – sage, mugwort, mint, rosemary, palo santo, etc
- Make an altar in your home to feed the virus, should it enter. Make it beautiful and simple and mindful. This gives the sickness a place to “live” that is not inside you. Refresh the altar and the offerings daily. *Be reasonable in your expectations of this suggestion*
- Use essential oil diffusers with cloves, eucalyptus, lemon, lavender, rosemary, cinnamon essential oils (these are the ingredients of the famous “Thieves Oil” popularized during the Plague)
- DON'T LET THIS LIST/DOCUMENT OVERWHELM. DO WHAT YOU'VE GOT, KEEP IT SIMPLE!!

Some Resources:

<https://www.flattenthecurve.com/> -- good source on what this means and why it's important

<https://chriskresser.com/> -- good functional medicine and acupuncturist resource, making updates daily

<https://www.facebook.com/AndreaNakayama.page/> -- regular updates from one of my teachers

<https://www.youtube.com/watch?v=KUw1Rzbde5U> – a really interesting take on the pandemic in context of larger technological changes like 5G

<https://www.youtube.com/watch?v=Sd9mJiLQEcl> – an astrological perspective

Obviously, follow all other updates from WHO, CDC and your local government agencies. It's good to get information from multiple sources and know that this situation is developing quickly – people are mostly doing the best they can, and you will hear a lot of conflicting information, as well as a lot of patently false information. Take time to tune into your own intuition and begin to connect the dots. Stay focused on simple, actionable, affordable, reasonable steps you can take and don't get too lost in the details.

Diet

In addition to the COVID-19 outbreak, it is also early spring for most of us. This is a perfect time to support the body's natural detoxification pathways and focus on a whole food, high nutrient dense diet. Additionally, if the economic impacts of the pandemic create supply chain issues in our markets, these tips and suggestions can help with access to fresh foods.

Foods to consider including for immune support, anti-viral activities and spring detoxing:

- **Leafy green vegetables**
- **Beets** (see Recipe below) – these can be stored for months in the fridge
- **Beef or Pork Liver** (see Recipes below) – contains MANY minerals and nutrients to support immunity and overall health of body
- **Citrus** -- buy organic and add the fresh peels to every meal
- **Garlic** – add finely minced garlic to raw apple cider vinegar, honey and extra virgin olive oil. (see Recipes below)
- **Ginger** – peel with the back of a spoon and freeze a large quantity of fresh ginger. This is a potent anti-viral herb and can be made into a strong tea/juice (see Recipes below) and added to any and all dishes
- **Extra virgin olive oil** – protective to lungs and easier to digest than saturated fats as we transition from winter to spring. This gives the liver and gall bladder a break while still supporting healthy fat intake
- **Pasture raised meats** – high vitamin and mineral content, in addition to protein and amino acid profiles, which are very important for keeping immune system strong
- **Gelatin** (see Recipes below) – protective against viral and other infectious diseases, supportive of immune system and digestive health
- **Fresh Parsley** – high mineral content, when eaten raw
- **Flax and Chia seeds**, freshly ground – good fiber and essential fatty acid profile to help keep the digestive system healthy
- **Fire Cider** (see Recipes below) – daily and drizzled on every meal
- **Nettles, peppermint, thyme** herbal tea (if you have some bulk herbs around)
- Mix powdered **cinnamon** and **turmeric** in equal amounts into raw **honey** – drizzle on foods, make into salad dressing, eat by the spoonful or in tea
- **Unrefined Coconut Oil** – for anti-viral monolaurin properties

Other considerations:

- Eat less at each meal
- Include bitters before meals
- Cut back on saturated fats (for spring detox reasons only)
- Reduce or eliminate processed foods
- Cut back or eliminate processed sugars
- Fast, either intermittently (14-16 hours/day) or for longer periods
- Chew well

- Start seeds, plan(t) a garden
- Hydrate – drink half your body weight in ounces of water per day at least
- Consider buying seeds for sprouting at home in case we experience supply chain issues with fresh foods (broccoli, sunflower, alfalfa, clover, radish, mustard, beans, lentils, etc)

Resources

<https://www.mountainroseherbs.com/> – for sprouting seeds and bulk herbs, discounts for buying more than 10 pounds (see website for details)

<https://wildpastures.com/> – pastured raised meats delivered to your door

<https://www.westonaprice.org/> – search for the 2020 Shopping Guide for more mail-order high-quality foods, plus tons of other resources

<https://www.fedcoseeds.com/> -- high quality, affordable seeds

<https://greatlakesgelatin.com/> -- gelatin/collagen source

<https://www.greenpasture.org/> -- fermented cod liver oil source

Rest

If there's one thing that's been driven home again and again over the years I've studied lifestyle approaches to health and wellness, it is the importance of sleep. The body does a huge amount of repair and recalibration while we sleep. Lack of sleep inhibits immunity and creates a cascade of events which can lead to foggy thinking, bad decisions, lack of will power, poor relationships and communication patterns, blood sugar imbalance, physiological dysregulation and so much more.

The average American adult needs between 7-9 hours of sleep. Now is a great time to examine your sleep routine/hygiene and make upgrades where possible. With fewer places to go and less things to do, it's a great time to catch up on sleep you may have missed out on during your previously hectic lifestyle.

Here are some questions and guidelines to help with the process. Bottom line is: ***DO NOT UNDERESTIMATE THE IMPORTANCE OF SLEEP IN MAINTAINING A HEALTHY IMMUNE SYSTEM!!!***

- Is your bedroom dark? If no, consider covering small glowing lights with electrical or other tape and getting blackout curtains
- Do you have a nightly routine? If no, consider creating one
- Limit screen time starting around 8pm
- If you wake during the night and can't get back to sleep, consider having a protein/fat snack like nut butter before going to bed to balance blood sugar
- Be asleep by 11pm or earlier
- Is your bedroom too hot? If yes, consider turning the heat down before you go to sleep (I turn mine to 60* every night)
- Do you need extra support? There are many online resources for herbal formulas and supplements to support sleep. Some of the ones I've used personally are listed here, but there are many others:
 - Melatonin
 - Hops, Passionflower, Valerian
 - Tart cherry juice before bed
 - Cannabis infused oil

Exercise

Especially now, as our daily routines become more home-based and we spend more time on computers and other devices, exercise will be increasingly important. There are plenty of creative ideas to get yourself moving. The reasons to do so are legion and I'm sure I don't have to list them here. But I will say that exercise and movement elevate mood, increase lymphatic flow, maintain fluidity of musculo-skeletal system, increase circulation and blood flow and so much more.

- Have a dance party (alone or with your family)
- Walk your dog (or very compliant cat) in a park or other open area
- Online yoga/tai chi/qi-gong
- Sex (with yourself or another)
- Plant a garden, work in your yard, build something
- Jump on a rebounder or trampoline 5 minutes a day
- Set up a standing work-station (whether you're working or not)
- Get outside as much as possible, whether it's just in your yard or in your neighborhood park

Stress Reduction

Stress reduction in a time of pandemic and so much unknown is almost an oxymoron. However, it is among the most important things we can do to improve our immune systems. While we can't undo the existential dread of the unprecedented changes going on around us, we can make an effort to decrease stress from as many angles as possible.

- Make your home a sanctuary – clean it, organize it, make altars and places of beauty, disinfect items at the transitions and make the inside of your home a “green zone”
- Meditate daily – don't stress about it, just sit quietly with your eyes closed and your phone across the room
- Turn the media off for a period of time each day
- Make a list of some projects you've been wanting to complete around the house and start doing them
- Unplug your wifi at night and for as long as you can each day (see video link about 5G on P. 4)
- Journal and meditate on the state of the unknown we're all in right now
- Keep a journal about life during the pandemic
- Create meaning from the changes happening around you
- Laugh – watch comedy
- Develop a daily routine and stick to it
- Think about ways you personally might be supporting incongruency between your life and your dreams. What do you want to change about how you do life when things begin to ease up? Are you prioritizing the right things? Are there things you wish were different? Things you want to amplify? Now is a great time to make a plan and get clear about what's next for you.
- Read about past plagues in history . . . what were the lessons? The patterns? Is there any meaning we can take from others who've gone before us?

Supplementation

- Vitamin D – 8,000-10,000 IU daily
- Vitamin C – 3000 mg/day, split into 3 equal doses or up to bowel tolerance in acute infection
- Fermented Cod Liver Oil – 1 tsp daily -- <https://www.greenpasture.org/fermented-cod-liver-oil-liquid/>
- Selenium –200 mcg/daily
- Andrographis – follow recommendations on bottle
- Zinc – 25-40 mg daily
- N-Acetyl Cysteine – follow recommendations on bottle

If you're interested in ordering supplements via my dispensary, send me an email at sarosedeaioia@hotmail.com and I will send you an invite. I got an email today that this company is considered an essential service and will thus have support to remain open and operational for the duration of the current situation. I have a standard protocol put together that includes my preferred brands for all of the above items – only the Fermented Cod Liver Oil will need to be purchased direct from the link above, I've sourced all other items on the Protocol. *NOTE: I make a very small commission on each sale and can refund that amount to you via PayPal or Venmo if that's a concern.*

Recipes!!!

Garlic Infused Extra Virgin Olive Oil & Honey & Apple Cider Vinegar

- Peel and mince 10 heads of garlic (use food processor)
- Put equal amounts minced garlic into 3 1-pint jars
- Cover garlic in Olive Oil in one jar
- Cover garlic in Honey in one jar
- Cover garlic in Apple Cider Vinegar in one jar
- All of these are shelf stable indefinitely if completely coated in the menstruum (or fluid) mentioned
- These cut the sharpness of the raw garlic and extract strong medicinal components from the garlic for easy uptake in the body
- Add liberally to everything – do NOT heat

Fire Cider

- Mince garlic, ginger, onion (any amount will do – but keep in mind the final volume of the jar you want to have and keep the plant material to about ½ -3/4 of that volume)
- Shred fresh horseradish on grater or food processor – be careful not to breathe in the fumes – this is potent stuff!
- Chop dry or fresh hot chiles – as hot as you can get – again being careful not to breathe in the fumes
- Mince parsley finely
- Cover all vegetable matter with Raw Apple Cider Vinegar
- Add honey to taste if you want a sweet/sour version
- Take daily as often as you want to

Fresh Beet Salad

- 2 large beets, shredded
- Olive oil, to coat
- The juice of 1 lime juice
- 3-5 Fresh garlic cloves, minced
- 1 Tbsp fresh ginger, grated (or more to taste)
- 2-3 tbs red onion, shredded (can sub chopped green onion)
- black or cayenne pepper
- 1 tsp. ground cumin
- Drizzle of honey to taste
- 1 cup mixed fresh parsley/cilantro, chopped
- 1 tsp Bragg's liquid aminos or coconut aminos

Add olive oil to grated beets until beets are *just* coated, but not swimming in oil.

Add juice of fresh lime to taste.

Add minced fresh garlic.

Shred fresh ginger onto beets.

Shred red onion into mixture.

Add black or cayenne pepper to taste.

Add ground cumin.

Add in honey to taste.

Chop fresh parsley and add to mixture.

Add liquid aminos.

Let sit for several hours before serving with tortilla chips or avocado or as a side dish to any meal.

Gets better after a few days in the fridge.

Liver Pate

- 2 pounds beef or pork liver, sliced/cubed
- 2-3 Tbsp ghee or butter
- 2 onions
- 3 sticks celery
- 2 carrots
- 5 cloves garlic
- ¼ cup coconut oil
- 1 ½ tsp sea salt
- 1 ½ tsp black pepper
- 3 Tbsp dried oregano
- 3 Tbsp dried marjoram
- 3 Tbsp dried thyme
- 3 Tbsp dried basil
- 1 Tbsp dried rosemary
- ½-1 cup fresh parsley or lovage
- 2-3 Tbsp coconut oil/ghee/butter, melted

Slice liver, reserving the blood (reserving blood is optional)

Chop onions, celery and carrots

Mince garlic

Heat coconut oil in a pan

Add vegetables and cook until tender, adding dried herbs and salt to the saute

Heat ghee/butter in separate pan

Cook liver until most of the pieces show no more blood when cut open

Turn off heat

Allow all ingredients to cool to room temp

Blend in food processor or blender until smooth, adding parsley/lovage near the end

Scoop into jars, leaving about 1 ½ inches of room at the top

Pour melted ghee/butter/coconut oil mixture over the top to create a “fat cap” on top

Reserve one jar for immediate consumption. The fat capped jars will keep in the fridge for quite some time – well over 2 weeks, and I’ve kept them like this with fat cap in place for months in my fridge and for weeks out of the fridge in a cool/dry place

Serve on sandwiches, add to soups, dip with crackers/tortilla chips, any way you can get this in will be helpful

Ginger Juice/Tea

- Make and drink every 2 hours at first sign of fever
 - Can also be consumed a couple times a day prior to symptoms
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- Peel up to 2 pounds of ginger with the back of a spoon
 - Store in a glass jar in the fridge
 - Use a tea strainer or other fine meshed strainer over a 1 pint jar
 - Press as much ginger as you need to fill the jar approximately ½ inch with fresh juice – keep pressing until no more juice comes out of the ginger
 - Heat water to just below boiling
 - Pour hot water over ginger juice
 - Add 1 tsp raw honey
 - Add a pinch of cayenne pepper
 - Squeeze the juice of 1/8 of a lemon or lime
 - Drink
 - Set a timer for 2 hours later and repeat at least for several days
 - If symptoms worsen, consult your physician

My Protocol for When I Started to Have a Fever:

AGAIN: Disclaimer: The protocol shared here is not meant to replace the suggestions made by your health care provider or the government agencies managing the pandemic reporting/resources. I am not a doctor. There is currently no treatment, cure or vaccine for this disease.

Tea

- 1 pint Ginger Juice/Tea with honey and lemon every 2 hours (see Recipe above)

Tincture

- 3 dropperfuls licorice root tincture
- 1 dropperful lomatium root tincture
- 3 dropperfuls fresh ginger root tincture
- 10 drops osha root tincture
 - I took these herbs all together every 2-4 hours

Food

- I really upped the fresh garlic, salad greens, liver pate

Stress Reduction

- I rested, went outside as much as I could in the midst of a blizzard, did NOT freak out, monitored my temperature closely, took 2 days off work so I could have a 4 day weekend, turned off most news/social media

(most of the recommendations on this page come from the Stephen Harrod Buhner book mentioned at the top of this document)