

STAY HEALTHY!

with Core Four Health Coaching



If you are concerned about keeping yourself healthy (and who isn't?), then now is the time to take steps to boost your immune system. This newsletter includes my suggestions to help you get healthy and stay healthy.

1. Start your day with a mug of warm water with lemon juice, turmeric, ginger, cinnamon and honey.
2. Snack on yogurt with berries and walnuts.
3. Add a red bell pepper, an avocado and spinach to your lunch sandwich or salad.
4. Replace one cup of coffee per day with green tea.

WHAT TO DO IF YOU FEEL SICK

STAY HYDRATED

GARGLE WITH WARM SALT WATER

GET AS MUCH SLEEP AS YOU NEED

STAY HOME FROM WORK OR SCHOOL

EAT LOTS OF SOUP

TREAT YOUR ACHES, FEVER AND COUGH WITH MEDICINES

USE A NETI POT & HUMIDIFIER

TRY MY "FLU BOMB" RECIPE

MORE HEALTH TIPS:

Stop shaking hands

Sanitize yourself and your belongings (purse, backpack, shoes, etc) after being in public hot spots (transportation, restaurants, work, school, etc)

Throw used tissues away immediately

Wear glasses (even if you don't need them) to protect yourself from germs

Wash your linens and towels more often

Clean your phone and computer keyboard

MARIA'S COLD & FLU BOMB

1 cup hot Echinacea or Ginger Tea

the juice of 1 lemon

1 tsp. Bragg's Apple Cider Vinegar

1/2 tsp Cayenne pepper

1-2 cloves of garlic, minced

2 T raw honey

1 T grated ginger

1/4 tsp turmeric

1/4 tsp black pepper

INSTRUCTIONS:

Brew Echinacea or Ginger Tea with boiling water for 5-7 minutes, let it cool slightly and pour it into a very large mug or glass jelly jar. Squeeze the juice of one lemon into the jar. Add the remaining ingredients and shake or stir until completely blended. Drink this flu busting recipe several times per day. It is loaded with immune boosting and anti-inflammatory ingredients. You will be getting lots of much-needed antioxidants and nutrients including Vitamins C and E, potassium and probiotics. The honey acts as a cough suppressant and the ACV will thin the mucous in your throat.

MY RECOMMENDED "FEEL BETTER" PRODUCTS:

