

# At Home Tips for COVID-19

Protect Yourself & Your Loved Ones!

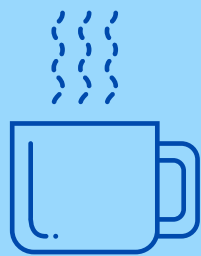
You are probably already taking liposomal Vitamin C and Vitamin D because you know these are easy ways to support your immune system. If you are not and need some, call us at 214-352-8758. Below are some things you can do at home during these challenging times...

## Relax

Effects of stress on the body include: decreased nutrient absorption, decrease in thyroid hormone and sex hormones, increased inflammation and food sensitivity ([just to name a few!](#)), all functions which are essential for protecting against illness.

So what can you do to lower stress and relax more? Take a hot salt bath or aromatherapy bath, have your partner give you a massage (Doctor's orders! 😊), or warm your core with a hot water bottle. For even more relaxing ideas [CLICK HERE](#).

### Hot Water



The virus hates heat and cannot survive if exposed to temperatures greater than 80°F (27°C). Therefore, sipping at least 50 oz of hot water or hot broth throughout the day is a great protective measure.



### Gargle

Gargling with a disinfectant solution such as Hydrogen Peroxide, Salt Water, or Silver Solution can eliminate or minimize the amount of virus in the throat before it can reach the trachea and lungs.