



CORONA SURVIVAL KIT FOR THE ELDERLY & IMMUNOCOMPROMISED

By Naturopath Jeanie McClymont

Bikini & swimming trunks - A reminder to get out in the sun daily & get your vitamin D fix. Vitamin D = essential for immune function

Photos of the grandkids - It's best not to bring them around for a bit!

Water bottle - Keep well hydrated for mucous membrane health & defence!

Lavender oil - Lavender oil aid's sleeping, relaxing, lowering anxiety levels and as a bonus makes the house smell good if you're in lockdown!

Weight sets/resistance bands - Even if walking & vigorous exercise is difficult due to pre-existing injuries or conditions, your body will benefit from any extra movement that can do to get the blood & immune cells mobilised. Exercise counts even if it's done sitting in a chair or in a bed - this is why weight set/resistance bands are a great alternative.

Meal delivery subscription - A meal delivery subscription helps save time on shopping, avoids having to go into busy public spaces, allows the food to be delivered to the door & will most likely allow for healthier & more nutritious meals.

Guided deep breathing recording - It can be played on whatever device they can easily operate! It helps with immunity, stress, & as well as strengthening the lungs & diaphragm!

Good old cod liver oil caps - Vitamin A & D for healthy mucous membrane defence

Zinc & Vitamin C - There's a high chance they'll be deficient in zinc, & both zinc and Vitamin C are essential for immune defence, therefore, aiding the body against infection.

Greens powder & bone broth - Even if they're not eating a great diet, these are simple to prep & contain many important immune nutrients & gut support - remember gut health is the foundation for immune health. We, of course, recommend [Greens + Aloe](#) - because aloe vera is a great antiviral. Here, are some interesting studies relevant to the potential benefits of Blend11 & Greens + Aloe during viral infection, (Note: against herpes family, H1N1, not Coronavirus) - [Article 1](#) and [Article 2](#).

Immune support/prevention formula - For example, Armaforce, Astra 8 are great options, alternatively ask your local health food store or chemist. Buy what is recommended and what you think they will take regularly. Be sure to check for interactions with a pharmacist to any of their meds - get a list of what they take. These are selling out quite fast - will likely be a toilet paper scenario soon!

Entertainment - In case there is the need for staying at home for long periods make sure that they have a number of things they can do for entertainment! Somethings may include books, crochet supplies, Netflix subscriptions, baking goods, movies, puzzles, and crosswords.

A device to keep them connected - Having a digital device to stay connected to friends & family, e.g a smartphone or iPad. To make things easier set up a messenger group chat that everyone can keep in touch through.

Homeopathic arsenicum 30c - A dose a day for 3 days, 1 x per month. This can't hurt & may prove very useful! The Indian government recommends arsenicum as the remedy of choice in this epidemic.

Last but not least - toilet paper! That is if you can find any! This will of course help reduce stress & the need to visit supermarkets!

