*One Practitioner’s Approach to Strengthening Immunity and Addressing Viruses*

*Prepared by: Mary Thompson*

*marythompsonayurveda@gmail.com*

 *www.marythompsonayurveda.com*

*I did these protocols for strengthening immunity prior to symptoms:*

Nightly neti with salt water

Nightly gargle with salt water + turmeric

Supplements

 Elderberry syrup 1-2 Tbsp

 2 cups tea (Coriander, Cumin, Fennel, Amla, Turmeric, Trikatu)

 Vitamin C 2000mg

 Zinc 20mg

 Chavanprash 1 Tbsp

Diet: Increased servings of fruits and vegetables, small portions, attention to agni (appropriate spicing for digestion)

Sleep: minimum 8 hours per night, add in Yoga Nidra if less than 8 hours or having restless sleep.

Energy: avoid overtaxing the self. Include daily routines (5 sense care in morning + exercise/breathwork/relaxation or asana/pranayama/meditation), low stress lifestyle

*Protocols I Employed to Address Symptoms and Support Recovery from Viruses*

Steam inhalation of immune builders, demulcents, and bronchodilators (3x/day)

(echinacea, burdock, elecampane, licorice, cinnamon, basil, peppermint~ made into a tea and using a steam inhaler or over a bowl)

 Lung tonic syrup (Elecampane, Licorice, Indian Sarsparilla, Cinnamon in maple syrup)

2 Tbsp/day

Antiviral tea (same herbs as in steam inhalation without basil/eucalyptus)

 ¼ cup, 3x/day

 Light diet

 Juicing fresh fruits/served diluted (citrus, pineapple)

 Kichari

 Congee

 Spend time in sun, out of doors if possible

 Breathwork to strength of lungs~ Slow abdominal breathing, 1-3x/day

 Rest, rest, rest…