

HERE ARE SOME ANTI-COVID 19 TIPS



1. **Breathe** - exercise, breath deeply, increase your heart rate, 3-4x per week MOVE your body, Dance- have some fun stretching!
2. **Sweat** - do saunas, steams, hot/cold showers,- the skin is a 3rd lung to release toxins
3. **Drink optimal water** 4-6 days per day
4. **Relax, Meditate**- mitigate your stress factors on a daily basis- be creative using your mind to practice health habits- don't just pop vitamins or schedule your walk
5. **Eat clean** - minimize alcohol, sugar, white flour, dairy- eat organically; drink more vegetable juices
6. **Get adequate and high quality sleep**
USE therapeutic supplements to build your immune system
USE ILOVEME as discount code to receive 20% off all immune and probiotic supplements
<https://drbarrytaylor.com/wp-content/uploads/2020/08/LYB-Retail-Supplement-Prices-updated-8-6-2020.pdf>
7. **LYB Vitamin D** 10-20,000 units per day
8. **LYB Healthy Zinc** 25-50 mg per day
9. **LYB Healthy Immune II** 500mg Olive per day
10. **Healthy Flora** 1-2 capsules before bed
11. **Corona Nosode** contact me for info on homeopathic vaccine
<https://drbarrytaylor.com/product/homeopathic-corona-virus-nosode/>
12. **Collodial Silver** AgCidal tsp - tb per day depending on weight