

# March Holistic Wellness Tips

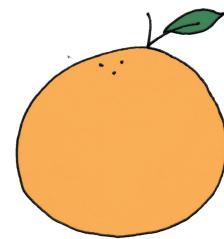
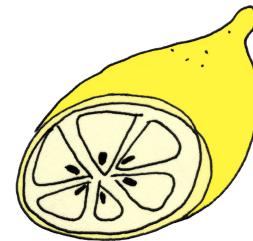
Written and Illustrated by Atlassian's Holistic Health Coach Lila Volkas N.C.

Nervous about the coronavirus? When it comes down to any virus, vulnerability is more about the host's ecosystem and less about the infecting pathogen.

The best preventative measures we can do is support our immune system with whole foods, stay calm and practice personal hygiene after being in public places.

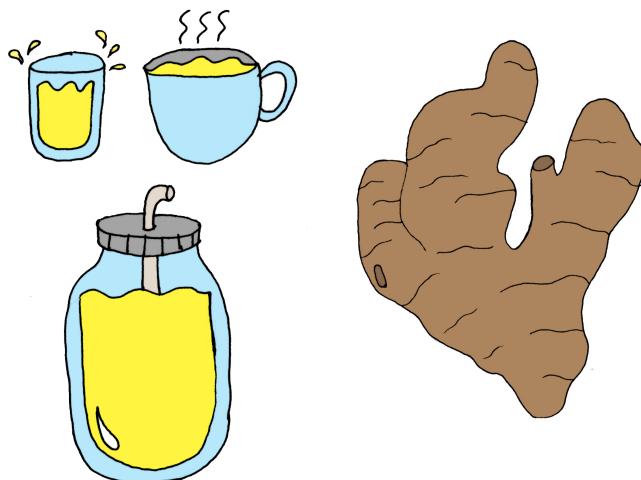
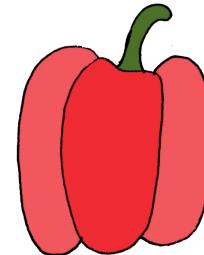
## Vitamin C

Vitamin C is probably the most well-known immune boosting vitamin. We can't make this vitamin ourselves, so it's important we get enough through our food and supplementation! Vitamin C has antioxidant qualities and is proven to prevent and treat respiratory and systemic infections by enhancing various immune cell functions.



**What to eat:** The foods richest in Vitamin C are citrus fruits, bell peppers, acerola cherries, and rose hips.

If you choose to supplement with Vitamin C, I recommend liposomal forms because they are the most effective for our body to absorb.



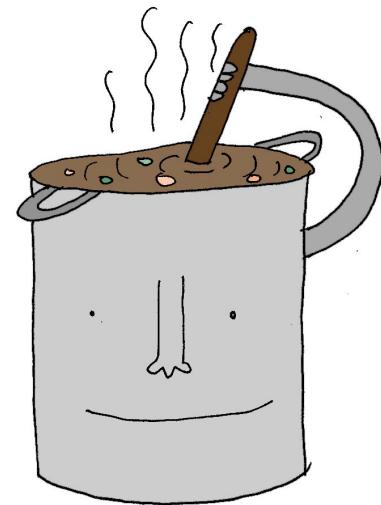
## Ginger

Fresh ginger is a powerful antiviral food that prevents the adhesion of viruses to the upper respiratory mucosa. This root has potent anti-inflammatory and antioxidant effects and can be sipped as a tea, taken as a "shot", blended into smoothies or cooked with food.

## Broth

Both bone broth and vegetable broth contain a plethora of minerals that are vital “co-pilots” for many of your body’s processes, including our immune system. There is definitely validity to slurping our grandmother's chicken soup when we are sick.

Studies have confirmed that glycine receptors, an amino acid found in bone broth, have been identified on the outer surface of several different types of immune cells. The hydration of sipping broth or soup also helps to care for your mucous membranes and lessen the impact of viruses.



## Wash your hands

This simple habit may seem obvious, but studies have shown that frequent hand-washing is one of the most important things we can do to protect ourselves during cold & flu season. While the coronavirus is no regular flu, washing your hands every time you arrive at a destination while out and about, and first thing when you get home can't hurt.

Another important tip is to avoid touching your eyes, nose and mouth without clean hands. These mucous membranes are entry points for viruses.

\* Note: This information is not meant as medical advice or an alternative to treatment by a doctor or going to the hospital. If you show early signs of illness, like a fever or a dry cough, contact your primary care physician.

### **Additional Resources:**

Check out this [scientific study](#) for more info about the benefits of Vitamin C.

Take a look at this [scientific study](#) for more info about the benefits of ginger.

Scientific study on the amino acid, [glycine](#), found in bone broth.

### **Corona Virus**

Video: [How coronavirus works](#)

[NPR article](#) on how to prepare for the corona virus.

### **Additional Recipes**

[Chicken Bone Broth](#)