

SOME IDEAS OF WHAT TO HAVE AVAILABLE FOR IMMUNE HEALTH AND IN CASE OF QUARANTINE

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Please note the following:

- This list is **not meant to replace any guidance or treatment** recommended by your healthcare practitioner. In fact, share with them ANY changes you are about to make to your health regimen, including dietary changes, as those may change the metabolism of medications or your health condition.
- This list is not specific to COVID-19 but speaks to **immune health in general** and if you had to stay home in case of sickness.
- This is **not** a comprehensive list nor tailored to your health needs specifically. It's the best I came up with in my own process and at a very basic level.
- Follow your state/province/county, national (CDC) and international (WHO) health organization sites for up-to-date notifications.
- I have mentioned brand names here for ease, but if those are not available, then there can be others to replace those brands. Choose wisely. Read labels.
- In full disclosure, I have mentioned my Metagenics online store link, and if you purchase from them, I will earn a small percentage. Here's the online store link for dietary supplements: <https://foodandspirit.metagenics.com/>. If you go through the general Metagenics site, you will need to use the code "foodandspirit".
- You might want/need to order these supplies from online retailers to prevent having to go into local stores (at least, temporarily).
- A helpful, thorough review of other strategies from the Institute for Functional Medicine: <https://www.ifm.org/news-insights/boosting-immunity-functional-medicine-tips-prevention-immunity-boosting-covid-19-coronavirus-outbreak/>
- Again, really important to note that this document is only intended to identify helpful measures (foods, beverages, personal products, home products) that may boost your immune system and assist in the case of quarantine where you cannot go outside to get items. It is not meant to recommend any treatments, nor have any of these modalities been proven effective against coronavirus. Always consult your physician or healthcare provider prior to using any of these modalities. For up-to-date information on COVID-19, please consult the Centers for Disease Control and Prevention at www.cdc.gov.
- I'm sure I've left plenty off this list, but add to it (or overlook) what you need (don't need), of course.

FOOD

(tailor to your dietary needs – these are general ideas and not specific to a certain ‘diet’)

- Adequate food (frozen better than canned; cans not ideal, but in times of quarantine, they may be best option temporarily), especially protein
 - Bean burgers
 - Canned beans
 - Canned oysters
 - Canned sardines
 - Dry legumes/beans (e.g., lentils, black beans)
 - Eggs
 - Frozen grass-fed or pastured meats of various types (if you eat meats)
 - Grass-fed burgers (e.g., beef, turkey)
 - Nuts and seeds (especially Brazil nuts, which are rich in selenium)
 - Shrimp
 - White fish of various types (sole, cod)
 - Wild salmon fillets
- Adequate oils
 - Extra-virgin coconut oil
 - Extra-virgin olive oil
- Adequate fruits
 - Fresh (and organic) always preferred when possible
 - Avocados, apples, bananas, lemons, limes, mandarins, pears
 - Frozen fruits (especially berries blueberries, strawberries, raspberries, blackberries)
- Adequate vegetables
 - Fresh (and organic) always preferred when possible
 - Beets, broccoli, carrots, cauliflower, celery, sweet potatoes, yams
 - Garlic, onions, leeks, sweet potatoes, yams, potatoes (smaller variety)
 - Frozen vegetables (broccoli, cauliflower, carrots, chopped spinach, etc.)
- Whole grains
 - Quinoa
 - Rice
- Spices (buy in glass containers)
 - Cilantro
 - Garlic powder
 - Ginger
 - Italian seasoning
 - Oregano
 - Pink Himalayan sea salt
 - Rosemary
 - Turmeric
- Manuka or local honey (good for the immune system; treat it as ‘medicine’ rather than as a sweetener)
- Food for your pets (dog, cat, etc.)

HYDRATION

- Alternate milks
 - Unsweetened varieties (almond, coconut, hemp, flaxseed)
- Filtered water (preferably from a portable filter and not plastic bottles)
- Juices rich in polyphenols
 - 100% pomegranate juice
 - 100% Concord grape juice
 - 100% pear juice
 - 100% tart cherry juice (Montmorency)
- Herbal teas
 - Oolong
 - Green
 - Black

SUPPLEMENTS

- Protein powder (good to have in case you run out of dietary protein or need to supplement)
- Arnica chewable tablets or gel (I use the Genexa brand; *Disclaimer:* I have stock options in the company)
- Electrolyte packets (without sugar; stevia or monkfruit OK)
- Extra dietary supplements (you can purchase many of these and several others through my online Metagenics store account: <https://foodandspirit.metagenics.com/>); Note that there can be associated toxicities and interactions of each of these with medications. Check with your healthcare practitioner.
 - Elderberry concentrate/syrup without sugar (glycerin OK); caution for those with autoimmune diseases as it may stimulate immune function
 - Fish oil/omega-3 liquid or softgels
 - Multi-vitamin
 - Vitamin C
 - Vitamin D
 - Zinc

OTC (check with your healthcare practitioner and local pharmacist)

- Antihistamine
- Decongestant
- Ibuprofen (for fever)

HOME PRODUCTS

- Dishwashing soap
- Dr. Bronner's soap for general use (shower, bathroom, kitchen)
- Home air filter, especially in the bedroom (I use an Austin Air product, but there are many different kinds on the market.)
- Humidifier, vaporizer, or steam inhaler for better breathing
- Laundry detergent (to be sure you are washing your bedding, pillows regularly)
- Sponges for dishwashing (as you might be going through them more rapidly)
- Water filter if you don't have one, even a portable one

PERSONAL CARE PRODUCTS (to have on hand)

- Coconut oil as an anti-viral: can be used as mouth rinse, lip balm
- Cotton swabs for nasal swabbing
- Dental floss
- Disinfection wipes (I like Seventh Generation)
- Essential oils (e.g., Thieves, tea tree, sage, etc. for diffusing throughout home space, although caution with animals and small children as they can be too intoxicating)
- Extra medications you are taking
- Extra sanitary products (if you are a menstruating female)
- Extra soap
- Facial wipes (dry, wet)
- Hydrogen peroxide
- Paper towels
- Saline nasal irrigation supplies from local pharmacy (e.g., buffered saline) or organic nasal spray, nasal xylitol sprays (I use Genexa's organic saline care spray, which you can find on Amazon.com; *Disclaimer:* I have stock options in the company.)
- Toilet paper
- Toothpaste/oral rinses to keep mouth clean (I like Essential Oxygen BR Rinse, personally.)