



Our office will remain open to serve you

As the news is filled with information regarding the corona virus, we realize that we are in uncharted territory. As a society, we have to look at things in a different way now. Our office is taking the precautions that are being recommended by the various health organizations. We realize that many of our clients and friends have compromised immune systems and have concerns regarding the chemicals in our society. As many of you know I prefer to use natural remedies as much as possible. Below is a list of some of the tips that I have researched. -Iris

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Build up your immune system by taking the following:

Vitamin A
Vitamin B
Vitamin C higher doses
Vitamin D 10,000 units per day
Vitamin E
Zinc



Essential Oils

The natural (Non synthetic) essential oils have natural anti-fungal and anti-viral qualities. Recommend that you research the various oils if this is something you want to incorporate into your life. I personally use the *Doterra* brand, but there are others out there as well.

On Guard Blend – good to use when you feel a cold or flu coming on – it can reduce the symptoms

Lavender – good to calm your body when you have extra stress also help repair skin from burns, etc.

Peppermint – Helps relieve stomach upset, helps with respiratory issues.

Here are some Ideas for natural cleaning products that we recommend:

Hand Sanitizers – using Lavender (Whole Foods for example)

Dr Bronner's Peppermint Pure Castile Soap is great for cleaning and bathing

Make a spray to clean surfaces using Essential Oils – 5-10 drops per pint of water

Peppermint, Lavender, Eucalyptus, Rosemary, & Thyme Oil

**Vinegar sterilizes surfaces and
cleans windows well**



Eat Well and Exercise



Drink Plenty of Water

Eat your fruits and Vegetables – Even frozen or canned are better than nothing
Protein – Canned beans, fish, nuts, seeds, cheese, eggs & Milk

Exercise – get your daily walk in

My disclaimer, I am not a doctor and not authorized to give medical advice. Our friends and clients are important to us. If you need anything please call- *Iris Hecker, EA, CLPF*

Call to confirm or schedule appointments #650-361-9703