

# Balanced Horizons

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### Lets Get & Stay Healthy – Immune Enhancement

As we all know our health is a gift that cannot be taken for granted.

At this time of the Corona -19 virus it seems our basic health is more important then ever. Although none of us has immunity to this animal based virus it has been seen that those with stronger immune systems, vital health and less inflammatory conditions are better able to respond to the contagion and in the long run this also allows them to develop the antibodies needed for any subsequent contagion of this virus.

**Some components that we can do to provide and maintain health are:**

- Healthy food choices, Digestive Health -Anti- Inflammatory diet
- Exercise
- Sleep
- Emotional ease, Stress reduction

**There is also the land of supplementation, products that can be taken to support your health and well being**

**At this time lets look at our immune system and things have been shown to support and enhance it**

- **Many Chinese herbal formulas provide health, wellbeing and basic immune support as well as formulas that may help mediate your symptoms.**
  - **Please work with a trained herbalist for this type of support**
- **Basic Immune Support to enhance your system at this time**
  - **Vit C**
  - **Vit D3 & Vit K2**
  - **Zinc Citrate**
  - **Mixed mushroom complex**
  - **Probiotics**
  - **Elderberry**
- **Our digestive function** has an immediate effect on our inflammatory processes and our immune system. Things like leaky gut create inflammatory responses throughout the body. You may feel them in your achy joints, raspatory congestion and immune responses. It is always time to look at what are you eating and how is that effecting your vitality, immune system and overall health
  - **Please see additional resource document on Getting Healthy- Digestively to find out more**