



# COVID-19 TOOLKIT

Albert Mensah, MD | Samantha Gilbert, CHNP, CNC

The best defense against COVID-19 is YOU. Use this toolkit to keep you and your family safe by turning **your kitchen into your hospital, and making food your medicine**. By upgrading your immune system, you will become more resistant to the impacts of this virus, and better able to withstand the stress of uncertainty and change that we're all facing.

## Remove inflammatory triggers

- Refined sugar
- Stress
- Gluten
- Social media
- Dairy
- Screen time
- Alcohol
- The news
- Processed foods
- Lack of sleep

## Replace with

- Water, herbal tea, bone broth
- In bed by 10pm
- Antioxidant-rich foods
- Movement you enjoy
- Limited screen time
- Deep breathing to lower stress

## Supportive Nutrients (for the next 3 months)

- Vitamin C 4000mg
- Zinc picolinate 30mg
- Vitamin D 10,000IU

## Lifestyle Care

- Watch a funny movie
- List what you are grateful for
- Take a walk
- Clear nasal passages with a neti-pot
- Reach out to a friend
- Meditation, prayer, tai chi



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Turn your kitchen into your hospital with these supportive, healing foods rich in polyphenols and antioxidants. You will improve your digestive capacity, promote healthy circulation, regulate insulin, and lower blood pressure which will in turn create a healthy, strong immune system. Isn't it amazing food can do all this?

## Herbs & Spices

- Ginger
  - Turmeric
  - Garlic
  - Clove
  - Cassia  
cinnamon
  - Oregano
  - Cayenne
  - Cumin
  - Parsley
  - Cilantro
  - Rosemary
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## Pro & Prebiotics

- Coconut yogurt
  - Kefir water
  - Kimchi
  - Sauerkraut
  - Other  
fermented  
vegetables
  - Dandelion  
leaves
  - Chicory
  - Burdock
  - Leek, onion
  - Jerusalem  
artichoke
  - Umeboshi plum
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## Fruit & Starches

- Blackberry, blueberry, cherry, plum, raspberry, strawberry
- Winter squash
- Resistant starch  
potatoes (boil, strain, then cool)

## Other

- Manuka honey
- Dark chocolate
- Green tea
- Flaxseed
- Asparagus, broccoli, carrot, kale, spinach, red lettuce, red onion
- Olives and olive oil