

13 April 2020

## **CoVid 19 - Ways to boost your immunity and protect yourself**

- 1) [Take Vitamin D3](#) – 1000 units for those below 60 kilos  
2000 units for those above 60 kilos  
This boosts your immunity
- 2) [Fluimucil](#) 600mg 2 x a day shortens the duration of symptoms and outcome of illness in influenza.  
Fluimucil is N-Acetylcysteine.
- 3) [Shitake mushrooms](#) and some other mushrooms are proven means of boosting your immunity
- 4) [Sleep](#) a minimum of 8 hours a day
- 5) [Fasting](#) – It has been shown to possibly enhance the immune system.
- 6) [Regular Steam baths and Saunas](#) have been shown to help reduce the number of influenza attacks a person has significantly.
- 7) Be Socially Responsible – Maintain Social Distancing  
Wear MASKS if even slightly unwell  
Avoid [the elderly](#) when unwell – they are prone
- 8) Follow strictly the guidelines for SHN, LOA and MCs issued to you when unwell
- 9) [Meditate and pray](#) if you are inclined to – it will give you inner strength and you may help the world around you too by way of – [the Maharishi Effect](#).
- 10) Do your part to help the world. We shall overcome this calamity

Love  
[Dr Shahi](#)