

Virus avoidance: Natural immune boosting ideas

1 message

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To: Gwen Williams <esholistic.gwen@gmail.com>

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Hi,

Just a quick message.

Up until now, I've avoided saying anything much about Coronavirus, partly to see how things developed, and partly because I can see that some people are panicking, and I don't want to feed in to that. It's hard not to worry when we're being bombarded with it by from all sides... but I'm just reminding myself that the media love a health-scare story, and it always sounds worse than it is. We got through bird-flu, SARS and the flesh-eating bug (anyone remember that one?) and we'll get through this too.

My message is stay calm, take basic precautions, and what will be will be. To take a broadly **Taoist/Buddhist/Stoic** attitude - we can't control what the virus does. But we CAN control what steps we take as individuals, and how we react to the world around us. Do whatever you need to do for your own situation, stay supportive to those around you, and the rest is out of your hands.

With that in mind - aside from the basics (mainly, frequent hand-washing) there are a few things that you can do to make sure your immune system is in tip-top condition. I just wrote a blog post about it, which you can find here:

<https://www.neilkingham.com/2020/03/7-natural-ways-to-boost-your-immune-system>

Hopefully those tips will help.

My clinic is staying open as normal (for now, anyway) - If you're seeing me for **Herbal Medicine** and would prefer not to come in person to clinic, consultations are available by phone or skype. Just drop me a line if that's something you'd like to pursue.

Take care,

Neil