

staying healthy during covid 19

a few recommendations compiled by

mool sustainability research and training center

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with

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health is precious. no questions asked. the global struggle with the covid 19 condition has only reinforced the fact that being healthy is an invaluable gift. we must leave no stone unturned to safeguard our physical and psychological wellbeing, especially at a vulnerable time like this!

a lot is being said and speculated about this disease and what we must do or not do to shield ourselves. as we reorganize ourselves in this new sphere of reality and the challenges wrapped in it, our bodies and minds need to be fit for us to stay sane, protect ourselves, and help mitigate its impact on us and our communities. remember, we are all together in this!

the virus is inert till it reaches and receptor cell in our body. it is not out there to knock on our doors and get to us. so **be aware** and **careful** but not alarmed! all we need to do is to **keep an eye out for the reliable information coming in and follow the precautionary protocol**, diligently!

some of the basics to that are:

- ✓ **maintain good hygiene including frequent washing of hands.**
- ✓ **cover our mouth and nose when we cough or sneeze.**
- ✓ **maintain physical distance from people and public spaces, as much as we can.**

with that being said, all of us are bestowed with great reason and *firasah* to choose what is right for us! so, continue to dig deeper to obtain the right information and rely also on your gut.

as we do this, we must **stay healthy** - physically, psychologically and spiritually, and support others to do the same. the current situation is especially demanding of us to do whatever it takes and **pay good attention to our health**. so, what would that entail? a healthy lifestyle, of course, including a strong immune system!

think healthy > eat healthy > feel healthy > do healthy > be healthy!

nature has already made our bodies quite powerful. we are equipped to handle something like this provided we are fit. our immune system is armed with immense energies to win the battle against most infections and diseases, including the countless viruses and bacteria that find their way into our bodies. the system, however, needs nurture and care to function at its optimum. it is not hard to guess the ingredients - yes healthy food and nutrition, good movement and positive thinking.

foods that do the job really well include fruits, especially the **citrus ones**, such as oranges, grapes and lemon. these are high in vitamin c - a key component to revitalize our immune system! many



other fruits can also be thrown in to the basket such as papaya, watermelon and kiwi that contain other essential vitamins and minerals. add dry and dried fruits to the list as well, such as a few **almonds** every day. these fruits certainly provide many magical nutrients for our body to thrive!

what else will fuel our system? yes, the families of **vegetables** and **spices**. here is a list of some which are easy to grab in this season.

<p>mushrooms, which are high in vitamin b, selenium and polysaccharides immensely beneficial for our immunity.</p>	
<p>spinach, which is rich in vitamin c and antioxidants. these increase the infection fighting ability to our immune system.</p>	
<p>broccoli, if we can get hold of it right now. it contains vitamin a, c and e and many other antioxidants and fiber.</p>	
<p>garlic helps to lower blood pressure and is a great friend of our immune system.</p>	
<p>ginger specifically helps to decrease inflammation and works well to strengthen our immune system.</p>	
<p>turmeric has anti-inflammation properties and rejuvenates our immune system as well.</p>	

of course there are many others that can be added to the list. what are your suggestions and why?

this goes without saying that we must drink **plenty of water**. earth and our bodies are made up of more water than solid mass! adding a few drops of **honey** would of course be an icing on the cake, for the immense health benefits that this natural sweetener has!

the earth offers us another treasure that we must get to. yes, **herbs!**

herbs are rich in vitamins and antioxidants. the season is just right to fetch some and plant others. for example, our beloved **ha'end** (*taraxacum officinale*), **dāniwal** (coriander), **pidini** (mint), **sōy** (nettle), and **soc'hal** (*malva neglecta*) to name just a few. there are many, many others which can be taken in different forms - cooked or made teas from.



we can seek expert opinions on this and also talk to our elders, who were much more connected to this treasure and know the drill about these!

as we eat 'right', we also need some good physical movement to honor our bodies and balance our energies. do whatever you can - **walk, run, bicycle, play, exercise,**

dance, clean, farm, cook, play and laugh with kids or do anything that will require you to use your physical and cognitive faculties.

find your **stress busters** too! spend quality time with yourself- **read, write, pray, meditate, knit, stitch, sing, chat with your family or friends** or do whatever you like to be creative and to do that helps calm your nerves. we know we must keep those levels of stress low so that the head of our immune system remains high!

adhere to social (physical) distancing and not social isolation. **stay connected** with your family and friends. and wish and receives **orjān ti durr koṭh**, with love, an open heart and open arms!

above all, you are the master. take good care, and carve out the **best routine** that has all the ingredients you and your families need to roll and thrive!

stay safe, stay healthy, stay home, stay productive!

prayers!

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for more information or if you have any questions, please write to us at moolsustainability@gmail.com or whatsapp at 9622565003.

this note is intended to be like an idea seed that you can use as you deem appropriate. we hope it is useful for you in some way.

all the best!