

## **Viral Symptoms**

A high temperature and respiratory mucus/distress are specific to COVID-19, as the body is significantly elevating its inflammatory mediators as an immune response. It is important to support the body's ability to manage under these temperatures and downregulate when necessary.

Foods that have supportive anti-inflammatory, antifungal and anti-parasitic properties should be introduced as often as possible;

- Turmeric (Curcumin)
- Garlic (Allicin)
- Ginger (gingerol)
- Thyme and Rosemary (Thymol and carvacrol)
- Cumin
- Coriander seeds
- Nutmeg

Never before have we been reminded how important it is to prioritise our immune health. Surround yourself with the protection and support that nutrients can offer your biochemistry