



## A Must SEE...Special Video!

Relaxation Technique to Help Relieve Anxiety, Depression and Fear



---

## 12 Ways to Support Your Immune System Naturally TO HELP FIGHT OFF ALL VIRUSES!

### 1. Probiotics

The good bacteria in your gut are known as probiotics and are responsible for supporting digestion, combating harmful organisms, and keeping your immune system in check.

### 2. Intestinal Cleansing

Regular intestinal cleansing with an oxygen-based colon cleanser like [Oxy-Powder®](#) can support your immune system by providing a balanced, clean environment for probiotic bacteria to thrive.

### 3. Organic Oregano Oil

[Oregano oil](#), one of the most antioxidant-rich oils on the planet, is extremely beneficial for immune system support by defending against dangerous organisms.

### 4. Enzymes

Enzymes are essential for digestion and metabolic function and research even suggests they're beneficial for your immune system.

### 5. Colloidal Silver

[Colloidal silver](#) has a long history of use as an immune booster and a defense against harmful organisms.

### 6. Purified Water with Raw, Organic Apple Cider Vinegar

Mixing raw apple vinegar (ACV) with purified water is a helpful tonic for supporting your immune system.

## 7. Reduce Your Stress Levels

Emotional, mental, and physical stress takes a toll and can age you — and your immune system — beyond your years.

## 8. Sleep

Sleep resets your entire system and provides an avenue through which you can relieve stress and improve not only your immune system but your overall health.

## 9. Juicing

One of the most powerful ways you can revolutionize your health is by juicing raw vegetables and fruits. This is an awesome way to give the cells in your body the most concentrated, live, bioavailable nutrients and antioxidants available — nutrition required by your immune system.

## 10. Vitamin D

Vitamin D, AKA the sunshine vitamin, is another nutrient that keeps your immune system strong.

## 11. Turmeric

A yellowish spice popular in Indian dishes, turmeric has a number of proven health benefits for the human body. It's high in antioxidants to protect immune cells from free radical damage.

## 12. Iodine

Iodine is a fantastic one-two punch for supporting your immune system. First off, there's no bacteria, virus, or other microorganisms that can survive or adapt to an iodine-rich environment.

**Angelenos are Safer at home**

Effective 11:59 p.m. 3/19/2020 until 4/19/2020\*

All residents of the City of Los Angeles must remain in their homes. All non-essential businesses are ordered to cease operations that require in-person attendance by workers at a workplace. This order exempts certain essential activities and businesses.

\*Effective 11:59 p.m. 3/20/2020 for employees of non-essential businesses until 4/19/2020\*

Essential activities include, but are not limited to:	Essential businesses include, but are not limited to:
<b>Shopping for food and medical supplies</b> Grocery stores and pharmacies will stay open. Buy only what you need and don't hoard. Restaurants will be permitted to prepare food for take-out, delivery, and drive-thru.	<b>Grocery stores</b> Including grocery stores, convenience stores, and delivery services.
<b>Providing or receiving care</b> If you are a caretaker to a child or loved one, you may continue to provide care if you are following all Tulare County Department of Health guidelines.	<b>Restaurants</b> For take-out, delivery, and drive-thru.
<b>Outdoor activities</b> Outdoor walking, hiking, running, cycling while practicing safe social-distancing are O.K.	<b>Financial institutions</b> Including banks and credit unions.
	<b>Transportation services</b> Including taxi and ride-share, as well as gas stations, car repair shops, and bicycle repair shops.
	<b>Healthcare operations</b> Including hospitals, clinics, dentists, pharmacies, veterinary care providers, and cannabis dispensaries.
	<b>Hardware stores</b> Including hardware and building supply stores.

coronavir.us.LACity.org

**Gratefully, Trish Steele**  
**Founder, Safe Passage Heals**

To Contact Safe Passage - Time 2 Heal, Call: (818) 232-7476



Connect with us on Social Media for additional ways to Help us Heal and Empower

