



12 Effective Ways to Prepare and Reduce Your Risk of the Coronavirus

If you've viewed the television or a newspaper in the last two weeks, you've surely heard of the fast-spreading coronavirus. It's sweeping across cities in China and has spread to many countries (in small numbers) throughout the world. Overall, there are at least 12,000 cases at present. But, should you be concerned? And if you are, how can you reduce your risk of the coronavirus?

There are many commonsense, natural measures you can take to reduce your risk of the coronavirus and other respiratory illnesses. In fact, since this virus shares many similarities of common colds and influenza, these measures are practical and helpful whether concerned about colds, the flu, or the coronavirus.

Here are the facts about coronavirus and 12 Natural Ways to Reduce Your Risk of the Coronavirus.

What is Coronavirus?

Interestingly, coronaviruses are actually a large family of viruses that are common in many different species of animals. In fact, human coronaviruses are often responsible for the common cold.

However, the current strain is believed to be an "animal coronavirus," although experts are unsure from which animal it was contracted.

It was first identified in Wuhan, Hubei province, China. Its symptoms may appear within 2 days of exposure, and up to 14 days. Alarmingly, there is some indication that it may be spread before symptoms appear, making it difficult to contain. It is a respiratory infection, and most symptoms are similar to other respiratory infections, including:

- Fever
- Cough
- Shortness of breath
- Breathing difficulties

Rare symptoms:

- Pneumonia
- Severe acute respiratory syndrome
- Kidney failure
- Death (extreme cases)

It's important to note that the vast majority of cases are still in China, and that countries such as the US are taking strong measures to identify any risk of infection in those traveling between our countries.

12 Natural Ways to Reduce Your Risk of the Coronavirus

1. Avoid Travel to China and Neighboring Countries

Until the coronavirus is well-contained, it is prudent to avoid traveling to China and neighboring countries at this time. Since the cases and deaths in China are still growing, and it has been difficult to control the spread, do what you can to avoid travel to this area of the world is possible.

2. Stay Updated and Aware

As the world learns more about the coronavirus, and about the implications of those traveling from China to other countries such as the US, we will learn what our true risk is. Especially if you live in an area with a lot of international travel, such as cities with international airports, tune in to stay aware of the cases and risk as it's reported.

3. Wash Hands Throughout the Day

Maybe the most important step you can take to reduce your risk of the coronavirus and all respiratory viruses is to wash your hands throughout the day.

This means after every time you touch public devices and environments, after eating, after touching or being in close contact with others. All-day long.

If washing isn't practical, you can use a gentle hand sanitizer when needed (they are about 60% as effective as washing). What's more, you can use our essential oil tips below to improve a hand sanitizer's effect.

In addition to washing your hands, avoid touching your face.

4. Be Extra Stingy

Our moms may have implored us to share but to reduce your risk of the coronavirus and other respiratory illnesses, be extra-stingy. This means don't share your cups, glasses and eating utensils or anything else that comes in contact with other people's faces or hands.

And, wash your hands often.

5. Up Your Vitamin D

[Vitamin D](#) plays a key role in the immune system, and study after study has shown that bolstered doses decrease winter-time

viruses.

A 2017 analysis of more than 11,000 participants in the *British Medical Journal* showed that those with vitamin D levels of <10 ng/mL had a higher risk of respiratory infections compared to those at 10 ng/mL or greater (5).

Yet another study found that 2000 IU of vitamin D resulted in a significantly reduced risk of viral respiratory infections in school-aged children (1).

Other studies point to the same, so try 2000 IU vitamin D per day throughout the winter-virus season and this outbreak.

6. Take Elderberry as a Safe and Effective Virus Fighter

Black elderberry (*Sambucus nigra*) is a traditional berry that is known for its amazing virus and bacteria-fighting properties.

In fact, it helps our bodies make antibodies against influenza, fights viruses, fights streptococcus, and reduces upper respiratory infections (2).

One analysis of 180 participants found that supplementation with elderberry substantially reduced upper respiratory symptoms, with no adverse effects (3).

You can find black elderberry in many commercial preparations, or use our [Elderberry Syrup Health Tonic recipe](#). It includes other virus fighters such as ginger and apple cider vinegar, and it tastes great!

7. Keep Zinc Lozenges On Hand to Disrupt Viruses

Zinc is a very interestingly mineral to fight viruses and reduce your risk of coronavirus.

When applied to the site of virus replication, it can actually disrupt the virus's ability to replicate and RNA.

It's for this reason that most benefits from zinc derive when it's used in a throat spray, nasal gel, or lozenge preparation.

Keep these products on hand, and use them at the first sign of viral symptoms (or suspicion of it).

8. Essential Oils in the Air and Skin

You can take your hand sanitizing and washing up a notch with essential oils.

In fact, essential oils such as tea tree oil, lemon, clove bud, eucalyptus (should not be used with small children), cinnamon cassia, and rosemary are highly anti-viral. If buying them, only buy from reputable companies that use 100% pure essential oils. You can often find "germ-fighting" blends available with many of these oils in one.

Essential oils are simply compounds produced by plants to protect themselves from diseases. Their molecular weights allow them to enter our bodies via skin and respiration.

But take care. Essential Oils are extremely strong compounds and should be used with caution and as directed here or by a professional aromatherapist:

Add approximately 20-30 drops of "germ fighter" essential oils per 1 cup of hand sanitizer or natural soaps and shake well. You can also diffuse these oils throughout your home. Believe it or not, when you inhale them, their compounds can enter your bloodstream and go to work to fight viruses and boost immune function.

9. Use Ashwagandha to Boost Immune Function and Fight Viruses

Are you familiar with ashwagandha root? It is an immunomodulating herb that can support health, immune function, and hormone balance. Its scientific name is *Withania somnifera*, and it has been used for centuries as a medicinal herb.

In fact, animal studies have found that it can inhibit viruses and reduce their proliferation (4). It may be especially useful considering the current coronavirus is of animal origin.

And if you're interested in the thyroid and hormone benefitting balancing attributes, find relief and boost your immune system with [Thyroid Zone](#) – it contains ashwagandha.

10. If You're Sick or Have a Weakened Immune System, Stay Home if Possible

Unless it's mandatory for you to be in a public place, consider skipping events and outing if you have a weakened immune system.

And if you're sick, stay home.

11. Mind Your Gut

[Healthy gut bacteria](#) and healthy digestion are extremely important to the immune system. They directly affect it. And unfortunately, they can become weakened from illnesses, antibiotics in medications and foods, and more. It's vital to help your gut thrive. When healthy bacteria and gut health thrive, the immune system improves (5).

A great way to help is to take foods and supplements with probiotics and compounds that improve gut health. These include:

- Plain yogurt
- Kefir
- Kombucha
- Kimchi
- Collagen with Probiotics (such as [Keto Zone Hydrolyzed Collagen](#))
- Fermented vegetable powders (like [Fermented Green Supremefood](#))
- Living foods (like [Living Chia with Probiotics](#))
- [Probiotic supplements](#), especially those with lactobacillus acidophilus.

12. Get Enough Sleep

You've heard it before: adequate sleep is absolutely crucial for health. In fact, many studies now show that sleep is vital for immune function, fighting chronic disease and viruses, and for brain health (6).

What is adequate sleep?

Try to get 8-9 hours per day to keep your body healthy and immune system optimal.

Detox Your Body for Health

Of course, a large part of avoiding viruses, and being able to fight them when you do get them, is an overall healthy lifestyle and strong immune system.

We can help.

If you'd like to make changes to improve your overall health and **supercharge your immune system this winter**, try Dr. Colbert's 21 Day Detox by **going to www.DivineHealthDetox.com, it's FREE to sign up.**

Bottom Line

While the Coronavirus is not currently a huge threat in the United States, it's prudent to take steps to reduce your risk of the coronavirus and all respiratory viruses at this time. After all, the flu kills thousands of people in our

country every year.

We've shared 12 natural ways to reduce your risk of the coronavirus plus a great, free way to detox your body and supercharge your immune system. Take care of your whole body during this time, and do what you can to stay healthy.