

3: Laser Focused Moring Ritual



During the night your pH balance alters as the body is eliminating toxins, digesting food and repairing cells.

Not to mention that you have gone for six to eight hours without fluid.

To tackle both these issues before you reach for the coffee, try drinking half a litre to a pint of water with lime or lemon juice, or half of either in the water.

This helps to bring your body back to pH balance, hydrate you and give your digestive tract the support it needs to function in its most efficient manner.

All of the food you consume during the day, and indeed the way your focus is will be benefited by this simple, yet highly effective tool. As we have already mentioned, the nutrition is bolstering your immune system – so get your body to absorb as much of the goodness as possible.

4: Vitamins, Minerals and our Heavyweight hitters Garlic and Ginger



No massive surprise here to anyone.

Vitamin C is a clear front runner here so do not hold back! Benefits to both the adaptive and innate immune systems are key, supporting cellular functions of both.

Ginger & Garlic are two heavyweight hitters here.

Garlic containing thiosulfinates, benefits of which were noted as early as 3000 BC (sorry, I have to nerd out, it is me after all).

Antimicrobial activity, anticancer activity, antioxidant activity and reduction of cardiovascular diseases, immune functions and anti-diabetic activity. How's that for a right hand!

Ginger, now this little fiery additive contains sesquiterpenes, and for us in this situation one of the major benefits is that they help target, and attack Rhinovirus which is the most common grouping of the cold virus. It also helps prevent nausea and contains other useful chemicals to bolster immunity.

5: Exercise



The human body is designed to move, quite often, repetitively and its functions, adapt and improve with movement.

Of particular benefit here is improved cardiovascular health, digestive benefits and general wellbeing. Aim for at least 30mins of movement per day that leaves you out of breath.

Do not neglect your mobility here either; flexibility has some fantastic benefits in helping remove toxins from your body.

So there we have it, a simple five points that you probably already know of but perhaps are not quite sure why that will help give you and your family the best chance to battle any virus that is going around.

Don't sit idly and hope "CRY HAVOK AND LET SLIP THE DOGS OF WAR"

If you need to know more, contact myself or my team via the social media or email links below!

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