

Self-Care Tips to Boost Immunity

UCLA Center for East-West Medicine

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<p>Wash your hands for at least 20 seconds with soap and water</p>		<p>Avoid touching your face, eyes and nose with unwashed hands</p>	
<p>STAY HOME during a pandemic to decrease exposure to yourself and others</p>		<p>Cover your mouth with tissue/elbow - If you cough or sneeze. Wash hands again.</p>	
<p>Keep warm - Bundle up! Keep your whole body warm, especially your neck, stomach, legs, and feet</p>		<p>Sleep - Get at least 7-8 hours of sleep a day - Low quantity/quality sleep can weaken your immune system!</p>	
<p>Exercise - If you are well and have NO physical limitations, consider mild-to-moderate intensity exercise 3-5 times per week (e.g. 30-min walking)</p>		<p>Limit stress - Stay CALM. Consider restorative modalities such as qi gong (e.g.8 brocades), tai chi, meditation, or breathing exercises (e.g. 4-7-8 breathing)</p>	

Acupressure

Acupressure is a method of stimulating points without needles by using your hands or other methods.

This helps balance your mind and body to maintain health and wellness.

Refer to CEWM website for more acupressure points and details: <https://tinyurl.com/u7f67uv>

Here are some ways to activate these points:



Hands



Hair Dryer

***CAUTION:** Prolonged use & close contact may cause burn injuries

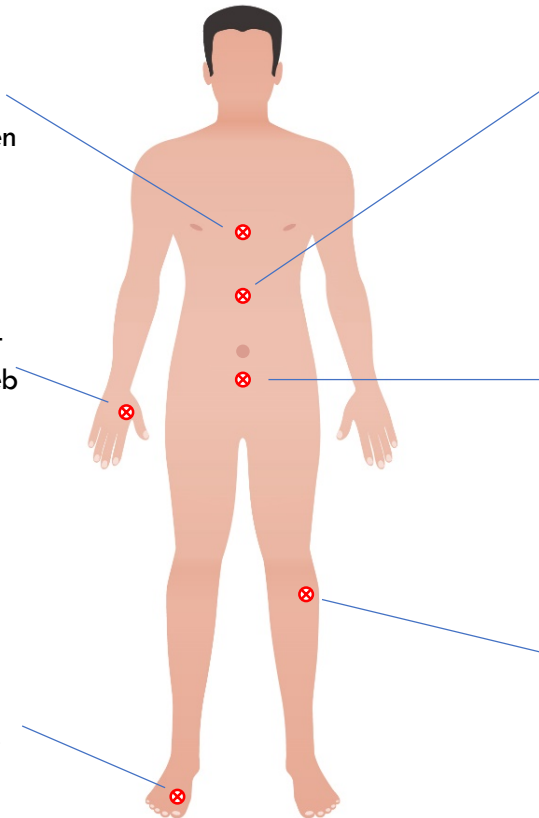


Heat Packs

CV-17: “Chest Center”
Locate point midway between the nipple line

LI-4: “Union Valley”
Locate the point between the web of the first and second finger.

LV-3: “Great Surge”.
Locate point 2 finger widths where your big toe and 2nd toe join



CV-12: “Center of Power”
Located halfway between the belly button and the base of the breastbone.

CV-6: “Sea of Qi”
Located three finger widths below your belly button.

ST-36: Located 4 finger widths below the knee on the lateral side

To Learn more about East-West Integrative Medicine, visit our website: <https://exploreim.ucla.edu/>

*****DISCLAIMER:** This handout is for general educational purposes only.
Please consult with your physician for specific recommendations.***

Nutrition Recommendations



- **Eat cooked nutritious foods in moderation**
- Eat a VARIETY OF COLORS and SEASONAL PRODUCE
- Limit cold or icy beverages. **Drink warm water.**
- Limit processed foods, especially foods high in sugar or saturated fats.
- Limit caffeine, dairy products, alcohol, greasy foods, fatty/fried foods
- Limit salads or raw vegetables

Warming foods are beneficial to help improve immunity:

- Consider adding foods such as root vegetables (e.g. potatoes, garlic, taro, leek, chives), onions, chestnut, walnuts, ginger, black pepper, citrus, mango, turmeric, broths (like chicken soup & curries) to your diet

*****Ask your Chinese Medicine Expert for further recommendations on herbal formulations**

Recipes

East-West Herbal tea

- Boil 1 cup of water
- Place 3 dried red dates (juzube dates), four chrysanthemum flowers, 1 thin slice of fresh ginger, 1 tsp of honey into water. *Adjust recipe for individual preference.
- Let it soak for 10-15 minutes
- Enjoy when warm! Eat the dates



East-West Fruit Soup

- One apple (sliced), one pear (sliced), 4 grapes
- Place in 2 cups of water and boil for 2-3 minutes. (Optional: add 1/2 tsp of honey)
- Enjoy the soup and eat the fruits

East-West Vegetable Soup

3-4 shiitake mushrooms, 1 tomato, 1 carrot, 1 handful of chopped daikon radish, 2-4 slices of fresh ginger, 2-4 peeled garlic, 3 scallions, 1 white onion, 1 handful of broccoli. Add to 3 cups of chicken broth. Add above vegetables and proper amount of turmeric, cinnamon, fennel, salt to personal preference. Boil for 15 minutes and enjoy the soup and vegetables.

Vitamins/Supplements

*****Please inform your physician if you intend to start any vitamins or supplements.*****



Zinc (Zincum aceticum, zincum gluconium)

- Lozenge/syrup/dissolving tablet
- Lozenge 3 times a day OR 25mg per day, **take within 24 hours of onset of cold/flu symptoms.**
- Don't take on an empty stomach.
- Don't eat or drink 15 minutes before/after to increase absorption

Common side effects include: nausea, vomiting, stomach upset



Vitamin C

- Eat Vitamin C rich fruits/vegetables daily.
- Take Vitamin C ONLY for cold/flu symptoms.
- Do not take more than 2 grams per day.

Common side effects include: GI upset (bloating, diarrhea)

*Consult your physician if you have a history of kidney stones



Vitamin D

- Supplement Vitamin D3 if you are deficient and have been evaluated by a physician
 - A safe starting dose is 1000 IU per day
- ***Ask and follow up with your physician for further recommendations.**

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