

Staying Healthy *During a Pandemic*

HANDY ADVICE

An Easy, Effective Way to Kill Germs • Page 3

If you are keeping your distance from others and staying home, you're doing your part to flatten the curve in this COVID-19 pandemic. The second step is to take measures to keep yourself and your family healthy and active.

Going out for a walk or bike ride can do wonders for your mind and body if it is allowed in your community. If not, try a YouTube video of an exercise class for a short workout at home.

Try starting your day with the 20, 20, 20 method. Spend the first 20 minutes doing light exercise, with the second 20 minutes working on mindfulness exercises. The last 20 minutes should be devoted to finances or business, so everything continues going as smoothly as possible.

We've included some of our favorite ideas for boosting your immune system and helping you overcome anxiety. Stay safe in both body and mind!

© 2020 Fox Printing & Creative Publishing, LLC, New Orleans, LA. All rights reserved.

The information contained in this brochure is intended for educational purposes only. A reader should never substitute information contained in this brochure for the advice of a health care professional. Jumpstart Publishing, LLC and publishers of this brochure, do not endorse or promote any of the products or services described in the pages of this brochure and the publishers do not verify the accuracy of any claims made in the editorial contained in this brochure. Readers should not use the information in this brochure for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. Readers should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or have or suspect they have a health problem.





Elderberries

BOOST YOUR IMMUNE SYSTEM

By Leah Porche, RDN, LDN

Elderberries are a prolific species of plant that can be found all across the Northern Hemisphere. Along with their broad geographical reach, they also have deep roots in European and Native American Folklore.

Elderberries belong to the honeysuckle family and have long been used as a food and medicinal source. When ripe, the elderberry plants' white flowers manifest as tiny, black, bead-like berries, making it the ideal, ornamental plant. From the berries to the flowers and leaves, many parts of the elderberry plant can be consumed; however, the berries should be ripe and cooked to avoid the toxic effects of some compounds.

Today, common preparations of elderberry include an extract or syrup that can be taken by the spoonful or used in food preparation. While the sweet flavor may be enough on its own, there are other benefits that encourage elderberry intake as a daily practice.

Throughout history, elderberry has been touted as the cure-all, from skin issues to influenza (flu). Many of these claims have been verified with anecdotal evidence, some of which has been substantiated by science. The elderberry's amazing effect on the immune system is contributed to extremely high levels of vitamin C, which is 87% of the daily value.

While there will always be a need to continue research, the plants' long history of protective effects should be enough to encourage regular usage, especially during allergy, cold and flu seasons. ■

IMMUNE BOOSTING

1-cup kale
1 peeled orange
4-5 strawberries
1 chunk ginger
1 red bell pepper
1 tsp elderberry syrup
½ cup coconut water

Directions:
Add fruits and veggies to juicer.
Add syrup and coconut water
directly to your glass of juice.



Throughout history, elderberry has been touted as an immune boosting ingredient.



*This is not promoted as a cure for COVID-19, if you suspect you have COVID-19 symptoms, contact your doctor.



HANDY ADVICE

-an Easy, Effective Way to Kill Germs

EACH AND EVERY DAY YOU ARE SURROUNDED BY COUNTLESS GERMS THAT COULD EASILY CAUSE ILLNESS. BUT, TAKING 20 SECONDS TO DO THIS SIMPLE TASK THROUGHOUT THE DAY MAY MEAN THE DIFFERENCE BETWEEN FALLING ILL OR STAYING HEALTHY.

Door knobs, stair rails, and various other surfaces you touch throughout the day are likely lurking with cold germs. When someone is sick, it is passed to others through respiratory droplets via coughs and sneezes. When we unknowingly touch these microscopic droplets of germs on surfaces and then touch our mouth, nose, or eyes, we leave ourselves susceptible to getting a cold. Some viruses and bacteria can live several hours on hard surfaces like cell phones, computer keyboards, and doorknobs. Preventative hand washing is an important thing that can protect your health.

Since hand washing is so critical, it's important to do it right. It's generally best to wash your hands with plain soap and warm water. When it comes to hand washing, don't cut any corners. Once soap is applied, rub hands vigorously for a minimum of 20 seconds. Scrub the entire surface of your hands, including the backs of your hands, wrists, between your fingers and under your fingernails. Rinse your hands and then dry them with a disposable towel or let air dry. Use the towel to turn the faucet off.

Studies show that regular soap has proved very effective, and purchasing special antibacterial soaps may not be necessary. Recently an advisory panel reporting to the

U.S. Food and Drug Administration concluded that plain soap and water work just as well to prevent the spread of germs as costlier antibacterial products. Whichever the case, remember to take time to lather up throughout the day to avoid spreading germs. ■

INSPIRE HEALTH TIP:

If you have a hard time getting young ones to wash their hands for more than three lighting fast seconds Make hand washing fun by having your kiddies sing their entire alphabet while thoroughly lathering their hands. If they do this, it should take the recommended 20 seconds for them to sing and soap.





SIMPLE FRESH FRUIT

By Tami Charbonnet

In a flash, the crisp season of Spring is moving behind us, and our senses connect with the warm weather; fresh aromas, bright colors and lush greenery of Summertime. Summer's heat brings with it a wealth of delicious ripe produce that can also help your body stay energized and hydrated.

Our sense of taste is heightened, and we naturally crave colorful, fleshy fruits. Fleshy fruits are commonly referred to as "simple" fruits; however, these delicacies of nature are far from simple. Not only are fleshy fruits delicious, but they also fill our bodies with substantial amounts of healthy antioxidants, vitamins, and nutrients. What fruits are categorized as "fleshy?" Many of your favorite fruits fall into this category, including apples, pears, peaches, papaya, quince, mango and even avocado.

As the mature ovary of one or more flowers, simple fleshy fruits can have up to three identifying characteristics: (1) outer skins, (2) a single seed or seeds or (3) a stone. Between the skin and the seed is edible, nutrient-dense flesh or tissue. Vitamins and nutrients found in the flesh (and sometimes the skin) have substantial health benefits including cancer prevention and weight loss as well as increased digestive health, skin health, immunity and circulation and decreased cholesterol, blood pressure and inflammation.

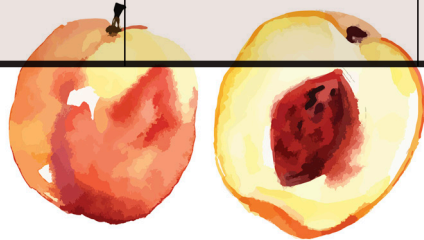
To reap the full health benefits, remember it's always better to consume fruit in its raw, natural state rather than cooking or processing it in any way. For optimal functioning of the human body, you need ample amounts of nutrients that are supplied by fruits in a natural or raw form. Our busy lifestyles have created eating habits packed with preservatives and processed foods devoid of essential nutrients. Daily consumption of fresh, natural, raw, fleshy fruits will boost your immune system and keep you feeling energized. It's a good idea to choose to reconnect with the natural benefits of eating simple fleshy fruit. ■



“...helping to prevent cancer, aiding in weight loss, improving digestive health, reducing cholesterol, boosting immune system strength, soothing inflammation, increasing the health of your skin, ...



5 SIMPLE TIPS TO INCREASE RAW FRUIT CONSUMPTION:				
1	2	3	4	5
Don't hide the fruit! Purchase a beautiful basket or bowl and keep it on the counter in arm's reach at all times. This way, when you are craving a snack, you can easily sink your teeth into an apple or pear rather than a packaged snack.	Get into the habit of eating fruit early in the day with your morning meal	Don't "drink" too much fruit. Fruit juice is healthy in moderation, but can pack a big calorie punch.	Cut fruit into bite-size pieces and keep in a covered, clear glass bowl in the refrigerator. Squeeze a lemon over the top to give it a bit of zest and to help preserve color and texture.	If you don't like raw fruit alone, cut apple slices and eat with a teaspoon of almond butter as a healthy snack.



Seipler, a vice president of a technology company at the time, was logging over 150 nights in hotel rooms when the idea came to him. He called the front desk to find out what happened to all of their discarded soap only to discover it was unceremoniously thrown away. That's when Seipler, along with a few close friends and family members, saw an opportunity to change the world.

"The real aha moment at that time came when we realized 9,000 children under the age of five were dying every single day from pneumonia and diarrheal disease—the number one and number two leading cause of death among children worldwide. Yet all these deaths could be prevented if we give them soap and teach them how and when to wash their hands," said Seipler, a father of four.

Today, Clean the World has saved countless lives, distributing over 41 million bars of soap in 118 countries, and they won't stop there. In 2017, the organization donated 60,000 hygiene kits to Hurricane Harvey victims in Houston, 50,000 kits to Hurricane Maria survivors in Puerto Rico and 75,000 kits locally to those affected by Hurricane Irma in Florida.

Unsurprisingly, the organization has become a global leader in Corporate Social Responsibility (CSR), a model for social entrepreneurship and is now reshaping social entrepreneurial education across the country.

But Clean the World is far from an overnight success. "When we started, we would daydream about how big it could get; how impactful it could be globally. But you're still sitting in a single-car garage scraping soap, and you're so far away from that goal. We would talk to continue the hope, but we didn't necessarily think in our hearts that it would happen. I sit here today amazed and grateful," Seipler said.

Initially, the passion project took a backseat to his full-time global sales position, but Seipler was quickly forced to make a choice between his financial security and his responsibility to change the world.

"Once the cat got out of the bag, leadership did not view [Clean the



World] as a charitable thing, rather, they saw it as me starting my own company. It happened earlier than I thought it would. I left within a few months of that career, and we struggled financially for some years.

Seipler and friend, Paul Till, emptied their 401(k)s, life savings, kid's college funds and pursued their initiative with everything they had—literally. Luckily for millions of families around



For those that want to change the world,
Seipler recommends volunteering for
causes you love

For those that want to change the world, Seipler recommends volunteering for causes you love. This will help you figure out how to solve problems, make connections to those who share the same passion and give back to your community.



How can people
get involved with
CTW?

Go to cleantheworld.org and donate. 94 percent of every dollar is put directly into the mission.



the globe, Shawn Seipler and company didn't give up hope.

When asked about failure, Seipler says, "Failure is a subjective word. What one person considers failure, another may not. People might think, 'Shawn is this awesome, successful guy,' but I have had thousands and thousands of failures; it's a step on the road to success. But what is most important are our families, friends, community and the way we can help others. Treat people with love, respect and dignity; those are the things that are most important."

Despite Clean the World's enormous global impact, Seipler feels they are

capable of doing more and continues to set new goals for the company. "What keeps me going are the 5,000 children dying every single day, and the two billion across the planet without access to water or a toilet. Though we've seen an awesome reduction in dying children since we started, there is still so much opportunity and so much need," he said.

Based on U.S. market statistics, Clean the World estimates 200 million metric tons of solid waste are produced each year by the combined hospitality segment, making hospitality one of the largest producers of waste. Only a dismal 30 percent of that waste is recycled and processed.



Fit to a “TEA”: The Best Teas for Healing and Wellness

By Michael Kabel

A HOT CUP OF TEA CAN MEAN RELAXATION, A TIME OUT FOR YOURSELF, A MEANS TO CENTER YOUR ENERGY, OR EVEN JUST A RETREAT FROM THE WORLD FOR A FEW MINUTES OF PERSONAL REFLECTION. THAT IS NOT NEW WISDOM EITHER. IN PARTS OF THE WORLD, A GOOD, HOT CUP OF TEA HAS PROVIDED SOLACE AND REJUVENATION FOR THOUSANDS OF YEARS.

Now modern wellness experts recognize that besides the emotional balm a tea break can provide, some teas can heal everything from an upset stomach, to sleeplessness, to depression. Here are the best three teas to help you get through the symptoms of day-to-day anxiety:

Rosemary – Spicy and fragrant, this pert-tasting herbal tea offers relief from headaches and anxiety. Its high doses of calcium and iron make it a great source of minerals, and studies even show it's rich in antioxidants.

In parts of Europe, rosemary is often used to fight indigestion. Some herbal tea users also say it helps improve blood circulation and enhances memory and concentration. Medical studies indicate it can also do much to prevent macular (optical) decay, prevent brain aging, and relieve indigestion.

Rosemary tea is a simple recipe – just use one tablespoon of dried rosemary leaves for one cup of tea.

Chamomile – One of the most famous teas, the oils of this gentle-tasting brew provide

relief from stomach and digestive problems, including colitis. It's used as a relaxer to aid in a good night's sleep. The fresh taste, not unlike apples, is strong but not overpowering or bitter, so it's a great complement to breakfast toast or fruit.

In most cases, chamomile is available in either German or Roman (also called English) varieties. It's sold as crushed flowers or as a tea infusion, and one tablespoon is enough for one cup. When used over several months, it can even help chronic sleep and stomach issues.

Thyme - While the sharp taste and distinct aroma might challenge some tea drinkers, the herb thyme can help reduce coughing, alleviate painful bronchitis symptoms, and relieve common sinus pressure. It works to cleanse the organs of the body, boosting the immune system and also helping in urination and menstruation.

When making tea, thyme takes a little time. Use two teaspoons of the dried herb per cup, and steep for ten minutes. For the best results, drink one cup three times a day. ■



*Have you hit a hard patch? It happens to all of us. Don't get overly stressed. Cradle your hands around a sweet cup of hot tea and just relax your soul by listening to **Serenity Relaxing Spa Music 101** from iTunes. Our favorite melody on this album is "Song of the Sea."*

Feed YOUR SOUL

How to GREEN Your Clean

By Christina Leidenheimer

HARSH CHEMICAL CLEANERS CAN BE POTENTIALLY HAZARDOUS TO YOUR HEALTH AND THE ENVIRONMENT. GIVE YOUR CLEANING ROUTINE AN ECO-FRIENDLY MAKEOVER WITH THESE FIVE GREEN CLEANING TIPS. YOUR HOME WILL BE SAFER, SUPER SANITIZED, AND FRESH, FRESH, FRESH!

First things first, you will need to stock up on a few eco-friendly products. You can either buy pre-made products that are made by green companies, or you can simply make them yourself—don't worry, you do not have to be a chemist to whip these up.

Here is how to formulate your own green cleaning products:

- pickling vinegar (*more concentrated than white vinegar*)
- baking soda
- borax powder
- lemons
- a few essential oils
- mild dish soap
- a couple of spray bottles.

These simple ingredients are very effective, inexpensive, and, above all, non-hazardous. Both vinegar and borax powder are commonly used in cleaning because they contain natural disinfecting properties. Baking soda can safely mix with other products, and its mildly abrasive nature makes it very effective for scrubbing surfaces and removing tough stains. Essential oils are used for their amazing aromatic and therapeutic qualities, while certain potent oils, like tea tree oil, effectively kill germs and control mold and mildew.



Vinegar is excellent for use in your dishwasher too. Add a cup of vinegar to your dishwasher to remove any stagnant odors; it will leave the interior shiny and squeaky clean.



Vinegar; edible and non-toxic is the perfect natural all-purpose cleaner for the kitchen.

● **KITCHEN:** Use vinegar to create a natural all-purpose cleaner for the kitchen. Vinegar itself is edible; it contains no toxic chemicals that would be harmful if ingested, so it is a perfect cleaning product to use around food.

D.I.Y. all-purpose cleaner - using an empty spray bottle, combine a solution of half pickling vinegar, half warm water and one tablespoon of dish washing liquid. This solution can be used to clean the counter top, stovetop, refrigerator and microwave. Vinegar is excellent for use in your dishwasher too. Add a cup of vinegar to your machine to remove any stagnant odors; it will leave the interior shiny and squeaky clean. You can also add it to your water when washing dishes by hand, the disinfecting power is sure to kill any bacteria and germs on your dinnerware.

Vinegar has a distinct odor, but don't worry; the smell will dissipate once it dries. Caution! Some surfaces, like marble, tarnish when treated with vinegar & other acidic substances. As with any product, it's best to test a small area to make sure it is safe to proceed.

● **BATHROOM:** Bathroom cleaners are among some of the harshest chemical cleaners. You can make your own bathroom scrubbing solution to clean toilets, counter tops, fixtures and tubs/shower without the offensive fumes.

D.I.Y. tub and shower scrubbing solution – combine half a cup of vinegar, three fourths a cup of baking soda and one tablespoon of lemon juice, mix together to form a thick paste (add more or less baking soda until desired consistency is achieved). Using a sponge, apply the solution on sinks,

tubs, showers and fixtures in small circular motions. Let it sit for 20-30 minutes, scrub with a sponge and rinse with warm water. To clean bathroom counter tops, use the all-purpose solution created for the kitchen. Knock out toilet stains and odors with one cup of undiluted vinegar. Before pouring the vinegar in the toilet, it is best to flush the toilet and allow the water to go down, the water descends, pour the vinegar around the inner rim then scrub the bowl with a toilet brush.

● **WINDOWS AND MIRRORS:** The kitchen solution works here too. Simply spray and wipe for squeaky clean windows. Save paper towels and instead use old newspapers; they won't leave behind any lint.

● **WOOD AND TILE FLOORS:**

Nothing spreads chemicals in the air faster than mopping the whole house with a toxic chemical cleaner. You can easily make your own mopping solution that will clean and disinfect your floors safely.

D.I.Y. floor cleaner: In your mop bucket mix one cup of pickled vinegar, one gallon of water, one tablespoon of mild dish soap and the desired amount of your favorite scented oil. Your house will smell so fresh, and the best part is, your home will be thoroughly sanitized and chemical free.

● **CARPETS:** Many carpet fresheners have a fruity or floral scent bearing the disguise of toxic fumes that can potentially be harmful to your health. It is very simple to make your own fresh smelling carpet deodorizer, and it will be safe for the family and pets too.

D.I.Y. carpet deodorizer: Combine one cup of baking soda with one cup of borax in a plastic bag, add the desired amount of your favorite essential oil, and then mix together. Sprinkle the powder solution on carpets, let stand for 20 minutes, then vacuum. Your house and carpet will smell delightful.

HGDecorator book pick

Salt, Lemons, Vinegar, and Baking Soda

by Shea Zukowski

The Fab Four: Salt, lemons, vinegar and baking soda, the all-you-need cleaning all-stars for the home.

From personal hygiene and grooming to household cleaning and gardening, this powerful quartet has a long history of usefulness that is modern, green, cheap and effective.

This book gives a brief introduction to each of these amazing essentials along with household hints (indoor and out; for people and pets) and hundreds of smart solutions for better living.



AROMATHERAPY for Stress Relief

By Tami Charbonnet

Aromatherapy uses natural oils extracted from flowers and other plants to enhance wellness, ease pain, relieve stress, and increase mental awareness and cognitive function.

Stress can affect immunity and cause the digestive, excretory, and reproductive systems to stop working normally. Even worse, chronic stress puts our bodies into survival mode, causing a run-down of our overall body systems.

Demetria Clark, author of *Aromatherapy and Herbal Remedies for Pregnancy, Birth, and Breastfeeding*, recommends aromatherapy for stress relief. "Aromatherapy is known to encourage deep breathing and we know that deep breathing is a tool widely used to reduce stress", she explained. Because there are so many topical applications for aroma-

therapy, such as body sprays, compresses, creams, liniments and massage oils, it is easy to use at home and practical to use daily.

HOW DOES AROMATHERAPY WORK?

The aroma from essential oils is believed to stimulate brain function by immediately penetrating cell membranes and crossing the brain-blood barriers to reach the emotional center of the brain at a rapid speed. "Essential oils have many constituents that promote relaxation, calm and feelings of well-being," Clark said.

One of the simplest and most effec-

tive ways to benefit from essential oils is to first sample smelling them. "Just because an essential oil is listed as good for de-stressing, doesn't mean it will work for you", she said. Everyone is different so if you feel agitated or don't like a particular aroma, listen to your own instincts.

Once you find the right essential oils for you, you can use them anytime. Just put a few drops on a handkerchief so you can carry it with you. It is also important to know that not all essential oils are alike. Make sure you purchase the therapeutic grade oils as some oils may contain harmful chemicals. ■



“Essential Oils promote relaxation, calm and feelings of well-being”

- Demetria Clark

5 Essential Oils for Stress Relief:

Lavender • Patchouli
Citrus Oils (Sweet Orange/Mandarin/ Grapefruit/Lemon/Lime)
Clary Sage • Ylang-Ylang





It's clear to see why Echinacea makes an excellent winter time supplement. Drinking Echinacea tea or using it in pill form can help build your immune system enabling you to combat the common ailments that come with cooler weather. ■

TRY THIS:

BLAST FEVER BLISTERS!

As soon as your lip starts to itch or tingle, place a few drops of Echinacea juice on a cotton ball and apply to the area. It will help halt the progression of the lesions that occur from fever blisters.