

How To Not Get Sick

People typically get sick when we transfer germs 1) from our hands or 2) from the air into bodies with an immune system that is under equipped to kill the germs quickly.

1. **Wash Your Hands** – Regularly and thoroughly. Use 60%+ alcohol hand sanitizer as a support for this practice but not a substitute.
2. **Protect Your Face** – Minimize touching your face with your hands and wash your face regularly.
3. **Clean Surfaces You Commonly Touch** – This includes things like door knobs, light switches, counter tops, but it also includes your cell phone and your car controls.
4. **Wash Your Clothes** – Your clothes are collecting germs all day long. Change them and wash them. Consider having “Out-In-The-World-Clothes” and “Home-Clothes” that you change into when you get home. This is particularly important if you hold babies.
5. **Don’t Share Food or Drinks With People** – Especially avoid doing this in groups.
6. **Cough or Sneeze Into Your Elbow** – A sneeze can project aerosolized germs 200 feet away. If you cough or sneeze into your hand, wash your hand right away. This practice won’t protect you, but it will protect others.
7. **Keep Your Distance From People When You Can** – When we talk, we project aerosolized germs approximately six feet. A close conversation is a germ exchange.
8. **Breathe Through Your Nose and Keep It Warm** – Your nose acts like a pre-filter for your body. When it is cold, there are fewer white blood cells in your nose to fight germs.
9. **Close Toilet Lids Before You Flush** – Flushing a toilet with the lid up aerosolizes urine, fecal, and other type of germs into the air. This is not always possible in public restrooms.
10. **Eat Highly Nutritious Foods** – Our immune system needs a sufficient supply of vitamins and minerals for peak performance. This comes from a variety of healthy, natural foods.
11. **Avoid Foods That Cause Inflammation** – These are processed foods and sugars. There is a direct connection between our digestive system and our immune system. When we bog down our immune system with things it wasn’t designed to process, our immune system suffers.
12. **Fast Intermittently for Short Durations** – Fasting intermittently for durations ranging from twelve hours to three days rebuilds your immune system and causes an increased production of white blood cells. Longer durations tend to have negative effects as the body begins to run low on energy and important vitamins and minerals.
13. **Exercise Regularly** – Exercise flushes out your lungs and airways, increases the circulation of white blood cells, and highly oxygenates the blood.
14. **Air Out Your House** – Fresh air and sunlight is good for your immune system. The air in any closed-in environment where people regularly breathe becomes full of germ-filled air that people constantly re-breathe. Air it out daily if possible.
15. **Encourage A “Stay-Home-Culture”** – When people stay home because they are sick, tell them “thank you” and certainly don’t give them a hard time. They’re doing everyone a favor.
16. **Stay Positive** – Our immune system is sensitive to our emotional and mental state, so choosing to stay positive can also keep you safe from germs.