



WEEK
LET'S TAKE CARE OF
OUR HEALTH THIS
WEEK **6**

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#CHANTALS2020WEEKLYCHALLENGE

Disclaimer: I am not a doctor, nor a health expert, I am just a person who tried these strategies and they have worked for me and my family. Please consult your health care provider before deciding to practice any of the mentioned strategies.

Here's a reminder of the strategies we employed during the last one year and a half and that did work in keeping us healthy.

INTAKE STRATEGIES

- Vitamin C
- Vitamin D2 and K3
- Zinc
- Honey
- Royal jelly
- Propolis
- Bee pollen
- Ginger tea and lemon
- Keep drinking water
- Healthy homemade organic meals

BEHAVIORAL STRATEGIES

- No shoes allowed at home
- Disinfect anything anyone touches
- Do not touch face
- Gargle with a medical mouthwash or with Apple Cider Vinegar
- Humidifier with essential oils
- Open windows to get fresh air
- Put some onion slices to scare the vampires
- Wash hands every 10 minutes
- Wear protective masks if/when needed
- Take a bath and wash clothes immediately after coming home
- Disinfect your phone
- Do not kiss nor shake hands
- Stay at home and don't welcome anyone



List of Items Needed

What to buy

From where

- _____
- _____
- _____
- _____
- _____

What to buy

From where

- _____
- _____
- _____
- _____
- _____

Any New Rules to Inform the Family About?!

New
Rules

Rule 1

Rule 2

Rule 3

Rule 4

Rule 5