

A Nutritionist's Diet + Supplements While Recovering From COVID-19



Earlier this week, we shared [this interview](#) with holistic nutritionist, Serena Poon. In it, Serena outlined her entire journey with COVID-19, from initial symptoms through her whole healing process. It's Serena's job to help other nourish and heal, so she was well-equipped to make the

healing journey. Since she shared so much great advice with us, we decided to list her nutritional protocol here separately. These are the foods and supplements Serena used herself and recommends to her nutrition clients to stay strong and fend off viruses...

+ Supplements used to enhance my COVID recovery included: extra zinc picolinate, liposomal vitamin C (2000mg 3-4x a day), liposomal glutathione, vitamin D, NAD+, NAC, magnesium glycinate, propolis, oil of oregano, astragalus, nettle leaf with quercetin, L-lysine and an Ayurvedic immune blend.

+ Green Juice I made sure to have green juice once a day, and I had at least 100-120 ounces of water (staying well-hydrated is *key*, especially if you have a fever!).

+ Celery juice – If accessible, it's not a non-negotiable – there were a couple of weeks that it was a bit harder to come by at grocery stores.

+ Turmeric + Ginger Shots I took 1 ounce shots of fresh turmeric and fresh ginger daily. Supplements or raw dehydrated form if fresh isn't available.

+ Daily immunity elixir made with: organic aloe (whole leaf), raw organic apple cider vinegar, colloidal silver, chlorophyll, an immunity blend of mushroom tinctures. For

my personal constitution, I blend the elixir with five supergreens, camu camu, baobab, glutamine and larch powder.

+ Eat the Rainbow So simple and yet one of our most effective resources for healing the body. I made sure that I ate *tons* of vegetables every day. When we eat the rainbow, we are not only taking in all the phytonutrients, vitamins and minerals, we are also targeting the energy centers (the chakras) of our spiritual or energetic body.

+ Greens were 75% of my plate ...and the rest were made up of vegetables of other colors (think carrots, radishes, beets, sweet potatoes, cauliflower, etc). Sometimes I would add some grains. I made sure to have either avocado, nuts or seeds (or a combo of all) every day for the healthy fats, protein and vital minerals that they offer.

+ Broths I recommend broths, either vegetable or bone-based, as they are full of rich nutrients, especially good on the days that you don't feel well and don't want to eat much.

+ Thyme Tea for a sore throat When respiratory issues were present, I drank a tea made with fresh thyme, citrus (lemon or orange, with the rind) and a bit of manuka honey. This tea was one of the most helpful things we did – when you have a sore throat, breathing or respiratory issues,

coughing, chest congestion – drink this tea all day long!

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