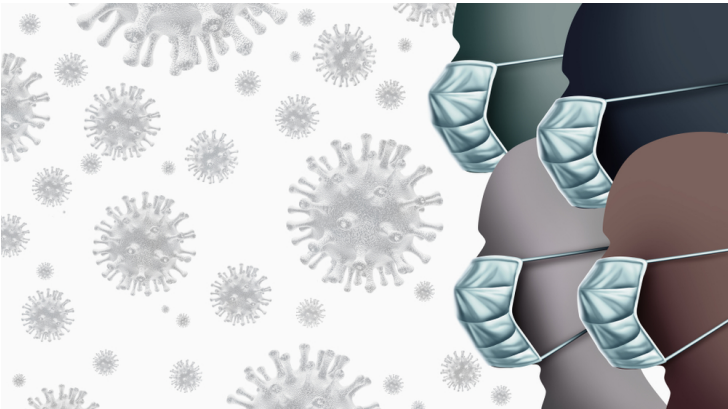


Intelligent steps to undertake some preventive measures for coronavirus

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The mortality and incidence rates of COVID-19 are still increasing, and these numbers will be ever on the rise even while you read this article. And while the world is still learning about the virus, the initial panic has forced millions of people to flock to hospitals and even primary care centers looking for an uncertain diagnosis. This has inevitably resulted in packed waiting rooms, poor hygiene at most of the medical facilities which have become an immediate way to the quick spread of COVID-19 or other illnesses. It has largely become our obligation to tap into all the tools possible to protect ourselves from each other which also trying to minimize the impact of this disease.

If you chat with five different friends in your group, you'll see a range of varied responses—some will say that they are already ordering face masks and stocking up on their water intake, others will probably let you out on their plan to not go to Italy this summer, and still, a few others who haven't really read much about the ongoing epidemic.

Despite the information we do hear in the news, part of the trouble is that we are panicking beyond reason. As Dr. Ramon Llamba, Ph.D. in Quantum Physics and the founder of Golden Age Transformation puts it, 'One thing about our universe is that everything in the universe has an energy and everything in the universe is vibrating at a certain frequency.' One thing about our universe is that everything in the universe has an energy and everything in the universe is vibrating at a certain frequency. Coronavirus is a frequency of the low immune system and the disease is more like to hit you if you're a match to that frequency. Keeping a high-frequency environment inside your body - mentally, emotionally and physically, will help you face this disease heads on. Here are the measures you need to take to keep the virus at bay:

Mentally

Probably the worst thing that you can do to yourself in this time of urgency is spending a lot of time reading about the widespread in the newspaper and aggressively watch news on the television about it. It's always better to be informative than being alarming. While it's completely normal to feel stressed

about the situation, but then accept the current situation, do your thorough analysis and just take good care of yourself. Do not plug yourself into the fear, you're eating a good, you're getting proper sleep and also exercise, more than that you're maintaining social contacts - you're doing all the right things to stay safe. So, keep your thoughts potent and positive by only arming yourself with information and not with a constant stream of news.

Emotionally

Now that you have a heightened awareness of the outbreak and the risks that you may be exposed to during the day to day activities, it's important to keep your emotional states happy and high-vibrating. Even science has proven that when we are in a high-vibrational state, or you can put as a happy emotional state, our brain releases some chemicals that help us build our immunity in an even stronger setting. One way of tapping into your immunity is breathing, when your cells get oxygenated with our conscious breathing, your brain releases some chemicals called serotonin, oxytocin, and dopamine, these are the chemicals that usually do the groundwork and build up the environment of the body that you live in. Every time your brain goes into a zone of feeling a threat, it immediately switches off the immune system in order to switch on the fight and flight mode inside of which the chemical cortisol goes high and your immunity starts going low. This is exactly the kind of situation when you need to be mindful. As Dr Llamba says, "When the storm outside cannot be controlled, all you can do is strengthen your home so that the storm doesn't cause any damage. You have complete power to strengthen your home. Your active role here is to nutritionally strengthen your body, emotionally work yourself up and build your health to wither the storm at your door.

Physically

When it comes down to the physical barriers you need to follow, be more cognitive and consciously intelligent about the choices you are making and the places you are going to. Take a lot of preventive measures, mostly like wearing a mask, using sanitizers and all the other do's floating on the internet. But there are also a few dietary staples that you should definitely depend upon, especially during the course of the novel coronavirus.

Nutrition

Meat is loaded with cholesterol and saturated fat, which have starring roles in poor heart health and eventually make your body prone to infection. So, stick to a plant-based, vegetarian diet from a good organic source. You can pick from a variety of greens, or even quinoa, tofu, mushrooms, lentils, chickpeas, and most beans and legumes. And did you know there is a whole other vegetable sources of protein? That's right, artichokes, broccoli, asparagus, Brussels sprouts, corn, collards, potatoes, spinach, peppers, sweet potatoes, and turnip greens all provide a good amount of protein. So, your body wouldn't miss your daily intake of protein.

Multivitamins

Since an unsaid war is declared on your body, your nutrition alone from the source of the food you intake during a day may not suffice. So, it's the right time to depend on multivitamins. It is advisable to take at least 100mg every day for the next 15-20 days on the row. You can take B-complex, B-12, B-6 and Vitamin C to your list of multivitamins. In case you're looking for natural sources of fulfilling your daily necessity, you can double your intake of raw fruits and salads.

Meaningful Humming

Humming is one of the ways in which your brain produces a lot of nitric oxides, primarily called the laughing gas. It is apparently the most significant chemical our brain needs for our physical wellbeing. While you physically prep yourself, introduce yourself to the concept of mindful humming for 3 minutes, four times a day. This will calm your mind, boost your spirits and keep your sinuses healthy.

Dr Ramon Llamba, Ph.D. Quantum Physics, a leading Business, and Life Coach