

## 12 Steps for Selfcare in times of Global Pandemic

**Dr. Ani Kalayjian**

I invite you, first and foremost, to care for yourself, your families and communities! I recommend the following natural supplements and oils for protection and activation of our immune system:

Please maintain the following for good health & well-being in general, but especially now in times of CoVID-19!

1. Turn off the news at evening hours to ensure a good night sleep <sup>zzz</sup>
2. Drink lots of water with lemon 🍋 and organic apple cider vinegar (teaspoon);
3. Take L-Lysine (double dose) 1,000 Mg daily, if you have some low degree symptoms take it twice per day! It's an essential Amino Acid to support collagen synthesis and promote healthy immune function;
4. Burn sage (when you leave & return from home, work or shopping) after washing your hands;
5. Apply Rosemary oil on your chest for lung support as well as for activating your killer cells;
6. Gargle with little sea salt and warm water 💧 for clearing bacteria from your throat before they travel to your lungs;
7. Also use distilled warm water and sea salt to wash your nostrils;
8. Don't give in to fear and anxiety (which are immune suppressants) and find ways to focus on your daily goals; if you can't then
9. Focus on projects on hold, or start reading that wonderful book on your reading list: Forget Me Not: 7-steps for Healing our Body, Mind, Spirit & Mother Earth (Kalayjian) or How to Stop Worrying and Start Living (Carnegie);
10. Create laughter, laugh and make others laugh, if you can't then watch comedy shows;
11. Help yourself, your family and local community;
12. Silence the chatter; meditate, sit and unplug from all devices!

I have prepared 3 YouTube videos for healing and empowering ourselves in these challenging times of global pandemic:

1. Here is a 10-minute clip I prepared to help strengthen our immune system!  
<https://youtu.be/WET34N9htNw>
2. When you can't go out to parks or to your gym, we invite you to do this short exercise in the comfort of your own home called Soul-Surfing!  
<https://youtu.be/nk-aedntLWs>
3. <http://voiceofarmenians.com/programs/dr-ani-kalayjian-how-to-manage-stress-and-anxiety-during-this-time-of-crisis>

How to manage our fear, anxiety and distress in times of global pandemic!

[drkalayjian@meaningfulworld.com](mailto:drkalayjian@meaningfulworld.com)