

You've Been Struggling With Post COVID-19 Symptoms

Here's What You Can Do Right Now!

Nutritional Changes



Rainbow Foods

Get in those colorful vegetables. From orange carrots and sweet potatoes to green leafy veggies, a colorful variety of vegetables are sure to pack a nutritional punch!



Hydrate!

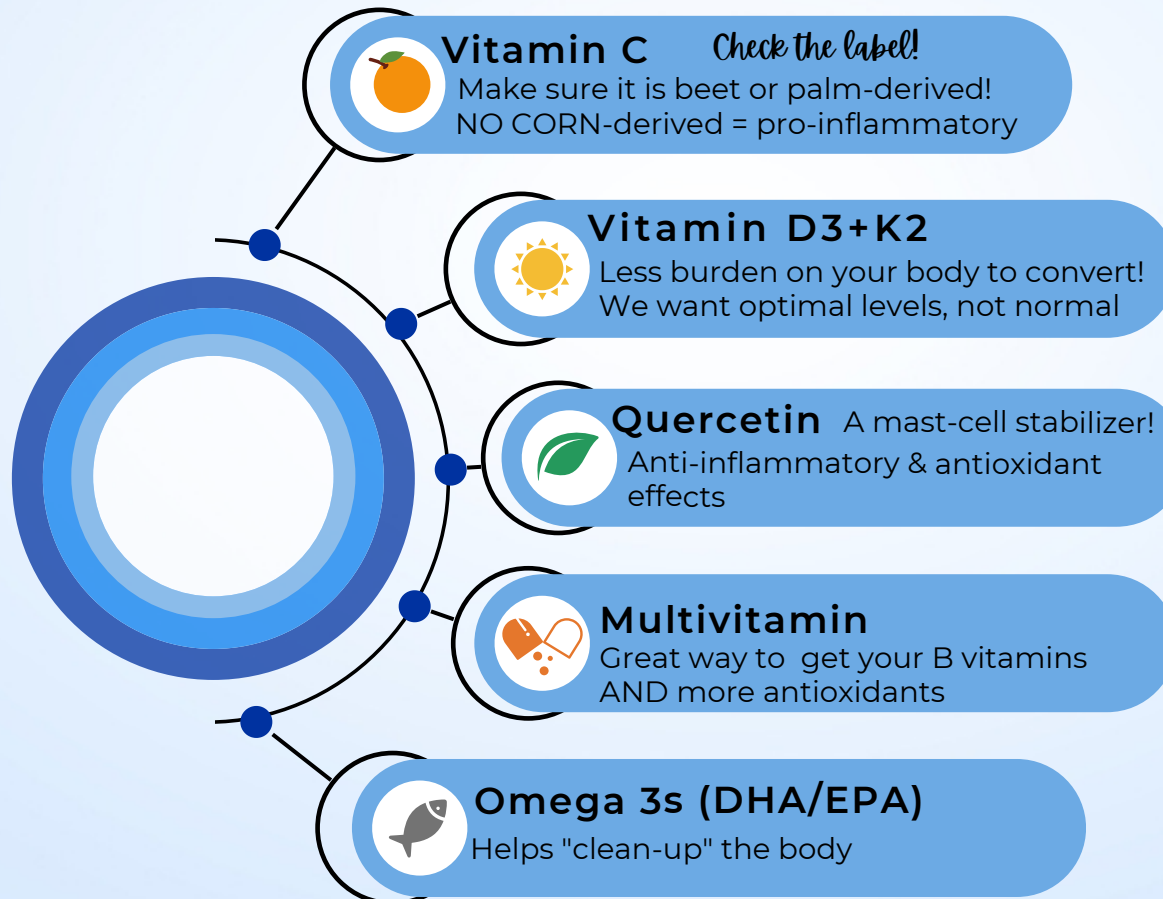
Divide your weight in half, & drink that many ounces a day

Try:



Haylie Pomroy's Soup Cleanse - 3 Day

Supplements



Don't forget

Give yourself a break!

Rest!

“When I is replaced by we, even **Illness** becomes **Wellness**”
-Malcolm X

