



# INTERNATIONAL SOCIETY FOR MEDICAL FOOD AND NUTRITION

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## Advisory on COVID-1

**International Society for Medical Food and Nutrition simple Advisory on COVID 19 to be circulated in Authorized centers, Rural health clinics, news, Publications**

1. Covid 19 virus attacks mostly on Lungs. So we should do some Lungs strengthening activities. 1. Inhale steam at least twice a day 15 min.
2. Use blends of essential oil of tea tree, eucalyptus, cinnamon, rosemary in steam water.
3. Do kapalbhati or breathe holding exercise in fresh air.
4. Increase intake of spices and raw turmeric.
5. Avoid exposure to dust and aerosols.
6. Washing hands with normal water or soap water.
7. Make 70 % alcohol solutions with water and use after unhygienic touch or exposure.
8. Do not panic make your mental health strong.
9. Eat fresh and well cooked food.
10. Do saline water jal neeti for naso oral tack cleaning.
11. Avoid unnecessary public meeting & Travelling.
12. Wash hand with any soap or even plain water. But conscious hand washing is most important.
13. Conscious deep breathing will also increase our per breath oxygen.
12. Stay hydrated, one can buy Absolute ethanol or Iso propyl alcohol from any scientific shop and mix 70:30 alcohols: water. Best sanitizer. Refined spirit is also one option.
13. We also believe to consume green papaya, Oranges and seasonal fruits. Green papaya water as natural sanitizer. Papaya contains a chemical called papain. Papain breaks down proteins, carbohydrates, and fats. That's why it works as a meat tenderizer.

14. Papaya also contains a chemical called carpain. Carpain seems to be able to kill certain parasites and it might affect the central nervous system. Papaya also seems to have antibacterial, antifungal, anti-viral, anti-inflammatory, antioxidant, and immune-stimulating effects. Its papaya season also

God has placed all the remedy in nature. We need to believe in BOTH

Stay healthy, keep strong, we can do the impossible.



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