

FOR HEALTH &  
WELLNESS

MAY 2021

# Pre and Post Covid Nutrition and Wellness Advisory

Vedique Nutrition Plan  
& Making Your Kitchen  
Your Pharmacy



***Handy Manual  
Created  
By Qualified  
Nutrition  
And Wellness  
Professionals  
At Nutriwel Health  
(India)***

THE VEDIQUE DIGEST



# Editor's Letter

Dear Friends,

As we are going through the Covid 19 pandemic, it is essential to keep our bodies fortified with the best of nutrients, minerals and vitamins. Our Health is an outcome of the nutrition we get from food, common herbs and spices. It is important to understand how to make your kitchen your pharmacy and make your body strong and healthy by providing it what it needs to fight against any external biological threat.

Today Nutrition is very scientific and heavily researched. There have been many correlations between genetics and nutrition (**Nutrigenetics**), which is nutrition for the body type. As the World moves to the concept of **Epigenetics**, and emerging research in the area of **cancer research** is showing **clear correlations between diet, lifestyle and environment**, it is time to embrace scientific nutrition as an important element in healthcare and lifesciences.

The famous **quote** by Greek physician **Hippocrates** (who is the father of modern medicine) "Let **food** be thy **medicine**, and let **medicine** be thy **food**" has stood the test of time and is of critical importance today where we are seeing an overload on the hospital and healthcare infrastructure due to Covid crisis. **If we honour our bodies by nourishing it**, we can stay healthy and hopefully tide through the current and any future crisis.



In this Advisory the most important elements have been- using **physical barriers against the virus**, to prevent its entry into the body, **reducing congestion and improving breathing** by simple traditional home remedies and Yoga postures. **Reducing Inflammation** in the body by eating foods having a high antioxidant value and which have a low acid residue, boosting immunity to fight the virus by consumption of vitamins and minerals. In our clinical practice we have observed that many people have a dietary pattern which they follow on a regular routine which is deficient in essential nutrients, hence putting them at risk of lowered immunity.

**This document has been specially created by a qualified team at Nutriwel Health (India)** who are Nutrition and wellness professionals to serve as a **handy manual** for all those who wish to strengthen their bodies through nutrition and use the common herbs and spices to boost their **immunity** in the **fight against Covid**.

Stay Healthy, Stay Safe!

Dr Shikha Nehru Sharma

Founder and Managing Director

Nutriwel Health (India) Pvt Ltd

New Delhi

## DISCLAIMER:

This Document should not be used for Covid treatment and does not replace Medical Doctors Advisory. Always consult your Family Physician first. Pregnant and lactating mothers and children under 12 years of age must consult their personal physician.

**Wearing masks and Physical Distancing needs to be maintained as a physical method of self-protection against the virus.**





# Content...

#1 How does Your Immunity Protect You?

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In these times it is important to follow your Physician's instructions and combine it with eating healthy. Your Immunity is the shield that is designed to protect you. How you can boost your immunity is in your own hands. Post Covid, recovery is equally important and hence your nutrition can play a major role in it.



# How Does *Immunity* Protect You

Immunity is the defence mechanism of the body which has the ability to identify and kill infective agents.

Examples of nutrients that have been identified as critical for the growth and function of **immune cells** include **vitamin C, vitamin D, B6, vitamin E, zinc, copper, selenium, iron** and **protein**.

The intestine is called the second brain of the body and it also is a **very important site of immunity**. This in scientific terms is called the microbiome having trillions of microorganisms that live in our bodies within the intestine.



It is an area of intense and active research, as scientists are finding that the microbiome plays a key role in immune function. **The gut is a major site of immune activity** and the production of antimicrobial proteins.

**The diet plays a large role in determining your Gut health and Immunity.**





# Vedique Nutrition Plan and Wellness Routine

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The sample diet plan has been kept in mind that for Covid recovery three things are critical

- 1- It should be rich in immunity boosting Vitamins & Minerals**
- 2- Provide anti Inflammatory benefits , so that the body does not have side effects due to high inflammation**
- 3- It should Improve respiratory system ,by foods which improve the circulation and do not cause congestion and phlegm**

One can use this plan as a reference plan and iterate accordingly.

Medium Bowl = 250 ml

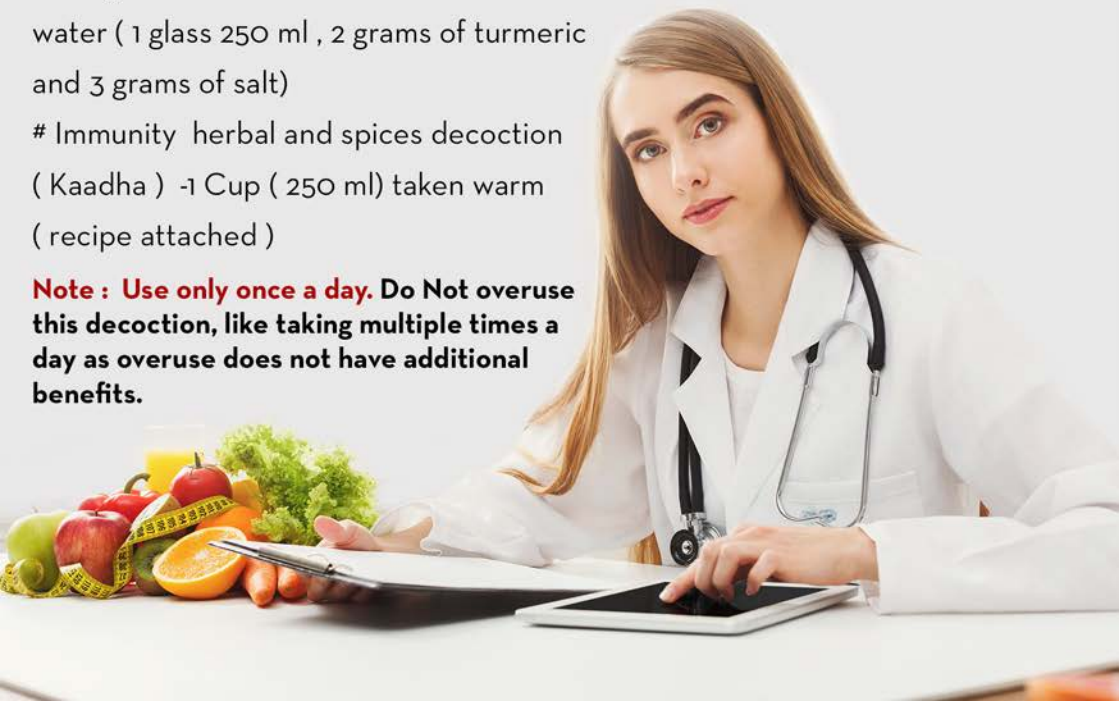
Large =400-500 ml size

## Early Morning:

# Gargles with **Salt and Turmeric** in warm water ( 1 glass 250 ml , 2 grams of turmeric and 3 grams of salt)

# Immunity herbal and spices decoction ( Kaadha ) -1 Cup ( 250 ml) taken warm ( recipe attached )

**Note : Use only once a day. Do Not overuse this decoction, like taking multiple times a day as overuse does not have additional benefits.**



## Breakfast:

# **Immunity Boosting Juice** 1 Glass (300 ml)

# **Fruit Bowl** (1 Apple, 1 Orange, Slice of Papaya) (3 Different fruits daily)

# After 15- 20 Minutes Gap of eating fruits take Sprouts (Fruits need to be eaten alone and not mixed with other cooked foods for better absorption of bioactive compounds)

# **Steamed Sprouts** ( you can use mung beans ) With fresh Chopped Tomatoes ,Chopped Cucumber, Roasted peanuts (Only if Not allergic to peanuts\*) or substitute with 5 Almonds, sprinkle on top 2 tablespoons of Pomegranate.

# Sprinkle with 1 tablespoon of seeds mix: Chia Seeds + Sunflower seeds + flaxseed + Pumpkin Seeds (Seeds are a rich source of zinc, selenium and many micronutrients)

# **Tulsi Green tea** (1 Cup) (tulsi is a powerful antioxidant)





## Mid-Morning:

Turmeric Milk ( 250 ml) ( add a pinch of organic turmeric powder to a glass of skimmed / Low fat milk and boil once to allow the turmeric to release its active compounds in the milk ) Consume warm but not very hot as hot milk can scald the tongue

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## Lunch:

2-3 Mixed Flour Roti ( oats 50% + whole wheat flour 50%) + mixed vegetable 1 medium Bowl ( cauliflower , peas , potato /french beans ) + 1 medium Bowl (lightly sauteed Spinach and peas) + **1 large Bowl of salad containing 1 Cucumber and 2 Tomatoes + chopped steam broccoli. (Important for Gut Immunity)**

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## After 1 Hour:

Have 1 sachet of probiotic with water

People who eat Curd ( as a probiotic) should sprinkle it with a pinch of Black pepper , Long pepper and dried ginger . These spices reduce the phlegm causing effect of curd , hence you get the probiotics from curd without getting the congestion from curd.

Our Recommendation is to avoid Curd for few months during Covid as it has a propensity to cause congestion and phlegm



## Why ?

1. Mixed flour is Nutritionally superior to plain wheat flour in terms of micronutrients like zinc ,magnesium and many more

2. Salads are rich in natural Enzymes which protect Gut bacteria which help in building Gut Immunity. Gut Immunity is reduced by taking too much tea , coffee and fizzy drinks, Fried foods in excess, packaged foods, unhealthy oils and alcohol like whiskey , vodka etc

3. Lightly sauteed vegetables retain their nutrients rather than deep fried vegetables

4. Use of cold pressed oils is superior nutritionally rather than commercially extracted oils which are poor in nutritional value and may also contain traces of other elements used in industrial refining and oil extraction which hamper Gut Immunity

5. 1 Probiotic Sachet ( to improve Gut Immunity) with water daily or 1 cup curd with 2gms digestive spices mix (Black pepper, Long pepper and ginger)





## Evening Tea:

**Tulsi Green Tea with 30 gms of roasted Peanuts** ( Only if not allergic)

otherwise roasted or boiled black chickpeas

( Kala Channa ),chopped onions and tomatoes, garnished with chopped mint leaves and lemon juice , spiced with Himlayan Salt

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## Dinner:

(Should be light as the body rests and rejuvenates at night and having a heavy dinner disrupts digestion and sleep

Cottage cheese Stuffed Capsicum Vegetable (1medium bowl) with Oats And Wheat Atta Roti (2-3) (1 soup bowl size) Vegetable Soup (Onion, cauliflower, mung dal mixed soup , with garlic and ginger)

## Special Note :

Avoid Curd , processed cheese and sour foods at night as they cause a build up of Phlegm and congestion.

**If using Curd as a probiotic, please eat in the afternoon only and not at night also ,sprinkle Trikatu powder (a combination black pepper plus long pepper and ginger powder)**

**This combination of Kitchen spices is good for digestion when added to curd as a pinch (2 grams) and also for the respiratory system.**

**Avoid :** Breads , Sooji , White flour , biscuits , packaged foods , fast foods , Fried foods , white rice (especially at night)

# FOODS WHICH BOOST IMMUNITY

and Special Covid Advisory

There are many foods which boost immunity, however in this document we have only highlighted some sample foods and nutrition tips during Covid which have been part of specific recommendations in order to boost immunity, plus support health and recovery. Foods have been specifically chosen for their Inflammation reducing ability.

Nutrient recommendations specifically given during Covid

# Vitamin C

# Zinc

# Selenium

# Vitamin D

# Vitamin B complex

# Adequate Plant Protein







## Vitamin C

**Why?** Because Vitamin C is critical to the **immune function** in the body Sources -Amla (Indian Gooseberry) it is one of the best sources of Vitamin C and protects the cells against damage. Other Sources of Vitamin C are lemons and citrus fruits. (However packed fruit juices are not recommended due to questionable Vitamin C content, and added stabilizers)

### How to consume?

The best form is to consume it in the form of 1 amla juice added to vegetable juice (See recipe below). Have a glass daily Or it can consumed as an amla chutney (cold sauce / relish)

## Zinc

**Why?** Zinc improves **recovery from viral infections** and is involved in cell regeneration (that is why dermatologists suggest it)

**Sources :** Pumpkin Seeds (excellent source), Peanuts (mungphali), walnuts (To be presoaked and skin removed before consumption), flaxseeds (Alsi seeds), sunflower seeds , sesame seeds (Til)

**Amount :** Take 1 tablespoon of the above seeds mix and add to the morning cereals, sprouts or salad.



## Selenium

**Why?** Selenium is one the vital minerals important for many functions and has an important role in immunity

**Sources : Some Examples -** Banana, Cashew, Spinach, Oats, Sunflower seeds, Brown Rice, Eggs, Cottage cheese (Paneer)

## Vitamin D

Our bodies naturally make this vitamin on exposure to sunshine, however it is seen that deficiencies are quite common, so if you are deficient you may need Vitamin D supplements. They are commonly available as softgels or sachets.

However do not overdose and consult your physician for the proper dose in your case



## Vitamin B

Group of Vitamins; they are a very important group of Vitamins and deficiency can result in many diseases. Pregnant women are always given folic acid and iron because of the dangerous impact of the deficiency in an unborn child.

When people mostly consume white breads, white rice, and refined flour, processed foods regularly, they are likely to have depleted amounts of Vitamins and also reduced Gut Immunity.

**Sources : Some Examples - Spinach, Bathua, Methi, Dalia, Mung with Chilka, Arbi leaves, Green Leafy vegetables, sesame seeds, Sunflower seeds, fruits, whole grains, dals with skin, whole oats, Wheat Dalia, etc**

**Plant Protein :** Proteins are an important part of Immunity and a predominantly vegetarian protein diet has lower incidence of cancers and heart disease



**Sources :** examples : Tofu, Soya Flour, Soya Milk, Cottage cheese (paneer), Steamed Sprouts like Mung beans , peanuts .



# General Advisory:

Include Immunity boosting vegetables like carrot, spinach, capsicum, bell peppers, mushrooms, pumpkin, gourd family vegetables (round gourd, snake gourd, bitter gourd, and bottle gourd), dark green leafy vegetables, tomatoes, and asparagus etc.

**You can also take vegetable juice 1 glass everyday (Spinach +Carrot + Amla +Apple + Ginger)**

Immunity-boosting **fruits** should be a part of your diet daily, like citrus fruits (lime, lemon, oranges, amla, etc.), strawberries, etc. these fruits and vegetables contain vitamin A, C, E and D, and minerals like zinc, magnesium, selenium, and zinc.

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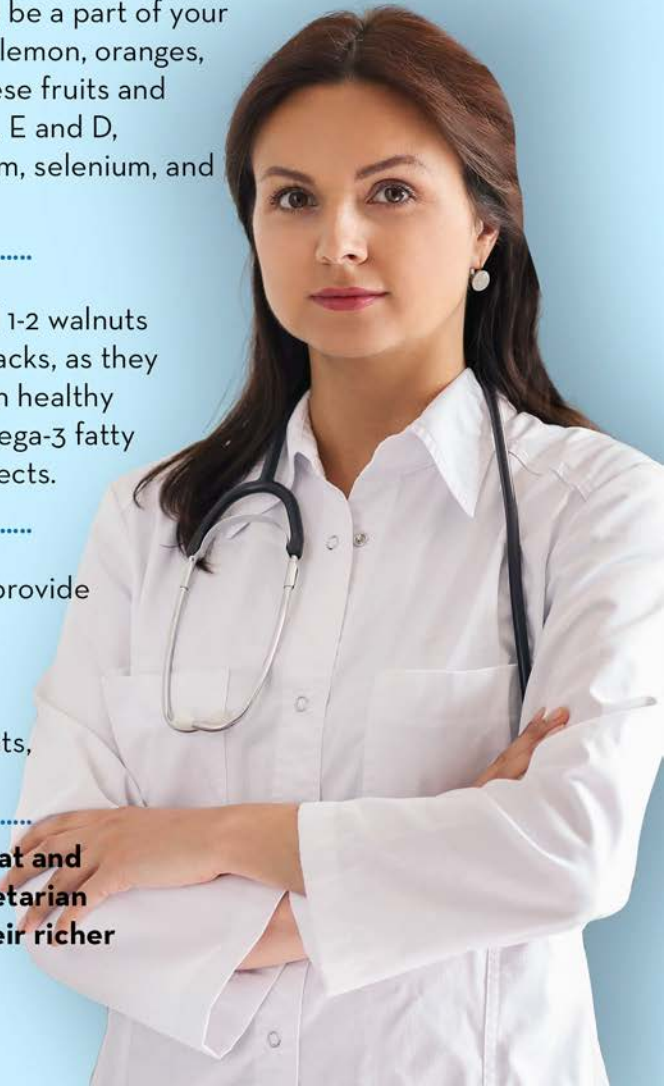
Include 4-5 soaked almonds and 1-2 walnuts in mid-morning or evening as snacks, as they are stress busting and are high in healthy fats, Vitamin B, Magnesium, Omega-3 fatty acids have anti-inflammatory effects.

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**Whole Grains** are high in fiber, provide satiety, contain natural vitamins, proteins and help in smooth functioning of the Gut. Include Quinoa grain or quinoa flour, Oats, Brown rice, Barley, Millets etc.

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**Avoid overdependence on wheat and white rice on a daily basis. Vegetarian diets are recommended for their richer antioxidant value.**



# Kitchen as a Pharmacy

Herbs and Spices Which Boost Immunity and useful in upper respiratory tract congestion



**Turmeric-** Curcumin, an essential compound which is found in turmeric, is shown to possess powerful anti-ageing effects and antioxidants in turmeric help to fight free-radical damage. Great Source of Antioxidants for immunity .Use in soups , or as Golden Turmeric milk ( a pinch of Turmeric in milk ) and also to gargle with salt water



**Tulsi-** Tulsi leaves stimulate the production of immune cells namely T cytokines, NK (natural killer) cells and T lymphocytes to protect against infection. Known for being rich in Antioxidants , can be used in tea



**Ginger-** Known benefits in upper respiratory system and digestion and Gut health. Use in decoction with other spices like black pepper, Cinnamon, Bay leaf. Also in soups







**Cinnamon-** Known for Gut Health, managing blood sugar, Antioxidant rich. Use in decoction



**Black Pepper-** Good as decongestant, can be taken in the quantity of a pinch with Gur (1 tablespoon Jaggery) or authentic Honey (teaspoon honey) , sprinkled on 1 cup curd, or boiled in kaada (decoction) (recipe attached)



**Long Pepper-** Decongestant, can be sprinkled (a Pinch) as a powder on curd to reduce the phlegm causing effect of curd.



**Honey-** Only use authentic Honey, 1 teaspoon honey with a pinch of black pepper, 5 Tulsi leaves juice, and 1 teaspoon ginger juice for dry cough. It is impactful without adding unhealthy sugar or causing drowsiness.

## Other herbs and traditional recipes good for boosting immunity

### # Moringa (Sahjan / Drumstick) :

Powerful Antioxidant, rich in B vitamins  
Moringa Oleifera leaves are the most widely studied and they have shown to be beneficial in several chronic conditions, including hypercholesterolemia, high blood pressure, diabetes, insulin resistance, non-alcoholic liver disease, cancer and **overall inflammation (by inhibiting cytokine production)**

**Intake:** Take 1 teaspoon powder with water daily in the morning.



### # Himalyan Berry:

Very Powerful Antioxidant, grows in Ladakh .Extensively researched by Defence research and Development Organisation.

**Intake : Take 3-5 gms powder with water daily in the morning.**

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### # Ashwagandha:

Is a herb with antimicrobial properties and is available in the form of both extracts and powders.

**Intake : Take 1-3g powder, mix it with warm water and consume it twice daily for 15 days to a month.** It is also good for better sleep and boosts immunity.

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### # Chyawanprash:

This is an age-old preparation of a number of herbs like Amla, Haritaki, Guduchi , Pippali and many more that improves immunity, and increase the body' strength, vitality and brain functions.

**Intake : 1 teaspoon Daily with warm water** (Diabetic to avoid) and instead take fresh Amla

Rich in Amla and many other herbs . Boost Immunity

**Take : 1 teaspoon Daily with water (Diabetic to avoid) and instead take fresh Amla**

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### # Guduchi (Giloy):

Natural immune booster that also helps in making digestive system and respiratory system stronger and keeps you refreshed and fit. It also has ( fever lowering )anti-pyretic, anti-viral and wound healing properties. It helps in purifying the blood and removes toxins , helps to fight bacteria thus boosts immunity.

**Intake : 3 gms of Guduchi powder with honey or lukewarm water** twice in a day.





# What Factors Reduce Immunity?

## Smoking

Affects the lung adversely which can be critical during Covid times

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**Not Exercising Enough**  
leads to reduced lung capacity and insulin imbalance

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**Nutritional Deficiency**  
Lowers Immunity



**Foods Which Have Negative Impact On Liver and Gut Health**  
Fried foods, Alcohol, Packaged Foods

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## Polluted Environment

Affects the Lung. Hence avoid chemical pest control and chemical fumes in the house



**Comorbidities like Diabetes, Hypertension, Asthma, Kidney diseases, Liver diseases and Stress and Sleep deprivation**

# Nutritional Deficiency

*Caused by Eating Packaged and Fast Foods regularly*

## *Why?*

Such foods are high in trans fats (Artificially created fats) or commercially **processed oils, sugars and salt** which are deficient in vitamins and minerals but give the feeling of satiety. They also have preservatives and artificial colours which. When consumed disproportionately, such foods result in malnutrition and **reduced Immunity**.

## *Using Refined Flours extensively*

The process of refining leads to removal of valuable minerals from the grain resulting in a flour **which is deficient in essential minerals like zinc, selenium and many others**. Refined flours (wheat atta, rice atta, corn atta, Breads etc) are also **higher in** **glycemic index** and may negatively affect insulin response.

Only consuming refined flours in the absence of a balanced diet may result in deficiency and lowered immunity. Bakery products using white flour also are considered unhealthy and deficient in vital nutrients.





# Wellness & Lifestyle TIPS

One of the best ways to keep COVID-19, or any other infection, at bay, is to strengthen your immune system. The following recommendations may help you do so:

## **Reducing the Viral Load at the entry points of nose and throat.**

**Besides using a mask as a physical barrier and maintaining physical distancing, following are the other general guidelines.**

### **# Daily Gargles with herbs and spices having antiviral properties.**

Mix a pinch of salt and turmeric in warm water and gargle twice a day, once in the morning and once at night before sleeping.

#### ***How Does this Help?***

Salt and turmeric have antiviral properties.

### ***For people having mild dry cough***

1. Boil water with **Triphala and licorice**. (Mulethi) Use this concoction to gargle once daily at night and in the morning gargling with Salt and Turmeric lukewarm water

#### ***How does this help?***

**Licorice** is soothing for the throat

**Triphala** is being extensively researched for its various therapeutic effects including its anti-caries, antioxidant, anti-collagenase, and anti-microbial activities.

2. Take a teaspoon of the following mix with hot water sipped slowly - 1 teaspoon honey mixed with 2 crushed Tulsi leaves, a pinch of black pepper and a teaspoon of ginger juice.



## ***Taking Steam Inhalation***

**Advice:** Take Steam inhalation twice a day from a medical Steam device  
(To avoid causing injuries due to accidental spilling of hot water)

When we take steam inhalation twice a day (Morning and Night)  
it helps to unclog the nasal congestion and open the passageways for air.  
Research has also shown that it could have a degree of action to reduce viral load.

### ***What Research says about Steam?***

Steam inhalation cycles are thus considered to be useful in damaging the capsid of the SARS-CoV-2 envelope and prevent infection, write the researchers. They write that the European Pharmacopoeia VI edition has recommended steam inhalations as a procedure to treat respiratory diseases.

<https://www.news-medical.net/news/20201130/Steam-inhalation-therapy-found-to-inactivate-SARS-CoV-2-virions.aspx>

## **Special Advisory while using Steam Inhalation**

- # Use a Proper Steam device to avoid spillage and accidental Injury
  - # Do not use under 15 years of age
  - # Keep the face sufficiently away to avoid burns
  - # Special precautions while using Eucalyptus oil
1. Avoid Adding overdose of Eucalyptus oil to steam (More than 2 drops can be overdose for some people and in may cause neurological symptoms in rare cases)
  2. Do not use Eucalyptus oil in steam for children or elderly, **rather use eucalyptus oil in an Oil diffuser lamp in the room.**



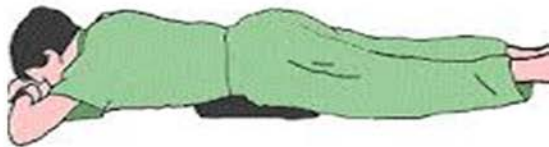
## Sleep

Get six to eight hours of sleep every night. Less than 6 hours of sleep can increase blood sugar and cause the inflammatory environment in the body to increase. An Inflammatory body environment is more likely to have serious outcomes of viral infections.



## Prone Position for better Oxygen

Lying Prone on the bed (Lying on the belly) helps to improve the Oxygen Levels, also doing Bhujang Asan helps in a similar way



## ***Bhujangasan***

Bhujangasana or Cobra Pose is a reclining back-bending asana in hatha yoga and modern yoga as exercise.

# Recipes

## Recipe 1 - Immunity Booster Juice



### Ingredients:

1. Spinach Chopped 250 g
2. Beetroot Chopped 100 g
3. Carrots Chopped 100 g
4. Parsley chopped 50 g
5. Cumin Powder 5 g
6. Black pepper to taste
7. Kale chopped 100 g

### Method:

1. Add Chopped Spinach, beetroot, kale, carrots, kale and parsley in a juicer.
2. Pour into a glass.
3. Add the Black pepper and Cumin powder and stir well and serve.

## Recipe 2 - Ayush Kwath



### Ingredients:

1. Tulsi (Basil) leaves - 4 parts
2. Dalchini (Cinnamon) stem bark - 2 parts
3. Shunthi (Dried Ginger) - 2 parts
4. Krishna Marich (Black Pepper) - 1 part

### Method:

Dissolve 3gm powder (comprising all ingredients) in 150ml hot boiled water You can add gud or gur (jaggery)/draksha (raisin) and lemon juice to your decoction

This decoction can be consumed once or twice daily to help strengthen your immunity against COVID-19. This formulation is suitable for consuming like tea or hot beverage every day.



## Recipe 3 - Vegetable Soup with Tofu

### Ingredients:

1. Bottle gourd chopped 100 g
2. Carrot chopped 100 g
3. Onion chopped 50 g
4. Tomato chopped 50 g
5. Beans chopped 50 g
6. Mushroom 50 g
7. Green chilli chopped 5 g
8. Grated Tofu 100 g
9. Cumin seeds 5 g
10. Salt to taste
11. Black pepper powder to taste
12. Sesame Oil 5 g
13. Hot Water 250 ml

### Method:

1. Wash all the vegetables and chop them finely.
3. Heat the oil and in a pressure cooker and add the cumin seeds and other vegetables and sauté on a medium flame for 1 minute.
4. Add salt, other spices and hot water.
4. Boil it till 1 vessel.
5. Garnish with coriander and grated tofu.
6. Serve hot sprinkle some salt and pepper.

# References

## # Triphala and Antimicrobial Activity

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4033874/>

## # Antiviral Properties of Turmeric

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4022204/>

## # Targeting COVID-19 (SARS-CoV-2) main protease through active

phytochemicals of ayurvedic medicinal plants – Withania somnifera (Ashwagandha), Tinospora cordifolia (Giloy) and Ocimum sanctum (Tulsi) – a molecular docking study

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7484581/>

## # Nutrition Advisory During covid

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7454801/>

## # Seabuckthorn (*Hippophae rhamnoides* L.) in trans-Himalayan Ladakh, India

<https://publications.drdo.gov.in/ojs/index.php/dlsj/article/view/11074>

## # Moringa Research

The extract of MO leaves inhibited human macrophage cytokine production (tumor necrosis factor alpha (TNF- $\alpha$ ), interleukin-6 (IL-6) and IL-8), which were induced by cigarette smoke and by lipopolysaccharide (LPS) [76]. Further, Waterman et al. [77] reported that both MO concentrate and isothiocyanates decreased the gene expression and production of inflammatory markers in RAW macrophages.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5745501/#:~:text=Moringa%20Oleifera%20leaves%20are%20the,disease%2C%20cancer%20and%20overall%20inflammation.>







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Vedique Diet

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