

YOUR CHILD'S BEST DEFENSE AGAINST COVID

During this uncertain time, our country and local authorities have put in place certain guidelines to help our communities stay safe and healthy. While we encourage families to follow these guidelines, we also believe our bodies are wonderfully designed and we have been given an immune system that, when functioning at its best, can serve as an amazing defense against viruses. When children come into contact with COVID-19, the flu, or any other virus, not every child will get sick or experience symptoms. Why? Some immune systems are functioning better than others.

My name is Jessica and, as an educator and co-founder of Ignite Academy, I help families raise healthy and thriving kids. With the help of my husband, Dr. Serrano, I have created a quick list to help your family feel more secure in their health and help your child have the best defense against this novel virus.

Here are the Top 5 ways to strengthen your child's immune system:

1 ADD A FEW VITAMINS TO YOUR CABINET:

Add a quality multivitamin and increase your child's intake of Vitamin D and Omega 3's.
([Our family uses these vitamins on a DAILY basis](#))



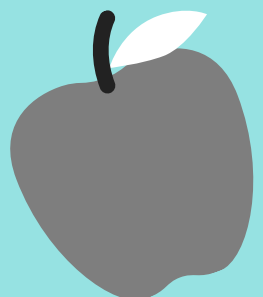
2 TALK ABOUT THEIR FEELINGS:

Stress increases cortisol levels, which decrease immune system function. Help your child work through any fear and anxiety surrounding COVID-19.
([7-Day Devotional about Conquering Fear](#))



3 PUT THAT CANDY AND POTATO CHIP BAG IN THE TRASHCAN:

Decrease sugars and eliminate unhealthy fats to help reduce inflammation.
([Check out "Ending the Food Fight" to find out what healthy fats your child needs and how to find healthy and sweet alternatives](#))



4 GET THEM MOVING:

Daily exercise will help increase lymphatic drainage and sweating (one of the ways the body detoxes naturally).
([Read this family exercise article for ideas](#))



5 TAKE A LOOK IN THE TOILET:

Monitoring your child's poop (yes, you heard that right) will help you gauge his/her gut health. You may need to increase the consumption of probiotic-rich foods such as fermented foods and low-sugar yogurts.
([Link to article and poop guide](#))



* BONUS!

Make sure your child's nervous system is functioning optimally. A misaligned spine has negative effects on the body and simple adjustments can have amazing results!
([Read this article about how "text neck" and slouching have negative effects for children](#))