

ADORED BEAST

— APOTHECARY —

*Pet Parent Health
& Sanity Survival
Guide*



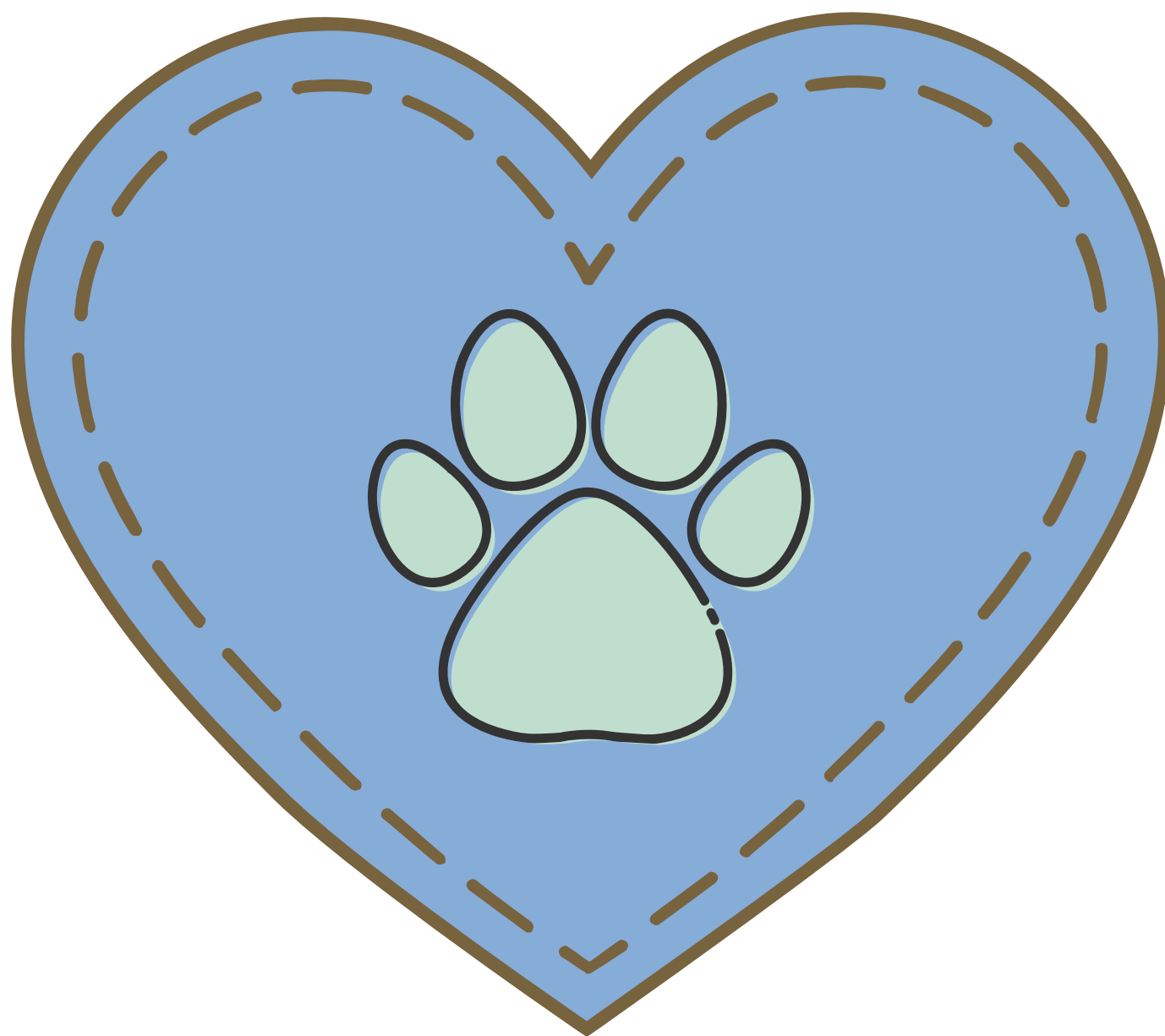
Health & Sanity Survival Guide

These are interesting times we're living in.

It's very important for us to take care of ourselves as well as our pets, and while we might focus on our animals' health for the everyday, right now it's just as important to focus on our own health as well.

Our animals depend on us. We need to be taking care of ourselves so we can continue taking care of them!

That's why we've created this "survival guide" - as a way to help you keep yourself healthy and sane, for the sake of you whole family - both two legged and four!



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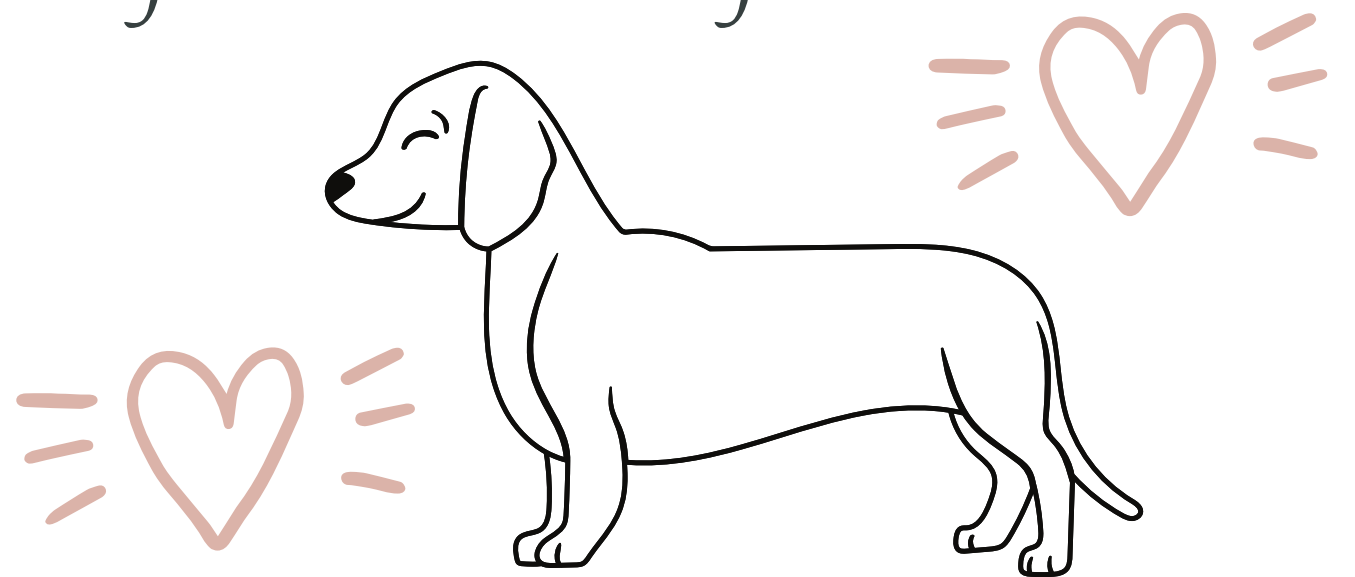
Now, some of you might be wondering how coronavirus affects your animals, if at all, or if there's any way to protect them against the virus. This is some of the best information we found.

Can my pet become infected with Covid-19?

Currently, there is no evidence that pets can become sick with the virus. Infectious disease experts, as well as the Centers for Disease Control and Prevention (CDC), OIE, and WHO, indicate that there is no evidence to suggest that our pets can be a source of infection, including spreading COVID-19 to people.

Should I stop petting my dog?

I've heard this, and every time I do my heart hurts. Your animal is your greatest connection to nature. They're the greatest source of grounding. Instead of distancing yourself, spend as much time with them as humanly possible. Snuggle, go for walks in the woods, play fetch, roll around on the floor. DO NOT isolate yourself from them or them from you.



Should my dog get the Canine Coronavirus Vaccine?

No. No. No. One more time for good measure - NO!

The canine coronavirus vaccines available are intended to protect against enteric coronavirus infection and are NOT licensed for protection against respiratory infections. In fact, they're not even indicated for this virus, so they're not going to help.

Your veterinarian should NOT be using such vaccines for the current outbreak. There is absolutely no evidence that vaccinating dogs will provide cross-protection against the infection by COVID-19.



Healthy Eats

There are lots of different things you can eat that are going to help boost your immune system.

We're sure you've already got a laundry list going... but just in case you don't, here are some of the things Julie has recommended to the team (stuff she's making sure to get lots of herself).

Now, one note before we start. There are lots of things on the list, BUT you don't have to add them all. And, you don't need to rush out to the healthfood store to buy every one. Pick ones you like or ones that you already have in the fridge or pantry!

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Quercetin

Research shows us that quercetin is a powerful immune booster and broad-spectrum antiviral. A derivative of quercetin has been shown to provide broad-spectrum protection against a wide range of viruses, including SARS. Canadian and Chinese researchers are now collaborating on a study to assess the effectiveness of quercetin against COVID-19 infection.

Foods containing Quercetin:



leafy vegetables - broccoli - grapes
red onions - peppers - apples
red wine - black and green tea

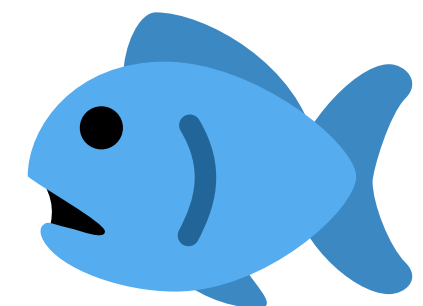


Vitamin D

Vitamin D is an important component in the prevention and treatment of influenza and upper respiratory tract infections. It strengthens immune function, thus allowing your body to fight the virus more effectively.

Upping your own intake of vitamin D is easily done by eating certain foods:

fatty fish: sardines, herring
cod liver oil - canned tuna
egg yolks - mushrooms - milk



Garlic

Garlic has actually been specifically studied for strains of the Coronavirus. Garlic contains compounds that help the immune system fight germs, and the compounds in garlic have been shown to boost the disease-fighting response of some types of white blood cells in the body when they encounter viruses.

Even if you just use garlic to prevent bacterial infections, secondary to Coronavirus immunosuppression, or as an expectorant, it may provide significant value.

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Probiotics

Probiotics are friendly bacteria that help support a healthy gut. Since the vast majority of your immune system resides in the gut, it only makes sense that, in times like this, you want to keep that bad boy healthy!!

Natural sources of probiotics:



*yogurt - kefir
kombucha - miso
kimchi - sauerkraut*



Medicinal Mushrooms

Mushroom extracts like reishi, maitake, shiitake, turkey tail, and cordyceps: all have amazing immune-supporting properties.

Research shows that the beta glucans in mushrooms up-regulate the function of the part of the immune system that acts as the first line of defense against viruses and bacteria.

***Note: People with autoimmune diseases should avoid medicinal mushrooms.*



Also, drink plenty of fluids, especially warmer fluids. Staying hydrated supports all your body's functions - including the immune system. Make soups and broths, drink your favorite herbal teas, and keep that water glass full.

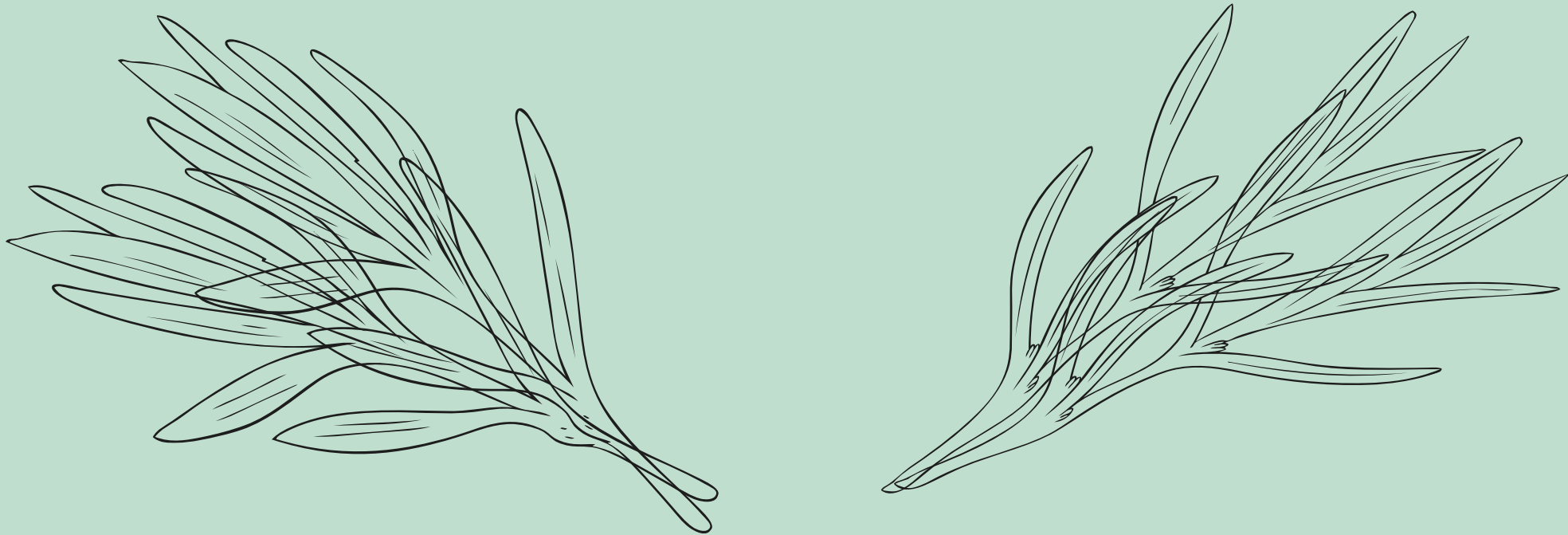
Try to limit the concentrated fruit juices and sweetened beverages, as the sugar doesn't do your immune system any favours.

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Helpful Herbs

Many herbs have broad-spectrum antimicrobial effects or immune-enhancing effects. Some of our go-to immune boosters include astragalus, green tea extract, andrographis, and monolaurin.

NEED MORE HERE



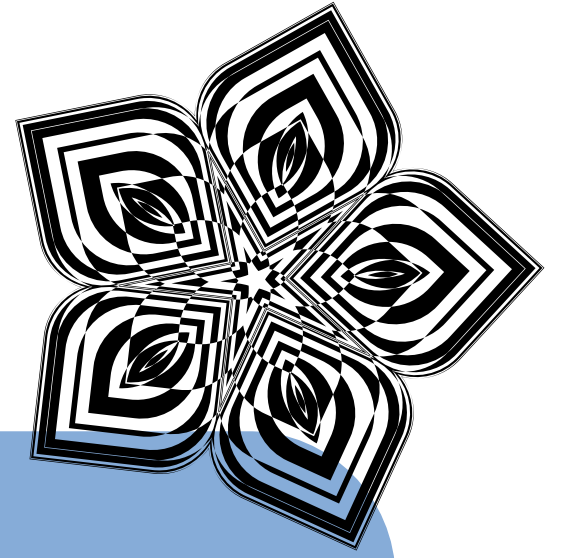
Healthy Body

Like food, there are lots of different things you can do to keep yourself healthy.

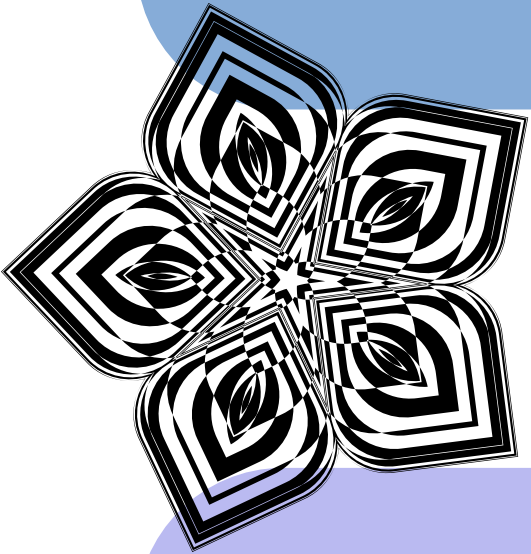
*The gym may be closed, and you may be stuck at home, but that doesn't mean you're limited **AT ALL!***

Beyond those hygiene tips that have been drilled into your head over the last few days, these are some additional ways to keep yourself in tip-top shape!

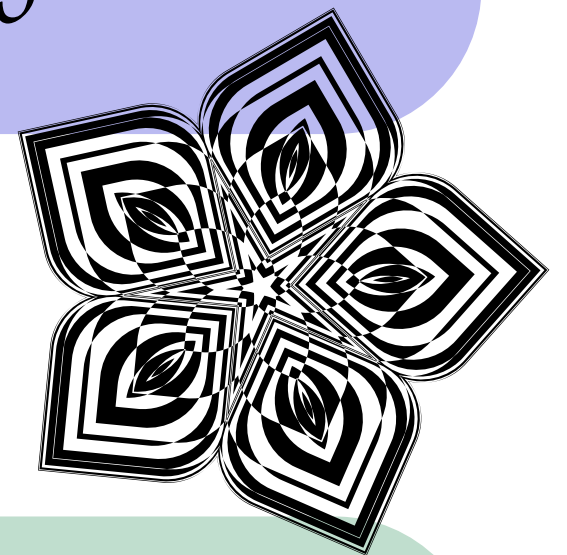
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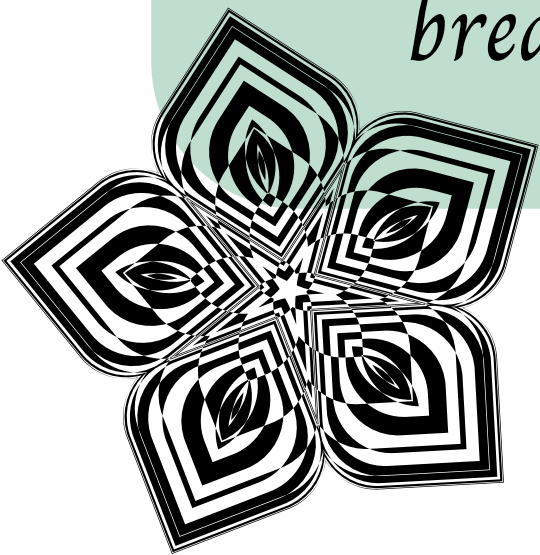
Get lots of sleep! Sleep restores and heals your body. Without adequate sleep, optimal immune function is next to impossible! Take a nap during the day if you want. Head to bed earlier. Sleep in. Aim for seven to eight hours a night, or more if you can!



Get that body moving. Exercise also helps boost the immune system. Take your pup to the woods for a nice walk in the breeze. Run around outside, tossing the frisbee. Find easy workouts and yoga classes online. This is especially important if you're sitting a lot.



Meditate. Increased levels of stress increase susceptibility to viral infections. Now is the perfect time to learn meditation, take a nice, hot bath with some soothing essential oils, practice some deep breathing, so something to unwind and destress!



Healthy Mind

In times of uncertainty, it is just as important to pay attention to mental health as physical health.

It is easy to say "everything will be ok," and we're inundated with messages like this each and every day. But, it's important to know that many of us need far more than that.

There are plenty of ways to focus on your mental health - your mind and soul - and we've gathered up all kinds of resources to help you recenter.

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First things first...

Right now, you may be feeling anxious, overwhelmed, nervous, scared.

I want to tell you something really important.

THAT'S OKAY!

It is okay to feel that way. Don't push those feelings aside or disregard them as unimportant. They are important.

These are normal feelings for what we're going through.

The positive vibes people are sending out into the world right now are wonderful, but don't feel like you have to adhere to them. You don't need to "relax" or "calm down" or "think positive."

What's also important is not to let these feelings take over. Feel them, then find ways to manage them.

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Healthy mind...

Need to fill this in.

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And finally, as promised...

DIY Toilet Paper

If you're like many others right now and find yourself low on TP, and are either stuck at home or can't find any on the store shelves, here's how to make your own at home.

It's a little labor intensive, but hey, our bums are worth it, no?

What you'll need:

- *8 large sheets newspaper, 1/2-pound copy paper or non-glossy magazine pages*
- *Bucket or tub*
- *Water*
- *Large pot*
- *Leaves and grass*
- *Spoon or ladle*
- *Baby oil*
- *2 large bath towels*
- *Rolling pin*
- *Rubber mallet*
- *Wooden board*
- *Weights*
- *Scissors*

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Step #1

Soak the paper in a bucket or a tub of water. This helps remove the ink from the paper. Remove the paper after the ink appears to be 75% gone.

Step #2

Put the paper in a large pot with a couple of handfuls of leaves and grass. This will help the paper fibers stick together. Fill the pot with water so the paper is covered completely. Place the pot on the stove and let it simmer for one hour. Don't boil it or the dry materials may absorb the water.

Step #3

Bring the water to a boil and keep it boiling for 30 minutes. Add more water if you need to. Remove any foam with a spoon or ladle. The paper will turn into a pulp during this process.

Step #4

Remove from the heat and pour or ladle out as much water as possible without disturbing the pulp. Wait for the water and pulp to cool before removing the rest of the water. Do not let the pulp dry. Place the pulp back into the pot after all of the water has been removed.

Step #5

Add 4 tablespoons of baby oil to the pulp. Mix with a spoon. This will prevent the paper from hardening.

Step #6

Spread a towel onto a flat surface. Scoop out the pulp onto the towel. Press the pulp with the rolling pin to flatten and spread the pulp into a thin layer. Use a rubber mallet to gently hammer any lumps.

Step #7

Place a second towel on top of the pulp. Place a board on top of the towel. Set heavy objects on top of the board to weigh it down. This will squeeze out any excess water. Leave the weights on top of the pulp for 30 minutes.

Step #8

Remove the weights and the board. Flip the towels upside down and remove the bottom towel that is now on top. Place the other towel with the layer of paper on it out in the sun to dry.

Step #9

Peel the dried paper from the towel and cut into strips.