

## COVID-19 VACCINATION and nutritional thoughts by Dr. Chau, Wellness Center

As you may know COVID-19 vaccine reactions vary significantly from not very much except for a slight sore arm to full on "flu like" symptoms such body aches, fevers, chills, fatigue, low appetite, mild dizziness and of course, those are not fun. The reactions are even more likely with the second dose so to that end, I will offer an opinion that is not evidenced driven but believe may be helpful and hopefully is another call to action: support your immune system.

Your immune system is incredibly intricate, it regularly keeps harmful things from destroying us but it can't do this without the right nutrients and environment. Consider eliminating or reducing foods you know are "bad" for you - highly processed, tons of added sugar and additives and replacing it with foods that help you - foods with antioxidants, micronutrients, and vitamin C such as blueberries and oranges/lemons/elderberries maybe even dark chocolate. Try to get good rest and exercise. Naturally as your health clinic, we hope this becomes a regular/daily lifestyle choice but at least try it for a few days to weeks before getting the vaccine. If you still have symptoms after, I know I did, the worst part lasted about 12 hours or so, it's okay to take Tylenol or ibuprofen if you can.