

Natural Roots Medicine

California Licensed Naturopathic Doctor



Stay Healthy 2020

Now more than ever, the need for PPE, be (Preventive and Proactive in Elevating your health).

Offering group telemedicine health visits, < 45 minutes. To small groups of 4-8 people. Share the health and invite a friend, split the cost. Will focus on healthy-hygiene, best foods to eat, and general Q and A. Contact us for more information.

1

CONSIDER YOUR AIR

Being stuck in doors and air ventilation matters. Buy an air purifier for your home.

2

SURFACES

Many surfaces in your home come in contact with packages. Hand to mouth caution.

3

VITAMIN D

Soak up the sun when you can. Vitamin D is vital for your health.



Personnel Hygiene

Nasal rinses and throat gargles, along with washing your hands, face & surfaces.

Healthy Food

Choose fresh rainbow of



Eat a rainbow of fruits and vegetables. Limit prepackaged and preserved foods when possible.

Self Care



Rest, breathe, drink plenty of plain water.