

INDIGO HEALTH CLINIC

INDIGO'S  
*GUIDE TO*  
COVID-19

YOUR PARTNER IN HEALTH

# A Letter From Your Indigo Team

The rapid spread of the novel coronavirus (COVID-19) around the globe is jolting for all of us. It's a profound moment of deep learning and self-discovery of our individual core values. As we look ahead, what do we value most?

Health. It has always been health and it will always be health and now more than ever it is apparent to all of us that our health is the most precious asset we have. As a nation, we are also facing some cold facts – we are vulnerable. We have a population that is at high-risk due to the widespread chronic dis-eases.

“About half of Americans suffer from one or more chronic disease that compromise the immune system.”

Pre-existing conditions affect the immune system and are risk factors for COVID-19. This is a pivotal moment for each of us to understand our health and potential risks. With this breath, a moment in time and space of deep reflection, this is the perfect time to optimize your health and give yourself the best opportunity to transmute illness by reversing and preventing chronic dis-ease.

Each of us has a responsibility right now to ourselves and to others. Keep yourselves healthy and practice social distancing. When we think about what we can do at Indigo Health Clinic to serve our community during these difficult and uncertain times, we go back to the core of our naturopathic, integrative and functional medicine: optimize your health on all levels – mind, body and soul. How you deal with your health is how you deal with all areas of your life. Your health in how you communicate with yourself, how you nurture your body, and how you nurture your soul are all integrated.

Indigo Health Clinic's science-based holistic approach was created to do just that. Please use this guide as a template to incorporate into your daily life as we move through this important time in our lives. The foundation of good health will never change and now you have the opportunity to align your mind, body and soul.

We will get through this. We will come out of it stronger.

Wishing you health, love and strength,

*Dr. Isabel Sharkar*

Dr. Isabel Sharkar, NMD



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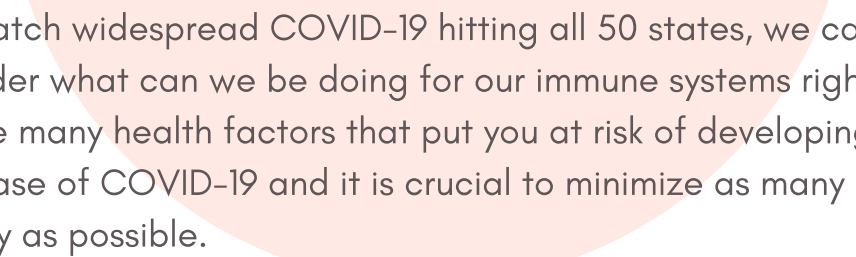
DEEP  
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01



ASSESSING  
YOUR RISK

/ 01



As we watch widespread COVID-19 hitting all 50 states, we can't help but wonder what can we be doing for our immune systems right now. There are many health factors that put you at risk of developing a severe case of COVID-19 and it is crucial to minimize as many of them as quickly as possible.

**Age.** Although there is nothing we can do about aging, we can control how we age. Case fatality rate increases with age. This is likely due to the increase of chronic conditions as we age, a compromised immune system and a decreased T-cell function, which increases the risk of becoming ill.

**Immunocompromised Adults.** Immunocompromised individuals are potentially at a higher risk for severe illness from COVID-19, according to the Centers for Disease Control and Prevention (CDC). Being immunocompromised means having a weakened immune system, which reduces the body's ability to fight infections and other diseases. This may be caused by certain diseases or conditions, such as AIDS, cancer, diabetes, malnutrition, and certain genetic disorders. It may also be caused by certain medicines or treatments, such as anticancer drugs, radiation therapy, and stem cell or organ transplant.

**Pre-Existing Conditions.** Adults with preexisting conditions like heart disease, diabetes or chronic lung conditions such as asthma, emphysema, and COPD have a greater risk of being affected by any virus, including COVID-19 because of decreased ability to fight off infections due to a less robust immune response. In China, coronavirus patients with heart disease had a 10 percent case fatality rate, while those with diabetes had around a 7 percent case fatality rate.

**Smoking.** Smoking makes your lungs more vulnerable and compromises lung health. Adults who smoke on a regular basis (cigarettes, cigars, marijuana) are at an increased risk for more severe upper respiratory infections overall. Now is the perfect time to kick this nasty habit.

02 /

C O V I D - 1 9  
S Y M P T O M S  
C O M P A R I S O N

/ 02

# DIFFERENT FROM THE COLD & FLU

## COMMON COLD

Colds come on gradually and the most common symptoms are a stuffy nose, sore throat, and sneezing. They sometimes also include a cough and fatigue. Fever and headaches are rare.

## SEASONAL FLU

Symptoms of the flu are abrupt and can include fever or feeling chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue, according to the CDC. Some people may also have vomiting or diarrhea, though it's more common in children.

## COVID-19

The CDC says the three hallmark symptoms to keep an eye out for are fever, dry cough, and/or shortness of breath. More recent studies have indicated that at the early stages of the infection, some people experience loss of appetite or sense of smell and diarrhea.

## HAVE SYMPTOMS?

If you have respiratory symptoms or any signs of COVID-19 (fever, dry cough, shortness of breath, loss of smell or taste), please contact your provider for guidance via a telehealth visit. If you develop severe symptoms (such as but not limited to persistent fever  $>102$ , difficulty breathing at rest, or become confused or difficult to arouse) or are in the high-risk groups outlined above and develop shortness of breath, call 911 or go to the nearest emergency room after calling ahead for safe arrival instructions.





03

C R E A T E  
A H E A L I N G  
S A N C T U A R Y

03

# YOUR HOME IS YOUR SANCTUARY

## SPRING CLEANING

Cleaning supports a healthy immune system, decreases stress and anxiety, increases productivity and helps you feel good. Now is the perfect time to declutter your personal space and make some donations. Many of us have become accustomed to accumulating and hoarding materialistic things. Say good-bye to things you don't use and give to someone less fortunate than you.

## LET FRESH AIR INDOORS

Air indoors can build up high levels of moisture, odors, gases, dust, and other air pollutants. To keep the air safe indoors, fresh outdoor air is needed to dilute these indoor pollutants. To provide good air quality, enough air needs to be brought in and circulated so that it reaches all areas of the home. Out with the old air and in with the new!

## CLEAR NEGATIVE ENERGY

The use of dried white sage is a two-thousand-year-old Native American practice used by shamans as a ritual of calling upon ancestral spirits and clearing space through smudging. Any conflict, anger, illness, or evil is absorbed by the sage smoke to be released or cleansed from the energy field of the person. Palo Santo, a sacred wood that comes from the magical Palo Santo tree, has been used by South American shamans for healing, space clearing, and bringing in positive energy for centuries.



## **SURROUND YOUR HOME WITH PLANTS**

Fill the inside and outside of your homes with plants. The more you surround yourself with nature the more grounded you will be. Nature makes you feel better emotionally, it contributes to your physical well-being, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones like cortisol.

Being in nature has a profound impact on our brains and our behavior, helping us to reduce anxiety, brooding, and stress, and increase our attention capacity, creativity, and our ability to connect with other people.

## **TURN OFF WIFI AT NIGHT**

Countless studies were done to show the detrimental effects that EMF from Wi-Fi boxes, cell phones, and power outlets have on the body's cellular level. Keep all electronics out of your bedroom and turn your Wifi off at night.



## GO NATURAL

Surround your home (and your body) with natural fabrics that are good for you and great for the environment. As well as being environmentally sustainable, the majority of natural fabrics are biodegradable, moisture-wicking, breathable, durable, heat-responsive and naturally repellent to mold and dirt. Natural organic fibers are created without toxins or unnatural processes and are better for the body.

Unlike organic cotton, a slew of toxic synthetic chemicals are required in processing conventional cotton. Chemicals like silicone waxes, petroleum scours, softeners, heavy metals, flame retardants, ammonia, and formaldehyde.

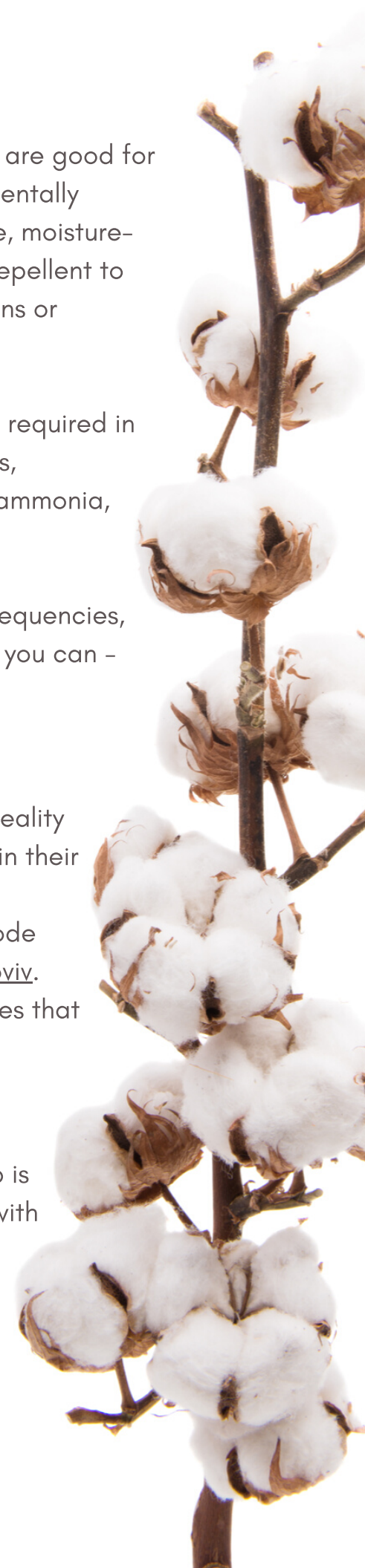
Fabrics like pure linen or wool are said to be of the highest frequencies, and raise the vitality of your body. Enjoy natural fabrics while you can - linen, cotton, cashmere, wool, hemp and silk to name a few.

## GET WATER FILTERS

Your body is 70% water and needs to be well-hydrated. The reality is that tens of millions of U.S. households have contaminants in their water that exceed public health goals, and the individual contaminants vary significantly state by state and even zip code by zip code. The company we trust to filter our water is [Hydroviv](#). The Hydroviv water filters are data driven and look at the issues that impact your specific water quality.

## CHOOSE YOUR MATTRESS WISELY

More than 90% of our health depends on sleep. Healthy sleep is one of the most important "remedies." The "industrial sleep" with chemically polluted and often metal containing mattresses, pillows and covers has already become one of the biggest health hazards for civilization. Avoid mattresses that contain electrically conductive steel coils that couple with Wifi radiation in the home and further cause strain on the body. Opt for an organic mattress like [Samina](#) or [Avocado](#).



04 /

E A T I N G  
F O R  
H E A L T H

/ 04

# *"Let food be thy medicine and let medicine be thy food."*

You are what you eat and what you put in your mouth matters. Eating healthy can be very challenging during these times of high stress – your usual restaurants are closed, some of your go-to products are hard to find and you may have to shop more than usual. Listen, do the best with what you have, stay flexible and use this time as an opportunity to return to wholesome and slow living. Pay attention – eat high quality food because it's essential for building your immune system.

What we eat and don't eat speaks volumes to our genes. Your health depends on what you assimilate, not only what you eat. You are what you eat, metabolize and assimilate from your environment and you are what you do not eliminate. As a culture we over-consume food and not always the good kind. Do not use this pandemic and medical crisis as an excuse to eat foods that are unhealthy for you. Avoid slipping into bad habits right now. Now is the time to practice what you have learned and put into effect everything you know is right for you. To thrive in a crisis means to do the right things no matter how hard it is.

## **FASTING**

Those who fast regularly live longer. Slight under-eating actually promotes a lifespan increase by thirty percent. If you have never voluntarily fasted a day in your entire life, your gastrointestinal tract and immune system are always at work digesting food and combating food borne toxins. Fasting allows your digestive system to take a break and focus on healing.

A three-day fast has the potential to regenerate your entire immune system by kick starting your stem cells into producing more white blood cells, the body's natural defense system. Stem cells are incredible undifferentiated blank cells that have the ability to become any type of cell in the body. During fasting, the body will get rid of the parts of the system that might be either damaged or old.

## **INTERMITTENT FASTING**

Intermittent fasting helps improve insulin and leptin sensitivity and helps reset the body to use fat as its primary fuel. Intermittent fasting improves focus, promotes autophagy (cells cleaning themselves), and makes cells more resilient. You can dramatically decrease your risk for chronic disease when you shift your body from burning sugar as its primary fuel to fat. It also lowers triglyceride levels, reduces oxidative stress, and prevents dementia. Keep to a 6-8 hour window of allowed eating a day and fast for the rest.

## **EAT LESS, EAT ORGANIC**

The study, which was just published in the peer-reviewed journal *Environmental Research*, finds that families eating a 100 percent organic diet rapidly and dramatically reduced their exposure to four classes of pesticides—by an average of 60 percent—over six days. Pesticides are linked to a range of neurodevelopmental, reproductive, immunological, and endocrine disorders.

A French study revealed that 69,000 people tracked by French scientists over several years, whose diets contained more organics had about 25 percent fewer cancers overall, with 35 percent fewer breast cancers in older women and a more than 70 percent reduction in lymphomas. If eating organic food appears to reduce the risk of cancer, imagine how helpful it is in keeping a healthy immune system.

## **CUT ALCOHOL AND REFINED SUGAR**

Alcohol sales have gone up 55 percent since COVID-19. Now is not the time to use a crutch to cope with our current reality. Refined sugar and alcohol can weaken the body's ability to respond to stress, act as anxiety triggers, and suppress the immune system. Life is about choices - make better and wiser choices. Instead of eating something with refined sugar, have fruit. Instead of drinking alcohol, have some sparkling water with a citrus wedge or infuse your water with strawberries and raspberries. You can turn your favorite tea into an ice cold beverage. Be creative!



**eat less,  
eat organic**



## ELIMINATION DIET

Use this precious time to get ahead and build your immune system. If you suffer from digestive problems, headaches, chronic sinus drainage, low energy, depression, mood swings, eczema, skin irritations, joint aches, asthma or weight gain, it's time for an Elimination Diet to eliminate possible food sensitivities. Health problems such as these may be related to a specific food or foods eaten frequently. Many people with food sensitivities don't even realize how awful they feel until the trigger foods are removed from the diet. Email [info@indigohealthclinic.com](mailto:info@indigohealthclinic.com) for a complete Elimination Diet guide.

## HYDRATE YOUR BODY

Your body is 70 percent water and is required for a number of bodily functions. Drinking water helps to have better blood circulation, metabolism, regulates body temperature, energizes muscles, hydrates your skin, helps your kidneys flush out toxins, maintains normal bowel function, removes wastes and aids detoxification. Our favorite way to drink water is sourcing natural spring water through [Find A Spring](#), or ordering from [Mountain Valley Springs](#).

When you are dehydrated, you are holding onto toxins, which become concentrated in the cells. Dehydration causes the body to become acidic- the perfect breeding ground for dis-ease. By the time your thirst mechanism actually kicks in, you're already in the early stages of dehydration, so don't ignore the initial sensations of thirst. Even a 2 percent or more body water deficiency can impact your cognitive ability.

Hydration also plays a role in healthy immune function – [one study](#) found that dehydration decreased antimicrobial proteins found in saliva that are one of the body's first defenses against foreign pathogens. Being well-hydrated helps your blood to carry oxygen to cells and lymph to carry white blood cells and other immune cells throughout your body to fight dis-ease.

Lastly, when you are feeling hungry, or crave sugar, this can be a sign that your body is thirsty for water. Drink a glass of water first, before reaching for a sweet snack. Make sure to drink half your body weight in ounces each day.

05 /

S T R E S S  
R E D U C T I O N  
&  
R E L A X A T I O N

/ 05

*"When I started counting my blessings,  
my whole life turned around."*

*-Willie Nelson*

We understand that right now times are uncertain, it feels like the rug has been pulled from underneath us and what was once normal will never be the same again. It's likely your mind is racing with thoughts, working overtime to figure things out, and your nervous system has gone haywire. Listen carefully, "It's all going to be okay."

As we embark upon this new cycle of change and human evolution, we have to practice calmness in the midst of chaos. Paying attention to your nervous system is critical as stress makes you more susceptible to getting sick. Long-term stress leads to inflammation, which is the predecessor to almost every type of chronic dis-ease.



## MINDFULNESS

Mindfulness practices offer tools to anchor yourself in the present, and can increase self-awareness. Self-awareness is the process of paying attention to your emotions, needs, physical being, and reactions. Being aware of your emotions and physical state allows you to choose how to respond. It helps your cross the bridge from being reactive to becoming responsive. A lack of self-awareness can lead to poor decisions, poor health, and poor relationships. Anytime you want to be more mindful, you can do so by slowing down and paying attention to how you feel, how you are breathing, and how your shoulders and neck feel.

There are many mindfulness practices available to us: deep breathing, gratitude journaling (our favorite is the [5-Minute Journal](#)), yoga, qi gong, guided imagery, mindful walking, being in nature, painting, dancing, singing, and meditation to name a few. Find practices that make you feel good, meet yourself where you are at and be flexible to change - what you gravitate towards today may change tomorrow and that's all okay.

## DEEP BREATHING TO SOOTHE YOUR SOUL

Abdominal breathing, also known as diaphragmatic breathing, changes oxygenation levels in your body as well as strengthening the diaphragm. We can all use more oxygen in our bodies now. Being conscious and breathing in a particular way can lead to deep relaxation, decreased pain, and improved mental state.

Diaphragmatic breathing helps to lower the harmful effects of the stress hormone cortisol in your body, lowers your heart rate and blood pressure. Check out this easy to follow [guided breathing technique](#). Many people feel calmer and more centered afterwards, and it may help to reduce negative emotions.





## MEDITATION

If you are glued to the television watching the news, it is likely you are feeling the nervousness of the situation around us. Every day, take a quiet moment to be with your own thoughts and in your own energy, grounding your body and connecting to your intuition,

allowing for Spirit to come through. Allow yourself to create the balance you need for healthy tissue repair and regeneration. For patients with chronic disease, meditation has especially powerful effects.

Meditation can reduce pain, anxiety, depression, and stress, as well as strengthen the immune system, improve concentration and creativity and decrease blood pressure. We already know that those who sleep less than seven hours a night are three times more prone to develop the common cold than those who sleep over eight hours.

## MEDITATION TIPS!

There is something for everyone. One size does not fit all. Not everyone can sit still in silence for prolonged periods of time and that's perfectly okay. For some a walking meditation is most suitable, for others a guided meditation is better. Be creative in how you choose to quiet your mind.

If you are new to meditation, one of our favorite meditation tools to help you get started is Headspace. If you want to really dive deep and understand how to meditate and how it changes your neurochemistry, check out this article by Dr. Isabel Sharkar on The Power of Meditation with Dr. Joe Dispenza.

## SLEEP

Waking up in the middle of the night because your mind is racing is a common thread among Americans facing COVID-19 challenges today. We don't have to tell you that sleep is fundamental for a healthy immune system, you already know this.

Sleep boosts T-cell production, white blood cells that play a critical part in the immune system's response to viruses. The immune system's response time is also improved by getting a good night's sleep. By completing the four sleep cycles, you're supporting the release and production of cytokines, proteins that helps the immune system quickly respond to antigens (toxins or foreign pathogens). Sleep is perhaps the single best measure you can take to deal with, or prevent, colds.

One of our favorite ways to track our sleep right now is using the Oura ring. UCSF Health and Oura are teaming up to study whether Oura can provide signals that predict COVID-19 illness symptoms. Every night, your body performs the equivalent of modern health miracles - everything from improving memory to producing cancer killing T-cells. And while you sleep, your body is sending a flurry of signals. When decoded, these signals - heart rate, body temperature and more - communicate your body's progress as it prepares you for the next day. And night after night, you sleep through it. Oura interprets these signals so you can wake up to the insights you need to take on the day. [Use this link to get \\$50 off your Oura ring today.](#)

### **Here's What To Avoid Before Bed:**

- Stimulants such as alcohol, caffeine, and nicotine
- Exercise
- Listening to, reading or watching anything coronavirus on social media or the news (limit exposure to 9 minutes a day)
- Checking your financial reports or paying bills
- Arguments
- Drinking more than eight ounces of water

Create a bedtime ritual that tells your brain it's time to wind down for the night. Follow it nightly so that your brain learns a new habit. We recommend getting seven to eight hours of sleep a night.

### **Things To Do Before Bed:**

- Prepare for the next day
- Turn off electronics (computers, tablets, phones, Wifi) two hours before bed
- Light candles and turn off any harsh lighting
- Play soft relaxing music
- Meditate
- Journal (write down what you feel and get it outside of you and onto the page, empty your vessel - your mind, all your worries and thoughts, just brain dump so that it's not circulating in your mind where you can brood over it)
- Drink chamomile and take your Lavela capsules
- Turn down the temperature, 60-67 degrees is best for healthy sleep

### **SOCIAL DISTANCING**

Social distancing does not mean social isolation. Connect with the most important people in your life on a regular basis. Let them know you love them and care about them. Social connection improves physical health and mental and emotional well-being. Focus on developing deep, soul-fulfilling, and quality connections.



06 /

M O V E M E N T  
I N A T I M E  
O F  
R E S I S T A N C E

/ 06





According to Steven Pressfield, author of *The War of Art*, resistance is the most dangerous element to one's life and dreams since its sole mission is to sabotage aspirations. If you are having an intimate relationship with resistance right now because you are either sitting on the couch watching Netflix instead of training, or all your favorite classes are canceled because of social distancing and you stopped your fitness routine, this is for you.

Look, we all got caught off guard and life changed very quickly for everyone. However, this does not mean that we stop moving our bodies. Give yourself daily movement goals you can achieve every day. Your immune system will thank you for it.

Exercise gets your blood flowing and speeds up your body's metabolic process that allows for regeneration and detoxification. It moves your lymph and releases endorphins in your brain, which leave you feeling good. Exercise includes exercising the muscles, organs, and mental capabilities. Exercise helps the brain cope better with stress and anxiety so get moving!

## **JUST START**

If you are glued to the couch, get walking. Start with ten minutes a day and work up to thirty. If you are already walking, start jogging. If you have a jump rope, start jumping. Keep challenging yourself. If you can do ten push-ups, challenge yourself and do fifteen, or do ten push ups every time you get up - from bed, the couch, the chair. If you can do a plank for a minute, do it for two. Do twenty burpees a day.

A study revealed that three thirty minute sessions of high-intensity interval training (HIIT) per week for ten weeks will boost your immune system by increasing the ability of your white blood cells (neutrophils) to fight off pathogens.

## **OUR FAVORITE FREE WORKOUT RESOURCES**

### **PELOTON**

90-day free trial to the One Peloton app with yoga, running, and strength classes.

### **CORE POWER YOGA**

Free 30-60 minutes yoga classes.

### **TMAC FITNESS**

Total body workouts, 20 minutes, no equipment. First 15 days free.

### **OBE FITNESS**

One month free of live and on-demand fitness classes with code: ATHOME.

### **ORANGE THEORY**

Work up a sweat and kickstart your metabolism in this total body power workout.

### **THE CLASS**

By Taryn Toomey, a free 14-day trial of live streaming bodyweight and toning classes.

07 /



I M M U N E  
S U P P O R T

/ 07

Building a strong and healthy immune system is at the core of Indigo Health Clinic. With the current COVID-19 crisis on our hands, now is the most important time to focus on maintaining a healthy immune system.

*“Six in ten Americans live with at least one chronic disease. Chronic diseases are the leading cause of death in America.”*

- The Centers for Disease Control

Pre-existing conditions affect your immune system and are risk factors for COVID-19. These underlying health conditions may negatively impact your immune system by weakening its ability to fight off unwanted pathogens. Understand your health and your potential risk factors.

Give your immune system the best chance to fight illness, prevent and reverse chronic disease by speaking to your holistic doctor today. Don't wait for COVID-19 to disappear, take action now and use this precious time wisely to get ahead. Your health is in your hands and Indigo Health Clinic is here for you every step of the way.

## Need to stock up?

Get your [Indigo Immune Care Package](#) delivered to you and your loved ones today. All of our supplements include evidence based formulations that work, are third party tested, specially formulated with the highest of quality ingredients and therapeutic dosages for maximum efficiency.



Although there are no known COVID-19 cures, we understand the importance of keeping our immune systems as healthy and robust as possible. From all of our research and us continuously keeping our fingers on the pulse, this is how we are strengthening our immune systems right now.

## The Indigo Immune Care Package includes the following immune boosting supplements...

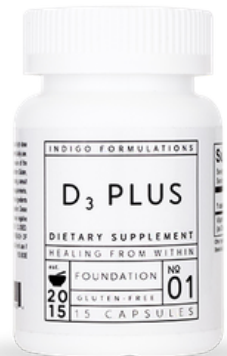
### Vitamin C

Most widely known for its role in supporting immune health. It provides potent antioxidant protection, as it helps combat cellular damage from free radicals caused by oxidative stress, thus protecting health overall. Vitamin C boosts the function of immune cells, aids in inflammation, and is a key nutrient in the synthesis of collagen.

### D3 Plus & D3 Base K2

Deficiency and insufficiency of this important nutrient has reached epidemic proportions around the world, making the achievement of optimal levels extremely important to overall health and well-being. Vitamin D3 maintains bone and dental health, increases calcium absorption and balance, boosts immune activity, supports cardio-metabolic health, blood sugar balance and weight loss, and helps increase musculoskeletal strength and comfort.

At Indigo we use a two pronged approach to boosting your Vitamin D3 levels.



### **Indigo Immune**

Indigo Immune is a scientifically formulated blend of nutrients specifically designed to boost cellular and mitochondrial energy production, maximize antioxidant capacity, support detoxification, and strengthen immune response. Based on peer-reviewed, double-blind research, Indigo Immune provides a unique blend of acetyl L-carnitine, alpha lipoic acid and N-acetyl cysteine. All have shown to produce a dramatic increase in immune function and energy output. Indigo Immune also includes key micronutrients and phytonutrients, including green tea, broccoli seed extract and resveratrol, to protect the mitochondria and continually renew the cycle of energy production.

### **Sinus Ix**

Sinus Ix is a unique nutrient and botanical formulation providing effective support for sinus and upper respiratory challenges. Standardized botanical extracts like andrographis, turmeric, eleuthero and nutrients support sinus health by aiding in the breakdown and clearance of mucus, clearing airway passages, soothing sinus tissue, boosting immune response, and promoting nasal microbial and inflammatory balance.

### **Olive Leaf Ix**

Olive Leaf Ix is a targeted formula specifically designed to support the body's immune response by boosting natural killer cell (NK) activity. Olive Leaf Ix includes a synergistic combination of larch arabinogalactan, oleuropein (the active ingredient found in olive leaf extract), acemannan (the immune-stimulating constituent of Aloe vera concentrate) and chelated zinc. Olive Leaf Ix's unique preparation supports immune function, boosts NK cell activity, promotes the growth of healthy bacteria (probiotics) in the gut, and helps maintain bacterial balance throughout the body. The ideal preparation for those with immune challenges and gastrointestinal (GI) related concerns.



## **NAC**

N-acetyl cysteine (NAC) is an amino acid that boosts antioxidant function and is commonly used as an agent to help clear sinus and airway congestion caused by mucus overproduction. NAC is a source of the amino acid L-cysteine and is a precursor to the tripeptide glutathione, an essential intracellular antioxidant. NAC supports antioxidant and cellular detoxification pathways in the body. A growing body of research also highlights the role of NAC in supporting neuropsychiatric health.

## **Glutathione**

Glutathione is the master antioxidant in the body and is heavily concentrated in tissues such as the liver, spleen and heart. It plays a crucial role in immune function, detoxification capacity and protection against oxidative stress. The L-Glutathione formulation is preformed, reduced glutathione (GSH) and provides a 250 mg dose in a one-capsule serving. Glutathione has been termed “the master antioxidant” because of its ability to quench free radicals and protect cells from damage.

According to a 2015 publication in the European Journal of Nutrition, supplementing with Setria® glutathione at doses of 250 mg and 1,000 mg a day for six months increased glutathione levels in whole blood, erythrocytes and buccal cells. This was the first long-term, randomized, placebo-controlled trial of oral glutathione supplementation.

## **Seasonal Ix**

Seasonal Ix is a targeted blend of flavonoids, antioxidants, proteolytic enzymes and botanicals designed to provide comprehensive support for seasonal challenges caused by common environmental allergens. Seasonal Ix includes a powerful flavonoid, quercetin, to support healthy histamine levels. The powerful combination of quercetin, stinging nettle, bromelain and NAC actively promotes healthy nasal and sinus passages for individuals with elevated histamine and respiratory irritation.



## **VIRADEFENSE**

Viradefense includes a powerful combination of key nutrients and botanical extracts that provide immediate support for immune challenges. It boosts immune defenses by providing nutrients such as L-lysine, vitamins A and C, pantothenic acid, B12, and zinc. Viradefense includes the synergistic blend of botanical extracts black elderberry, astragalus, echinacea, and andrographis, all of which have been used traditionally for their clinically effective immune- modulating properties.



**“A robust immune system is  
the holy grail of good  
health.”**

Call us at  
(202) 298 - 9131 or email  
[info@indigohealthclinic.com](mailto:info@indigohealthclinic.com)  
and we will ship out your  
**Indigo Immune Care Package**,  
tailored to you and your family's needs.



## IV THERAPY & HIGH DOSE VITAMIN C

High Dose Vitamin C (HDVC) has been used for numerous conditions like arthritis, Lyme disease, bacterial and viral infections, and pain after injury to name a few. It is one of the best antiviral agents available, with the ability to neutralize and eliminate a wide range of toxins. Vitamin C will enhance host resistance, greatly augmenting the immune system's ability to neutralize bacterial and fungal infections.

IV Vitamin C therapy helps the body heal faster, improves energy levels and fatigue, and improves resiliency to infections like the cold and flu or other viral and bacterial infections. Check out [this page](#) from leading Vitamin C experts that will give you all the Vitamin C research your heart desires!

If you are interested in IV Therapy during this COVID-19 time, please call the clinic at (202) 298 - 9131 and speak with us directly. We are taking every precaution to screen all new patients appropriately.



08

D E E P   S O U L  
A L I G N M E N T

08

*”When the student is ready, the teacher appears.”*

In this time of uncertainty, align to something greater than yourself. When it comes to your spiritual and soul evolution, one size does not fit all. You are a unique, powerful, beautiful being and you are here on your own path, unlike any other.

Use this time to delve deep within and ask bigger, deeper, more important questions. Clarity is power.

Who are you really? Who do you want to be? Are you truly happy and fulfilled with how your life has been taking course? Are you aligned with who you truly are? Are you really fulfilling your purpose in life? What does your soul yearn for?

Are you up against resistance, negative thought patterns, limiting beliefs, and dealing with unresolved issues? What are they?



## THE INDIGO PATH

At Indigo Health Clinic we journey with our clients through the Indigo Path, which consists of the Foundation, Lifestyle and Embodiment.

Embodiment is where the juicy things happen, when the mind, body and soul meet. Here's one of the ways we tie it all in!

## SPHINX CODE

Sphinx Code unveils the secrets of your subconscious. It reveals your shadow and light side so you can harmonize into a wholesome being and realize your full potential. Delve into the subconscious patterns you've adopted and learn how to navigate your shadows and step into the light.

### Ready to take action?

Book your appointment with Greg Kheel [here](#)  
or call (202) 298 - 9131.





## Indigo Health Clinic Your Partner In Health

Access to quality health care is more important than ever.  
**Schedule your Initial Health Consultation today.**  
Our doctors are available to meet you online.

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or call us today at (202) 298 - 9131.

Have a question? We are here!  
[info@indigohealthclinic.com](mailto:info@indigohealthclinic.com)

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