

Bright energy connections keep us vibrant



Dear Writers,

I hope this finds you happy and healthy. As happy and healthy as can be expected, just now.

In locked down Italy where I live, many joined in the singing from balconies, applauded the tireless medical workers and shone torches to the world. We are here, breathing still. We feel connected. Humour, too, helps to get us through; social media is uproarious and hopping.

Fear can be more contagious than any virus. Being positive and reinforcing that good energy, physically, can go along way toward sustaining you. Below are reminders of how to keep your body happy under quarantine. You know this... yet, sometimes, when someone tells you what you know, you do something about it!

What You Can Do to Stay Happy and Healthy:

- take exercise - yoga or core
- get sun - take walks - tricky, yet you must empty the trash and buy food
- sleep long and well
- watch or read what makes you laugh
- be grateful for what you have
- engage in comforting acts - a cup of tea, a bath, gardening inside
- clean cupboards and shelves: throw away what you don't need
- lavender essential oil - burn in diffuser, apply to temples, wrists
- Make the meals you serve beautiful with little touches (vary colours, put carrot sticks next to hummus sprinkle with sunflower seeds, arrange a fan of pear slices soaked in lime juice)

What You Should Eat to Stay Happy and Healthy:

- drink lots of water
- garlic and onion family - no one can smell your breath online
- yogurt, kefir or miso (fermented things)
- fresh leafy green vegetables (smoothies!)
- fresh fruit
- beets
- chia seeds
- ginger
- berries
- olive oil
- nuts and seeds
- broccoli, cauliflower
- Vitamin D and C
- probiotic and zinc
- elderberry tonic or complex
- apple cider vinegar (organic)

If you present with a fever and dry cough, a headache and tight chest, there are several homeopathic remedies that may help as a complement to a conventional approach. Too many to list here, but a specific one, focused on your symptoms, that your homeopath can suggest.

Stay healthy and happy,

Lisa

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