



SELF CARE TIPS FOR CAREGIVERS

- a. Wash Your Hands
- b. Don't touch your Face - Stay mindful of where your hands have been
- c. Wash all hard surfaces with Plant based enzymes infused with Vinegar, Hydrogen Peroxide and Essential Oils - counters, door handles, steering wheels in the car, floors and routine cleaning should continue
- d. Diffuse Tea Tree Oil, Peppermint Oil, Rosemary Oil, Eucalyptus Oil, OnGuard or the similar - 3 to 4 drops
- e. First Aids - BODY MIND and SPIRIT
 - **BREATHING** - WIMHOF or Focussed Breathing Exercises 11 min
 - **MEDITATION** or Prayer - 20 min daily
 - **WATER** - 50% of body weight in ounces (suggested)
 - **IMMUNE BOOSTERS**
 - Hot water with Lemon daily
 - Herbal Tea remedy Recipe - Dandelion, Licorice Root, Milk Thistle, Marshmallow root, Fenugreek and Thyme (equal parts in hot water)
 - Infrared, Sauna, Steam bath (Preventive and Preemptive)
 - Essential Oils - Tea Tree, Peppermint, Rosemary, Eucalyptus, OnGuard
 - Colloidal Silver - Sovereign Silver (Topical), Argentyn 23 (internal and nebulizer)
 - Oregano Oil - [Oregatrex](#) - Global Healing Center
 - Olive Leaf - Olivir Vegetarian Capsules by Davinci Labs
 - Source Naturals Wellness Formula Bio-Aligned Vitamins & Herbal Defense - Immune System Support Supplement & Immunity Booster
 - American Health Ester-C with Citrus Bioflavonoids Vegetarian Capsules
 - [Astaxanthin](#)
 - D3 - Carlson's Liquid sublingual
 - [Zinc from Guava](#) or Zinc Balance by Yarrow
 - Magnesium Malate, Magnesium Glycinate, Magnesium Magtein
 - **SKIN EMERGENCIES**
 - [Emergency Gel](#)
 - Coconut Oil, Colloidal Silver and lavender essential oil
- f. **NUTRITIONALLY: Focus on Organic, non-gmo fresh Vegetables, Fruits, Legumes, Good Oils, Sprouted nuts and seeds. Avoid foods that cause inflammation! Dairy, sugar, gluten, processed foods and meat.**
- g. Wear a mask if you are compromised, isolate if you have fever, seek medical advice
- h. Wear gloves when working with patients or cleaning
- i. Wash your hands and again don't touch your face.

Friendly Disclaimer: Advice, workshops and healing sessions should be considered supplemental and do not replace conventional medicine. Please consult your doctor or other licensed healthcare professional for any physical or psychological ailment you feel you may have. After reviewing online, attending seminars, classes, speakers engagements, workshops, listening to podcasts or interviews provided by or including Dawn Renee you acknowledge that in no event will Dawn Renee/Traveling Caregivers, LLC be held liable in anyway directly or indirectly for damages resulting from choices you've made after attending, listening or reading information and data provided or for the loss of profits through the use or misuse of said data or information, either via its use, negligence or other actions.