**Health is our Wealth**

**Tips for Post Covid to Balance & Restore our Health Post Covid.**

It was my pleasure to be part of the discussion on Tuesday Night Club, and to share ways of enhancing our health post covid.

My name is Trina Hanlon. I work from Naas, Co. Kildare and Ferns in Co. Wexford.

I am a qualified Holistic therapist using seven types of massage treatments. I trained in Capacitar practices and facilitate groups. I teach Smovey classes, which work on neurological movement conditions and help with balance and co-ordination. I have over thirty-five years experience of preparing and dispensing herbal cures, handed down in our family for generations.

I support sole traders to enhance their businesses, through my wide source of connections and business advice. I am constantly learning and gathering information to maintain, balance & harmony health for our bodies, minds and spirts.

Some of the health issues post covid include feeling very tired, with muscle weakness, lack of energy, foggy brain unable to concentrate, loss of apetite, sleep difficulty and excess phegm with difficulty using their voices. Lungs and Liver are the organs mainly affected by covid and the emotions of frustraion and grief, fear and anxiety are emotions experienced by many people.

Small changes to our diet, daily movement and sleep make a big difference to our health.

Trisha Hennessy shared with us her story and recipe of Bone Broth.

In Ayuvedic medicine, bone broth is recommended to reduce inflammation and to boost immunity because it improves absorbtion of nutrients.

In Chinese medicine, Bone Broth speeds recovery from injury, improve sleep, heal the gut and increase collagen to keep our hair and nails and skin looking younger. It builds our blood and nourishs our kidneys.

**Ayurvedic Remedies**

Boil water for 10 minutes, put in a flask and drink throughout the day.

Add lemon to help clear the liver.

Add lemon & ginger to clear the lungs

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**Ginger Relish to aid Digestion**

Grate ginger

Fill ¾-glass jar with this paste

Squeeze a fresh lemon into the paste

Add ½ teaspoon of black pepper

Add 1 tablespoon of honey

Mix and store in fridge

Take ½ teaspoon before each meal

(If possible, make sure the mixture is at room tremperature before taking it.

<https://www.youtube.com/watch?v=1YJ6R6GZxI4->

**Savoy Cabbage Cough Drink**

Use outer green leaves of Savoy Cabbage

Scrub, bash them, and boil for 40 mins

Add honey

Drink 3 mugs as hot as possible to help release phlegm. Cough from bottom of your stomach.

**Ginger & Honey - sore throat**

Chop root ginger into match stick sizes and cover with water, boil for 40 mins

Add honey and drink hot

**Emotions out of Balance affect our organs**

**Fear - Kidney**

**Grief – Lungs**

**Frustration/Anger/Resentment – Liver**

Covid can bring fear around our longterm health prospects.

Fear, anxiety have become prevalent emotions in our soiciety due to covid.

Frustration is an emotion people are reporting at the lenght of time it is taking to feel healthy again. Grief is increasing due to o loss of interaction within families and community.

Being aware of our emotions can help us to make healthier diet, movement and sleep choices

**Ways to Empower**

**Capacitar Practices To balance emotions**

Finger holds <https://www.youtube.com/watch?v=zC7PSJSoCwI>

Pal Dan Gum : <https://www.youtube.com/watch?v=8CFszXEMlHQ>

**Massage**

Lymphathic Drainiage Massage is beneficial after illness

Marma Therapy promotes proper flow of energy around your body balancing your body, mind and spirit.

My post covid clients have noticed the benefits to their physical, mental and emotional wellbeing from these types of massage.

**Sleep**

We need sleep to rejuenate and reengerise our body, mind and spirit.

Ayurvedic and Chinese Medicine systems recommend we eat out main meal at midday to allow our bodies to digest and rest in the evening to restore our body, mind and spirit. Stop eating by 7:00pm and try going to bed before 11:00pm.

**Our Health is our Wealth**

**My contact details**

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