

Let's Start 2021 Out Right

Let's Start 2021 Out Right (<https://www.cstcsafety.com/blog/lets-start-2021-out-right>)

Posted by Terra Lavery

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First blog of 2021 and I'm avoiding another Covid-19 compliance discussion. So, I asked my good friend Tricia Bland, a Registered Dietitian Nutritionist, with several decades of professional experience: What should I eat to help me resist the Covid-19 virus?

She sent me 2 short pages containing 7 herbs and 8 food sources which can help boost your resistance and reduce inflammation. Some of my daily favorites on the list are cinnamon and almonds which made me feel great about some of my diet....:) If you want to get more information, please reach out to Tricia at www.triciabland.com (<http://www.triciabland.com>).

For me, the formula for success has been diet (healthy breakfast) , daily exercise (walking or gardening count), sleep (at least 7 hours) and

stress management (10 minutes of meditation). Hope this helps!

Have a great and safe 2021!

Ben Lavery IV

The Best Herbs for Reducing Inflammation (/__media/The Best Herbs for Reducing Inflammation.pdf)

Anti-Inflammatory Meal Planning (/__media/Anti-Inflammatory Meal Planning.pdf)

Tags: Ben IV Lavery (<https://www.cstcsafety.com/blog/category/ben-iv-lavery>), Wellness (<https://www.cstcsafety.com/blog/category/wellness>)

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California Safety Training Corporation

Address

2130 Brundage Lane
Bakersfield, CA 93304

Map Address (<https://maps.google.com/maps?q=2130%20Brundage%20Lane%2C%20Bakersfield%2C%20CA%2093304>)

Phone: 661-377-8300

Fax: 661-377-8313

Email: info@cstcsafety.com (<mailto:info@cstcsafety.com>)

Hours: Mon-Fri: 8:00am-5:00pm

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