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Rx

A Restorative Medicine  
Prescription for a Healthy  
Immune System

(SIGNATURE)

☐ LABEL  
REFILL 0 1 2 3 4 5 PRN

RETURN TO THE NEXT NORMAL



Dr. Sherri Greene  
RESTORATIVE PHYSICIAN

# RETURN TO THE NEXT NORMAL

**A restorative medicine prescription for a healthy immunity in troubled times.**

"Get plenty of sleep and drink lots of fluids."

How many times have we heard this? From the family doctor on television shows when we were children. From our mothers. From our physician during a visit for the flu or cold?

Well, to this day it remains great advice for being well. This simple "wisdom" is an effective starting point to the real changes you are about to make to boost your immunity and head back out into a world in the grips of a global health crisis.

Let's face it, nothing is normal anymore. Perhaps you thought when we first sheltered-in-place that in two weeks it would all be over and we'd get back to our lives. Now it's been almost two months and we enter a world of facemasks, gloves, social distancing and very, very unclear guidelines on how to act in the best way to stay healthy and avoid contracting Covid-19.



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**Dr. Sherri Greene**  
RESTORATIVE PHYSICIAN





We are returning to a new normal, one that will challenge us in many ways and may well change the way we live most aspects of our lives.

So what can we grab on to in this motion-sickness inducing ride of life we're on? What can we stand on that we can trust won't change?

This: We can use the best restorative medicine practices proven to be effective in every walk of life and every moment in time. As a restorative physician with nearly three decades of clinical experience treating chronic pain and numerous diseases, I can say with confidence that adapting this plan will boost your immunity and help protect you during this pandemic.

It will also reduce inflammation and chronic pain and help ward off deadly heart diseases and cancers.

Immune system functions can be strengthened through diet, herbal remedies and lifestyle habits. Doing everything we can do to boost immunity is absolutely key because no matter what, we come into contact with microorganisms that can cause us harm. And sometimes, we get infected without knowing and it leads to long-term illness when untreated.

I often wonder why it can be hard to convince my patients to take this seriously and go all in. Feel better? Have more energy? Less worry? Greater immunity? Hmmn... what's the downside?!

But enough about what we're not doing or even what we were doing. Let's talk about what we're going to do starting right now to return to our new normal with health and vitality.

Thank you for downloading my prescription for a healthy immunity in troubled times.

Get started today!

In wellness,

*Dr. Sherri Greene*



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1) Take Food 4-5x

a Day as Medicine

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## 1) TAKE FOOD 4-5X A DAY AS MEDICINE

Your best defense for a healthy body, mind, spirit and soul is to eat a diet filled with an abundance of fruits, veggies, herbs/spices and wild foods. Notice I said, "eat a diet..." I didn't say "diet!" Fad diets can be very harmful to your health, but if you eat a diet of these things you will be healthier (and probably lose weight).

Shift your mindset about the purpose of eating. Eat with the understanding that several times a day, keeping your blood sugar balanced, you treat your body with the right medicines to help it function at maximum efficiency.

These foods will counteract all that we are facing in today's environment. They are your armor against diseases...even that disease!

The right foods are not just filled with the nutritional components that have been discovered by science. They are rich with undiscovered elements that are fundamental to counteracting the challenges we face today.

The top specific foods to eat in abundance to support your immune system: asparagus, sprouts, avocados, garlic, ginger, mangoes, grapefruits, kale, lemons, crimini mushrooms, Brussels sprouts, Chaga mushroom, barley grass, celery juice, dandelion greens, figs, onions, parsnips, nettle leaf, radishes, reishi mushroom, pomegranates, pumpkin, raw honey, red cabbage, rosehips, strawberries, watermelons, wild blueberries, romaine, pistachios, passion fruit.

You will be lowering your fat intake overall, which thins your blood and allows it to be more oxygenated. This helps to knock down your viral load as oxygen is antiviral in nature. It's also important to reduce and/or eliminate some foods that will feed viruses as all viruses need to eat to survive.

The #1 food that viruses like to feed on are eggs, followed by dairy (cheese, butter, kefir, milk cream, yogurt), gluten and corn.

Eliminate these foods to protect yourself from the bugs we face daily, strengthen your immune system, and address long-term chronic conditions that have been difficult to heal.

So make a new grocery list today and start thinking of food as medicine.



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2) Take Healing Herbs  
for What Ails You

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## 2) TAKE HEALING HERBS FOR WHAT AILS YOU

From Penicillin to Quinidine, many prescription medications originate from natural remedies. But for thousands of years, healers relied on the herb. They never even considered needing anything to transform the herbs.

In carrying on this healthy, natural and effective approach to healing, here are some of my favorite go-to herbs for supporting the immune system and knocking down those nasty bacteria and viral loads :

- Lemon Balm: promotes a healthy and balanced immune system, fights off all kinds of viruses, soothes nerves and linings of the stomach and supports the adrenals
- Cat's Claw: exceptional immune response stimulator due to its oxindole alkaloid compounds. One of the most powerful anti-virals on the plant



- Elderberry: enhance immune function by boosting the production of cytokines in the body
- Astragalus: quickly and effectively strengthens the immune system and increases white blood count
- Ashwagandha: has the ability to increase white blood cell count and prepare the body to produce antigens to fight against different infections and allergies)
- Goldenseal: is great for acute viral infections such as colds, flus and other viruses. It helps restore and power up lymphocytes that are responsible for protecting critical areas of our body, such as our ears, nose, throat and lungs, where the first signs of many viral issues begin
- Mullein Leaf: is a powerful but gentle antiviral that is really helpful for preventing viral infections. Mullein Leaf helps to re-establish a broken immune system. Our white blood cells utilize mullein leaf's phytochemical compounds to fight viruses and help defend us from pathogens



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3) Take Supplements  
to Boost Deficiencies

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### 3) TAKE SUPPLEMENTS TO BOOST DEFICIENCIES

Even if you eat well, taking your food as medicine with focused effort, there are certain things that get missed. Dietary supplements will help you boost those missing nutrients and fill in nutritional gaps in your diet.

For this prescription, focused on boosting immunity, the following herbs will improve your wellbeing with supplements most of us lack. Add the following to your daily routine:

- Zinc Sulfate: most of us are zinc deficient. Zinc feeds the immune system. Boosting it is one of the most critical trace minerals to function optimally. Zinc repels and weakens viruses making them more docile, allowing the immune system to kill off the pathogen more quickly.



- Vitamin C: is an antioxidant that feeds your immune system. Viruses are highly allergic and sensitive to vitamin C, which has the ability to oxidize a pathogen allowing it to be injured and broken down. C is anti-inflammatory and increases our white blood count by strengthening our neutrophils, eosinophils, macrophages and basophils. Big words, but even bigger benefits!
- L-lysine: L-lysine is not as well known as the first two but it works to impair the ability of viruses to move and reproduce.
- Vitamin B12 (adenosylcobalamin and methylcobalamin): B12 helps protect the body from neurotoxin damage from viruses. B12 repairs and strengthens our nervous system damaged by viruses, while strengthening neurotransmitter chemicals in the brain. The right B12 can boost you mentally and emotionally.
- Spirulina: Spirulina strengthens the immune system and helps stop viral growth. The natural iodine content in spirulina is effective as acting as an antiseptic against viral cells



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4) Begin Aromatherapy  
with Essential Oils

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## 4) BEGIN AROMATHERAPY WITH ESSENTIAL OILS

Essential oils are most commonly used in the practice of aromatherapy, in which they are inhaled through various methods. Most essential oils are inherently anti-bacterial, anti-viral, anti-fungal and anti-parasitical. All support the immune system's work to fight against these invaders.

My most recommended, powerhouse essential oils are these:

- Oregano: It's recognized for its power in fighting off viruses because of its key component, carvacrol, which kills bacteria and viruses—even cancer cells. Oregano oil packs a powerful punch.
- Thyme: Best paired with other oils, thyme oil is known to impact cough and respiratory diseases, which cannot be underestimated amid a pandemic that attacks our lungs.
- Melaleuca: This powerful oil, more commonly known as Tea Tree oil, is known for its strong scent and power of bacteria and viruses.

- Rosemary: This wonderfully scented oil has a wide range of benefits from treating stress to improving brain function. But here we want to unleash its power to remove inflammation in joints, lessen pain, increase circulation and give you a natural boost of healthy energy.
- Frankincense: There's a reason the three wise men made a gift of this oil in the Christmas nativity story: It's a powerful healing oil. Applied topically it can heal dry skin and wounds, but it also is a popular foundation of Ayurvedic medicine and can combat free radicals in our system, even cancer.
- Clove: More than a spice you plug into your turkey, Clove can fight pain and inflammation while improving our respiratory systems (which in a fight against a respiratory attacking virus seems pretty important!)
- Lemon: This lively oil offers powerful anti-microbial activity, which is very effective for boosting our immune systems. It can also boost energy and metabolism.

These oils can be applied to your wrists and inhaled as part of a meditation practice or can be put in a diffuser. Inhaling the aromas from essential oils can stimulate areas of your limbic system, which is a part of your brain that plays a role in emotions, behaviors, sense of smell, and long-term memory.

The above oils can be all used individually aromatically in a diffuser or topically--a couple of drops mixed with a carrier oil (jojoba, almond or coconut oil). You can place the oil on the soles of your feet, which actually works!



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5) Start Tapping  
Away Your Stress

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## 5) START TAPPING AWAY YOUR STRESS

This low impact, but incredibly effective, method works to bring down stress and boost your immunity by activating the parasympathetic nervous system. The parasympathetic nervous system, also known as the rest and digest part of the autonomic nervous system, boosts your immune system by modulating your hormones so that your body's healing mechanisms can get back into full swing.

Tapping is similar to acupuncture by applying pressure to primary median points.

While you work through the points, you focus on a single issue for clarity. "I feel pain in my xxxx." Or "I'm so angry at my partner because xxxx." Get clear about the source of your pain or fear. Make sure you identify your emotional distress on a scale of 1-10 (10 the worst).

After each “round” of tapping, check in on your feeling and rate your score. If you can lower it a few points you’ve really helped your emotional stress in that moment.

Here’s one easy to follow five-step plan.

For an informative video demonstration watch Tapping to Find Ease During Tough Times [here](#).

The more you use it the more you will see benefits. Unlike a lot of things on this prescription, this can work more to eliminate that spike in stress and pain that can unravel your immunity. It’s like “In case of emergency, break the glass.”



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6) Return to  
Natural Movement

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## 6) RETURN TO NATURAL MOVEMENT

Human beings are not designed to be stationary. Our ancestors were wanderers. Their survival demanded movement. In fact, as pointed out in a wonderful book, *Born to Run*, by Christopher McDougall, humanity's superpower was long sustained walking/running. Because we could go for great distances we could actually exhaust physically superior animals and hunt them for food.

With this in mind, it makes sense that so much of our healthy immunity is tied to movement. But we now live at odds with our nature. We sit for hours and hours a day. We drive instead of walk. We "work out"—often fast and furious — and then return to a sedentary lifestyle. Our bodies break down.

We need to reverse this by returning to our roots. Incorporate as much healthy movement into your day as you can. Here are many great ways. Try them all!



- Walking, Biking: Great natural exercise, restorative for the mind and body and improves fitness and cardiovascular health. By removing machinery like elevators and (use steps), cars for short trips (walk and physically carry your bags) you can add vital, healthy movement to your daily routine.
- Yoga: We have thousands of years of history to know the benefits of yoga. We now have scientific data that supports it further. It provides a unique combination of mental and physical wellness through movement and breath. Even in a pandemic, you can start a practice by choosing from the hundreds of classes on [glo.com](https://glo.com).
- Qigong: Similar to the more popular Thai Chi, Qigong is unique in its combination of gentle movements and focus on healing. Through repeated, practiced movements and pairing mind-body connections, the body can increase strength and flexibility and blood flow, all of which contribute to pain reduction and improved well-being. Try this very [simple pose](#) called The Dragon Stands Between Heaven and Earth. It's a standing meditation used to increase energy and balance the body.
- Dance: Is there a better way to move? Dance can be spiritual, romantic, uplifting, restorative and even just plain old fun! Turn on the music and move with the beat.



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7) Sleep. Well  
and Plentiful.

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## 7) SLEEP. WELL AND PLENTIFUL.

Science is proving what we've long known to be true: Poor and diminished sleep attacks our health and immunity at a basic and powerful level.

It has been shown that lack of sleep can lower your immune system. A lack of sleep makes us more prone to disease and increases stress (which counteracts our attempts to reduce stress through movement, essential oils and tapping within this prescription).

So yes, get good sleep. But let's be a bit more specific:

- Prioritize sleep between 10 p.m. and 2 a.m. This is a sacred window. It's the time of night when your body does the most healing. If you are able to sleep during that time your body is healing at an accelerated rate. Even if you only sleep for 30 min during that window it's still important.

- Taking two naps that are no longer than 30 minutes each—one in the morning and one in the afternoon—has been shown to help decrease stress and offset the negative effects that sleep deprivation has on the immune system. If you can't swing a half-hour nap during the workday, try grabbing a 20-minute siesta on your lunch hour, and another right before dinner.
- Try to turn off all computers/phones/tablets one hour before bedtime if possible to allow the mind to calm and wind down for sleep. Turning off wifi in your home is helpful for many as it reduces the amount of EMF/radiation while you sleep.
- Eat to support healthy sleep: foods that support a restful nights sleep: mangos, bananas, cherries, asparagus, spinach, celery, lettuce, pomegranates, wild blueberries, garlic, cilantro, sweet potatoes.
- A few herbs in the evening brewed in a tea or ingested in an alcohol-free tincture are incredibly helpful to allow the nervous system to relax. My favorites are lemon balm, passionflower, Linden flower, chamomile.



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8) Meditate  
for Health

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## 8) MEDITATE FOR HEALTH

We return again to mitigating stress, because it's so important. There are over 300 studies that have proven the idea that stress adds to immune problems. We know all forms of stress relief (meditation, breathing exercises, EFT, listening to music/sounds of nature, getting out into nature) work to reduce stress and build our immune system. It is important to note here that stress and the release of adrenaline from stress can feed any pathogen in the body! So another reason to find ways to relax the mind and the body.

This gets to the heart of my work as a restorative physician: I don't treat the symptoms. I treat the cause. I don't focus only on the body. I treat the whole person: body, mind and soul. I use every proven method to help my patients live healthy lives.

So now we turn to the spiritual side of ourselves. Many are uncomfortable with this, but don't worry I am not advocating a religious belief. I was brought up Jewish and I pray to the angels and my guides all the time. My experience has connected me to higher powers in helpful ways but everyone will find his or her own path.

Consider this. Spiritual practice has a direct beneficial effect on your body.

Scientifically we know that the release of serotonin from meditation and prayer builds your immune system by fighting inflammation in the body.

An off-cited study by Dr. Herbert Benson, a cardiovascular medicine specialist at Harvard Medical School, documented the potential healing benefits of spiritual practices, such as prayer and meditation (as well as hypnosis and other relaxation techniques).

So if you've ever had a prayer life or meditation before, now is a good time to return to it. If it's new to you, start with simple meditation.

Here is my suggestion:

- Set a timer for 5 minutes.
- Sit comfortably and breathe in with a count of 4, hold for 1 second, then breathe out for a count of 4.
- Repeat until the timer goes off.
- Repeat the next day but set the timer for 6 minutes.
- When you hit 8 minutes try adding in a positive mantra or simple uplifting thoughts.
- Work your way until you hit 20 minutes a day.

You might be shocked by how much you come to look forward to this simple pause in a hectic life.

Most of my patients are unaware of how much their normal life is besieged with harmful chemicals that impact their health and reduce immunity.

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9) De-Toxin Your Home

## 9) DE-TOXIN YOUR HOME

When the synthetic chemicals from air fresheners enter our bloodstream, our natural killer cells, lymphocytes, and other white blood cells absorb them. That instantly weakens our immune system cells. Some are actually killed off. Our white count becomes hindered.

Exposure to a heavy dose of synthetic fragrances could mean three to four days of a weakened and lowered immune system. Pathogens can take advantage of an uprising because synthetic scent chemicals can at the same time feed viruses and bacteria allowing them to reproduce leading to more illness.

Basic chemicals like chlorine, fluoride, pesticides, fungicides and plug-in air fresheners reduce the effectiveness of our immune system. I recommend downloading The Environmental Working Group's [Healthy Home Guide](#) to rid your house of toxins that compromise your health.

Take another vital step by removing many of the most harmful toxins from your home and replacing them with simple, natural cleaners. For example, you can make shampoo and dish soap with liquid castile soap mixed with water (add baking soda, sea salt or vinegar to make these into cleaners).

For a complete list of toxins to avoid at home, visit my blog page and read "Rid your home of toxins."

Here are great companies that make natural household cleaning products:

- [Seventh Generation](#)
- [Biokleen](#)
- [E-Cover](#)



# RETURNING TO THE NEXT NORMAL

OK, my friend, we're heading back out there. Maybe we started sheltering-in-place hoping for a quick return to normal, but it no longer exists! Our new normal is trying to live an empowered healthy life amid a pandemic. But we can do this! Start this prescription today.

Once you've started it, visit me on Facebook or Instagram and let me know how you're doing. Post updates on your progress and feel free to post a question about it in the social media content. Let's start a conversation that will collectively boost our immunity and beat this virus.

I encourage you to visit my website and consider if an introductory [telemedicine consultation](#) is right for you.

Here's to your good health!



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RESTORATIVE PHYSICIAN



"After running the full gamut with Western  
Medicine...I am so happy... Dr. Greene  
approaches medical problems with the whole  
body in mind not just treating a symptom....after  
over 30 years of problems I finally found out  
what is really causing my condition..."

—Robin, Westchester, NY



Chronic  
Pain



Integrative  
Medicine



Holistic  
Podiatry



Telemedicine  
Sessions

Contact Dr. Sherri Greene for an introductory  
telemedicine treatment today.



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