

Coronavirus on Egg McMuffin Day

Poor diet presents one of our greatest health dangers

We quake in fear of a viral pandemic that could potentially wipe out 2 or 3 percent of our population. Our fear is real, and I don't want to diminish it, so please read to the end.

Tragic communicable disease threats, like this one, have recurred throughout the history of humanity. What doesn't seem to scare us, is the climbing death-toll from non-communicable lifestyle diseases. For example, every 40 seconds an American dies of a heart attack and every four minutes another by stroke. Yet cardiovascular disease is preventable all together, if we would just choose to eat real food, move more and sleep well.

Now imagine my surprise when I turned on the morning news, to get a panic-pulse on the spreading Coronavirus in the US. The report was interrupted by a cheery newscaster declaring: "On a brighter note, today is National Egg McMuffin Day and McDonalds is giving away Egg McMuffins for breakfast.

Also, Wendy's launched its new breakfast menu today...and KFC is highlighting its new sandwich: two glazed donuts with hand-breaded extra crispy fried chicken in between."

"It's less about the bug itself and more about how your body responds when it meets the bug."

Are you kidding me? The irony was too much! Please 'get it' that our junky food is killing us at far greater rates than the Coronavirus. It's just a slow kill, so we are somehow dull to it. By the way, when did we give McDonalds its own holiday?

All that said, here are some practical tips to fend off Coronavirus. First and foremost, as we each prepare for possible exposure: eat healthy food, drink plain water, avoid stress and get good sleep. It's less about the bug itself and more about how your body responds when it meets the bug. Next, recognize that this virus doesn't float through the air, so a surgical mask won't protect you.

It is spread through large droplets of respiratory secretions—and it lives in them for up to a week.

You carry infected secretions to your nose and mouth by touching your face with contaminated hands. We touch our faces an average of 90 times a day so if a surgical mask will remind you not to, by all means put one on.

In the meantime, continue washing your hands regularly with warm water and soap and/or disinfect with hand sanitizer that is greater than 60 percent alcohol. Avoid handshakes (try a fist pump or elbow bump instead) and avoid doorknobs, sink handles, when possible.

We will get through this, as we always do by relying on one another. So in this eve before the storm, ramp up your immune system by taking good care of YOU.



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