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Phoria Virushield: How To Keep Yourself Healthy During The Holidays

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Beaver, Utah-based wellness product manufacturer Phoria Virushield is sharing tips to keep their community healthy during the holiday season. Phoria Virushield is a superfood powder that can be easily carried around and added to all kinds of flavored beverages in order to reap the benefits at any place and any time.

Michael Jasilewicz, a spokesperson for Phoria Virushield, says, "What with the holiday season upon us, we all need to be more alert than ever in our efforts to keep ourselves healthy. After the long and hard year we've had, there is absolutely no way we can risk the chance of getting sick after coming so far. This is why we've put together some excellent tips to help you keep yourselves healthy during the upcoming holiday season."

The hectic nature of the holiday season means that many tend to ignore even simple acts that can contribute to a healthy lifestyle. According to Phoria Virushield, one of the simplest things one can do to stay healthy during this time is to eat more healthy and stay hydrated. While the holidays are well-known for households hosting large and varied feasts, it is crucial that people take the time to eat in moderation and enjoy the sensation of the food instead of just eating as much as they can.

Another tip the company shares is to look into healthier alternatives for holiday favorites, such as replacing sour cream with greek yogurt and more. Further, the availability of beverages such as eggnog, martinis, and margaritas can lead to a reduction in the intake of plain water, which should absolutely be avoided. As water accounts for about 60% of a person's weight, staying hydrated is critical to ensuring that ratio and supporting various bodily functions (such as maintaining cell fluids and delivering nutrients).

Phoria Virushield also shares that having and sticking to a workout routine can go a long way in ensuring one stays healthy throughout the season. While holidays are often filled with travel and visits, this year's events have meant that people are mostly confined to their homes, which makes having a routine physical activity more important than ever. By adopting a thorough workout regimen and sticking to it every day, everyone can ensure that they remain fit and healthy while they enjoy the more relaxed parts of the season. More health advice and tips can also be found on the company's blog.

Jasilewicz says, "At Phoria Virushield, we take your well-being seriously. Our formula for Phoria Virushield daily drink mix was formulated with doctor advice and nothing but pure and professionally-sourced ingredients. The medical studies done on each of our 12 ingredients show significant help in fighting and preventing bacterial and viral infections in a holistic and natural way. With our help, you can say no to being sick during the holidays."

Those who have used Phoria Virushield have good things to say about the product. Roy from DS Distributing says in his review (found on the Phoria Virushield website), "My family has been taking Virushield for 10 months. We wanted to support small businesses in the health sector, and we came across this manufacturer. I really gravitated to the owner's story. We started adding Virushield to our morning regimen in February 2020. My wife and I prepare it with peanut butter and frozen berries to give it a sweeter flavor. My son and daughter enjoy it as a smoothie or they'll have us add it to a natural fruit juice. As a family, we are very active. We traveled extensively from February through the Thanksgiving holiday, taking advantage of the outdoors. My career also has me traveling out of town frequently and coming into contact with people in high traffic locations. We're happy to report that no one in our family has fallen ill during the cold virus season so far. Hopefully, you and your family will enjoy the same results. Stay safe and take care of your bodies for you and your family." Notably, the company encourages its community to consider their products as one part of a greater defense. They advise that everyone be mindful of other health care guidelines as well where applicable.

Those who want to learn more about Phoria Virushield and its range of products and services are welcome to visit the company's website for more information. They encourage interested parties to get in touch with

Michael Jasilewicz directly via email or phone. The company can also be reached through the contact form on their website. Phoria Virushield maintains a presence on Facebook where they frequently post updates, share media, and communicate with their customers.

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For more information about Phoria Virushield, contact the company here: Phoria Virushield Michael Jasilewicz 801 901 2663 phoriavirushield@gmail.com 385 W Center St Beaver, UT 84713-7924

Phoria Virushield

Phoria Virushield is a daily drink mix formulated with a doctor's advice using nothing but pure and professionally sourced ingredients. The first immune support superfood formula of its kind Being all-natural, non-pharmaceutical, and non-synthetic.

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