



**References to Dr. Phil's Facebook Video Post dated April 7, 2020** – If you don't already follow us on Facebook, please search Welcome to Wellness Whitby and follow us. Better yet, enable your phone/computer to get Facebook notifications whenever we post or go 'Live'.

**Evidence that Vitamin D Supplementation Could Reduce Risk of Influenza and COVID-19 Infections and Deaths**

<https://www.mdpi.com/2072-6643/12/4/988/htm>

<https://www.hsph.harvard.edu/nutritionsource/2020/04/01/ask-the-expert-the-role-of-diet-and-nutritional-supplements-during-covid-19/>

**Exposure to Neighbourhood Greenspace and Mental Health: Evidence from the Survey of the Health of Wisconsin**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3987044/>

[https://www.washingtonpost.com/national/health-science/study-being-around-trees-and-other-greenery-may-help-teens-stave-off-depression/2018/01/19/252df102-fc92-11e7-ad8c-ecbb62019393\\_story.html](https://www.washingtonpost.com/national/health-science/study-being-around-trees-and-other-greenery-may-help-teens-stave-off-depression/2018/01/19/252df102-fc92-11e7-ad8c-ecbb62019393_story.html)