

'Boost your Immune System'

The science is settled on this one. Or is it?



Consider:

- The immune system is the body's defense designed to fight against infections by germs, bacteria, and viruses where various types of cells and body organs work together to protect the body. (Skin, spleen, gut, nose, and mouth linings...)
- Technically, viruses do not kill or harm us – overreaction from a weakened or dysfunctional immune system causes problems that sometimes overwhelm an individual and a disease is then described with its set of observable symptoms. In severe and rare cases our bodies begin to attack their own cells, tissues and organs resulting in harm and possibly death.
- However, here are things you can do to **boost your immune system** and avoid becoming a 'sitting duck' from infections.
- The quick answer should never be shoot up with a vaccine or take a pill. It is **better to take proactive steps** to boost and promote immune strength in the first place.

Some immune system promoting protocols you can follow:

- **Get outdoors** as much as you can to connect with the creation God made for you to enjoy.
 - Fresh air, clean water, and exercise feed into your overall health.
 - Quarantine should be for sick people only, not everyone else in total lock down.
- **Seek out healthy community** with friends, family, and organizations like church.
 - Isolation (and loneliness) is unhealthy to your overall well-being.
- **Eat organic (non-GMO) food** where possible (preferably from trusted local sources)
 - Eat fermented foods: E.g. Sauerkraut
 - Onions, garlic, nuts.
 - Avoid processed food with their many additives and long shelf life preservatives.
 - Where possible grow your own organic gardens (E.g. raised beds) or connect with those who do and possibly share space.

- **Hydrate yourself with plenty of clean (preferably non chemicalized) water** as it helps your blood – lymph flow. This is important for proper functioning of your body's systems.
-Infection fighting immune responses are supported.
- **Supplement your diet** with vitamins and minerals as many foods are lacking in essential elements due to bad farming practices and the resultant nutrient poor soils.
-Vitamin A: helps build your cell walls (cytokeratin) to keep out viruses.
-Vitamin C: minimizes inflammation, disrupts viral replication, and flattens extreme reaction to virus 'invasion'. Powerful antioxidant too that limits sugar availability to pathogens that need this fuel to survive and replicate.
-Vitamin D: powerful antimicrobial. Ideally get it from the sun when outdoors.
-Zinc: inhibits viral replication.
- **Avoid harmful body chemicals** from deodorants (aluminum), soaps, cosmetics, detergents, and cleaning products.
-Toxic substances over time absorbed through constant application to the skin can become harmful to your health.
- **Avoid smoking and excessive alcohol** consumption.
-Over time your body becomes more susceptible to viral attack.
- **Practice good personal hygiene** especially washing your hands.
-After toilet functions and before food prep especially.

- The CDC has little to say about your awesome immune system's role in warding off the Sars-Cov-2 virus that rarely causes severe COVID19 cases that may lead to death especially when incorrect protocols are followed. They generally concentrate on going after the 'fruit' (disease symptoms) instead of the 'root' causes.
- Get on with your life with a positive mindset and with laughter, rather than with a fearful, negative, media driven angst.
- Encourage others to research these matters for themselves, rather than just take whatever is put out to the public.

