

# BOOSTING OUR IMMUNITY

---



Diane Antunes  
Spread the News Ministries

---

Hi Friends,

In addition to following all the regulations, we should be focusing on increasing our own body's ability to fight off any invisible enemy that attempts to infect us. I am talking about fortifying our immune system so that, even if we are exposed to this or any virus, we will not get the symptoms that are causing much of the complications we are hearing about. Because if we really think about this current pandemic logically, if the only problem was the COVID-19 virus, then everyone who is infected would be in the hospitals, but praise God, that is not the case.

I wish the sensationalizing media would, not only keep us informed about how many are infected and how many are sadly passing away from these complications, but also how many people who are infected are having little to no complications and recovering from this virus. Again praise God, many people are surviving this pandemic and there are countless more people who have no symptoms at all that we don't even know they are infected! I am certainly NOT belittling the seriousness of this outbreak. Thousands have died from this and our hearts should be with their families who need the comfort of our Lord right now. Pray for them and pray for those in desperate situations. Yet if this was only a matter of the infection, then all those infected would have more problems than we are seeing. So there must be another factor that we are not talking about.

We know that those having serious consequences from this outbreak are those whose immune systems have been compromised in one way or another, including having underlying diseases. So what should the rest of us be focusing on? The state of our own health. I have been talking about lessons we should be learning, right? Well, here is a HUGE one! We all, me most definitely included, should be changing the things in our lives that lead to these illnesses that open us up to detrimental health in general. We ALL need to make better choices in several areas in our lives so that our immune system may be able to fend off any invisible enemy that tries to attack us. The following are some areas in our lives to seek improvements.

---

## —MIND SET

We were created for Up and Outward living. The moment we become SELF-centered is the moment we begin to have problems, both mentally and emotionally, but also physically. Jesus pointed out the power of our minds as He expanded on the most important command in the Bible. While the Old Testament said to love your God with all you heart (spirit), all your soul (mind, emotions, will) and all your strength (body), Jesus takes it a step further but saying, heart, soul, MIND and strength. The way we think is the way we will act. (See Pr 23:7) In other words, if we think selfish, lowly, pessimistic thoughts, our bodies will react to those damaging chemicals released by those negative thoughts and, if this is our regular mind set, illness can result. So this current climate is a great opportunity to think about what you're thinking about!

The Bible teaches us to "capture every thought" and see if it lines up with the Truth of God's Word. So when that thought of, "I'm going to get sick from this virus" pops into your mind, you can counter with "You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday." (Ps 91:5-6, please read all of Ps 91) Fear opens us up to all sorts of "invisible enemies" and the stress of all this negativity lowers our immune system so watch where your mind is taking you. Make sure your mind is set on God and Faith not on this world and fear.

Here's another of my anchor verses, that keeps me aligned with God so that I can have peace and joy no matter what is going on around me: 2Co 4:18 "So we fix our eyes not on what is seen, but what is unseen, since what is seen is temporary, but what is unseen is eternal." Keep your mind on Hope and serving others, this Upward and outward mentality, because that is where we will find peace and joy!

So what are some practical applications?

1- READ YOUR BIBLE! Turn to God and work with Him to deepen your growing relationship. All good and perfect things come from Him, after all, so always start with Him! (See Jas 1:17; Mt 6:33)

2- BE KIND. Reach out to others to connect in whatever way you can. The more we focus our energy on helping others, the less time we spend thinking about ourselves.

Write cards, tell others why you are thankful they are in your lives, on purpose look for a way to sincerely compliment everyone you encounter daily. You will sense that positive spirit within which will boost your own vitality.

3- BE INTENTIONAL ABOUT WHAT YOU ARE DOING. Put on funny movies, dance and sing (Christian music is awesome for this!), revisit an old hobby that brought you so much pleasure...you get the idea. Do things that will lift you up instead of bring you down. Our immune system is listening to every stimuli we "download"- bring in only good, wholesome activities.

## —SLEEP HYGIENE

We tend to underestimate the importance of a good night's rest, but it is here where our brain, literally, cleanse and restore itself. I won't go into the biology of it all, although it is fascinating, but the brain detoxifies itself from all the potentially harmful toxins it has been bombarded with throughout the day. Whether those toxic chemicals came from inside, like with our mind set as I mentioned above, or from the outside, through poor nutrition or environmental chemicals we are constantly exposed to, the brain needs this sleep to remove these other "invisible enemies" that will eventually sabotage our health. There is a good reason why God commanded, yes not suggested but commanded, His people to rest. Sabbath is a time to relax, spend quality time with God and others, to refresh and destress ourselves. Think about sleep as a physical sabbath. We've been going full speed ahead all day long, now focus on slowing down and recharging our whole self through proper sleep.

So what are some practical applications?

1- **MANAGE YOUR INTAKE.** Stop eating 3 hours before you go to bed, this gives your body enough time to digest without causing interruptions to your sleep. Also watch your fluid intake, especially the older we get! This is another "interruption" we can avoid. Another "intake" is the programs you might be seeing before bedtime. Negative or stressful shows can ramp up your cortisol, which lowers your melatonin, causing you to have a harder time falling or staying asleep. Peacefulness is what we need before we call it a day, so watch the foods, liquids as well as "mind foods" you allow into your body.

2- **D/C BLUE LIGHT.** The rule of thumb is to turn off our gadgets at least 2 hours before bedtime...but let's be realistic here, right? I know I write on or read off my iPad right up until I hit the sack! There are apparently many things we can do on our devices that can minimize these interfering waves. Search the good old internet for strategies you can implement. For instance, here's a good article:

<https://www.pcmag.com/how-to/how-to-stop-blue-light-from-disturbing-your-sleep>

3- BEWARE OF EMF'S: And speaking about waves, the Electromagnetic Fields (EMF's) coming off all our devices and Wi-Fi, etc can disrupt all sorts of things in our bodies and our sleep waves are certainly part of those interruptions. This is one I really have to work on myself, but we are not supposed to have our phones, etc, on the nightstands right next to our heads. They have been shown to alter the different stages of our sleep and cause us not to get the restorative rest we should be getting. Leave your devices in another room (although this doesn't eliminate the EMF's it might lessen their effect) and, if you can, shut off your WiFi at night while you sleep. A simple timer on the router plug might be an easy way to do this automatically.

4- PRAY. Have you ever fallen asleep as you pray at night? Well, don't beat yourself up about it any longer! What better way is there to fall into the gentle and caring arms of our Lord than to allow Him to be the last thing on your conscious mind as you drift off into a restful slumber? Yes, we should be praying without ceasing anyway (1Thes 5:17), but certainly to review your day with Him and lift others up as you doze off is a GREAT strategy to implement every night! And here's the bonus, even if you stay awake, you're deepening your relationship with God so, win-win! Yet I know God enough to know, He will be pleased to lull you into a healthy, restful sleep if you ask Him.



## —HYDRATION

Just a quick emphasis on how much fluids we should be taking in on a daily basis. Many times we don't think about this important aspect of our diets, but most people run on slight dehydration, which affects every system in our bodies since we are made up of about 70% water. You feeling a little brain fog? Try drinking more water. You don't like the "taste" of water? Try adding some fruit into the water for natural flavoring. This is a maturity thing too, my Friends. We don't have to "like" the healthy things we are doing (although we must decide to enjoy them as I said above). We just have to choose to do the right thing so we can be healthy, THEN we will come to like these new habits. Our taste palates change with whatever we give it and our bodies respond favorably to the more healthy things we give it. So drink God made water and watch how your health will improve with just this change.

So what are some practical applications?

1- QUANTITY: This is the current understanding on how to calculate how much to take in: take your weight in pounds, divide that by half and that is how many ounces you should drink per day. Example: (let's keep the math easy here) let's say you are 128 lbs divided by 2 is 64 oz which would mean drinking half a gallon of water per day. Does it have to be only water? No. You can have coffee or tea also, but these should be limited, especially if you have issues with caffeine. Juices are not an option here, my Friends. They are too sugar dense which can dehydrate you even more. As I said above, there are ways to make water more palatable if you have problems with it. And again as I said above, we get used to whatever we take in, so tough it out through the first couple of days or so and you will wonder why you haven't been drinking water your whole life...especially as you start to feel so much better.

2- QUALITY: While the quantity you take in is vital, the quality of the water you drink can also make all the difference. We have hopefully all heard by now the dangers of the water supply in places like Flint, Michigan and Newark, NJ! And hopefully we have been praying over countries whose water supplies are scarce and polluted too. (See below

for more on that.) While the quality of the water coming from our faucets should be questioned, we can use filters to eliminate some of the toxins found in every household's tap water. It's a big expense, I know, but either faucet or home filtration systems, like the reverse osmosis unit we have recently installed, leave our water purer and more healthy for us to drink. There are good filters for pictures of water too like PUR or Brita, for instance. Yes, we also have the multi-billion dollar water industry to lean on...yet the plastic bottles that this water is stored in can play havoc on our endocrine system too, so use them in moderation. Glass bottles are becoming harder to come by, but that is our best option when it comes to storing any food or drink. Don't get overwhelmed! Every "better choice" you make is a better choice you are making. Take one thing at a time that you can change right now and do it. Then take the next step and so on. What we are looking for are healthier habits that we can sustain. If we do something subpar once in a while, our bodies will be healthy enough to compensate.

3- BUILD A WELL FOR OTHERS. There are many organizations that are digging wells in other countries that are desperate for quality water. Donate today. As Christians, of course, we want to support Christian charities that are doing this vital work. Not only are they giving them healthier water to drink, but they are sharing the Living Water that will save their souls too!



## —OUR SECOND BRAIN

Here is a topic that is both fascinating and so vital for us to learn about: our microbiome! I am only going to touch on this, but I urge you to do some research because this can be a game changer for some many current illnesses we as humans suffer from. What is our microbiome? It is all the different other critters that live, symbiotically, within our bodies. Yes, that means bacteria, viruses, fungi, and even parasites that normally exist inside of us. As a matter of fact, it is now known that we have more microbiome DNA in us than human DNA!!! I see it like we are each our own individual yet connected planets as we have “inhabitants” on and in us that shape our health. Everything from the way we experience our emotions and thoughts to how our immune systems work are all influenced in some way by this microbiota, as they are also called. And interestingly, just like in life, there are good organisms and bad ones (classified as Bacteroidetes and Firmicutes respectively). The issues is not that we want to get rid of all the bad and only have good. What we want is a proper balance between the two. Any overgrowth of one type or the other will cause dysbiosis, which is a fancy way of saying an imbalance, and we can be more prone to illnesses as a result. Problem is, you guessed it, we usually have more bad microbes than good. Why? Because these Firmicutes feed on sugar! The Standard American Diet (SAD, that acronym says it all, doesn't it?) promotes too many carbohydrates instead of proteins and good, healthy fats. Guess what the good microbes feed on? Yes, the healthy fiber from vegetables helps them not only grow, but produce many of the enzymes and chemicals we need to have healthy bodies. So now guess what is going to be our first application?

So what are some practical applications?

1- EAT MORE VEGGIES. I can point you to everything we discussed so far as a way to increase the health of our microbiome. The greatest one is to increase the amount of vegetables we eat. And eat the rainbow because the Bacteroidetes love variety. I talk more about this below, but I encourage you to do more research on new vegetables as well as new ways to eat them. Variety IS the spice of life. Speaking about spices, there are so many health benefits with the many different spices available, test them out to see how you can use them to make your veggies even tastier.

2- FERMENTED FOODS. There are PREbiotics and PRObiotics. The fiber from the veggies are called prebiotics because they feed the healthy microbes. Probiotics are the actual microbes. A great way to get them into our system is through foods that have been fermented which are good environments for good bacteria to grow in. I'm sure you've heard all the commercials about certain yogurts that contain live cultures in them, but I caution you to look at the sugar content because that can negate any good you are doing by taking those products. Other fermented foods include kefir, sauerkraut, pickles in brine only, miso, tempeh, kimchi and sourdough. For me these are a challenge, but again, we can find creative ways to be able to take these in. For example, I put kefir in my smoothies. Again, the better choices you make, the better your health will be.

3- EVALUATE YOUR CLEANING PRODUCTS. In general, we must watch what kinds of cleaners we use. This includes products to clean our kitchen counters as well as the items we use to clean our own bodies. Anything that kills "germs" can kill our microbiome too. Time to read our labels! Antibacterial soaps are actually doing us a disservice in normal, non-outbreak times. Washing our hands in warmer water with a good foaming soap is all we really need, even now. The soap interferes with the fat layer on the coronavirus which eventually destroys it so it cannot do any harm. So be careful about the products you are putting on yourself and cleaning with. Here's another fascinating topic you can do some research about EDC's which stand for Endocrine Disrupting Chemicals. I will leave it at that.

## —DESTRESS

Well, here's a topic that multiple books can come from! But let me speak to you as Christians. The more we grow in Christ, the less we have to stress over. You know the saying: too blessed to be stressed! That's a real thing! As we mature spiritually, we will begin to really understand how much God loves us. If He does love us that much (and He does Jn 3:16), then why should we be stressed out the way we often are? The Lord told me a long time ago, "Child, if you fear Me, there is nothing else to fear." Stress comes from not having control over things, from having to deal with the unknown and from having too much on our plate. So here is the solution to those:

1- Not having control over things: God never expects us to control everything! He hopes we will lean on Him to use the gift of self-control and simply control our response to whatever situation we find ourselves in. There is a world of difference between reacting vs responding. Reacting is when to automatically act out of that old, selfish nature. For example, we get mad when someone hurts our feelings and lash out at them instead of taking a moment, forgiving them and not allowing their behavior to affect and infect our behavior. See? Responding is controlling our actions so that we remain in a place of righteousness. That means, we CHOOSE to do the right thing even if the other person does not or even if the circumstance is difficult. Responding is holding on to our peace and joy and not giving another person or situation the power to force us to act in ways that can perpetuate the negativity. It is like pouring water on fire vs adding wood to it. Reacting is fighting fire with fire which only leaves everyone burned as well as destroying everything around us. The Bible teaches us to fight evil with good. (Ro 12:21) The Bible teaches us to submit ourselves to God and respond opposite than our old way would have us do. (Jas 4:7) The bible teaches us to turn the other cheek. (Mt 5:39) Again, I am speaking to you as Christians. We are called to live life counter-culturally. Why does that work? Well, look at the current culture and how good their "philosophies" are working out! It is all about Me, Myself, and I (MMI) out there! We were created to love and be loved. Is that what we are doing? Yes, some praise God, but generally? Let go of control, my Friends. We never had it anyway. But God does have control over everything and everyone. IF He is allowing tough

things in your life, it is for your eventual benefit. God loves you just the way you are , but He loves you too much to leave you that way. He is not about recruiting fans. He is about forming children who are like Him, like He originally designed us to be. The more we grow in Him, the more we will be like Him and God doesn't stress about anything!

2- Having to deal with the unknown: The only constant in life is change! We will always have to deal with the unknown, so why stress about it. We need to do our part and trust God to do His. We cannot do His part, and He will NOT do our part. This is a relationship. God is not our slave, that we snap our fingers and He gets us out of every hard situation whenever we call! He is the Master and we are His servants. Let's never get that turned around! We do not have to know the unknown because we have a loving God Who knows every detail of the future. He is Omniscient which means He knows everything. So long as we are holding on to the One Who knows, all we have to do is be obedient and walk the path that He leads us to walk on. As we do this, we can be confident that it will all work out for our good. (Ro 8:28)

Again, God loves us...IF we fear Him. Let me take a moment and explain this a bit. Fearing God is not the same as cowering in His Presence! Fear is a healthy respect for Who He is. And yes, He can destroy us with just the lifting of His eyebrow, so don't get this fear thing unbalanced. Too many preachers out there emphasizing how much God loves us, and praise Him that He certainly does! But God will not be mocked. Whatever a man sows is what he will reap. (Gal 6:7) We are supposed to be His children which means we are supposed to be holy like He is. That is not talking about being perfect because that is not going to happen with immature children who are still growing into who they were meant to be. But it should mean we are repenting of things that are not of God. Holy means "set apart" and we are supposed to be different than the rest of this fallen, corrupted world. We are never better than them. But certainly we should be different. When the whole world is in a panic, like it currently is, we are supposed to be of a sound mind and help calm their fears. We can do this because we have Faith in our God who loves us beyond measure. That doesn't mean we are always going to get things "our way," my story is certainly a testament to that! But it does mean we trust God with the way things work out. (again Ro 8:28)

The truth is we were not created for this fallen world. We were made to live in Paradise and that is where we are headed...IF you have sincerely surrendered your life to Jesus as Lord and Savior. Lord AND Savior. Did you see that? Many like the idea that Jesus saved us so we can enter Eternity, but they "forget" the Lord part. He should be ruling over our thoughts, helping us control our emotions, and yes, telling us what we should want in life. We give up our "right" to live whatever way WE want to the moment we GET the right to be called His child. (Jn 1:12) If we are honest, "our way" never really gave us the peace and joy we always wanted anyway. So when we are sick and tired of being sick and tired, why don't we surrender it all to Him and trust God to lead us in the paths in which we should go to have the Abundant Life He always wanted us to have. The Abundant Life is not so much

about worldly things, although it can involved them. It is all about having and being able to act upon the Fruit of the Spirit. To have peace when everything around us is in a panic, to have the strength of joy even in the midst of sorrow and to sense a righteousness that brings contentment even when hard things are happening...these things are priceless, My Friends. And this is the life God desires His children, and everyone, to have, enjoy and share. But this is not something good people normally experience.

Here's another truth: good people don't get to go to Heaven! Only holy people do and there is only One Way to become holy. (Jn 14:6) We were all born in sin, with our hearts bent away from God and towards selfishness. Our identity, character and name, even at conception, is sinner. Even if we were to DO everything right, which we cannot do, there is a matter of our WHO, our identity, that must be dealt with. We cannot clean our sinful nature because something unclean cannot clean itself. (Isa 64:6) We needed Someone Who is Immaculate, clean in every way, to wash us clean. That is what Jesus did. He left His Throne in Heaven, took on human flesh, lived a hard yet perfectly obedient life, then sacrificed Himself upon the Cross to take upon OUR uncleanliness, our sinfulness, our selfishness and give us His Holiness in exchange. By His blood, we are healed! Because of His Work, not our works, we GET to go to Heaven. As we hold on to this "known" all the other unknowns of this temporary life fade away and we can act, here, with more and more confidence in Him and less and less stress because we are relying on God not ourselves. (Jn 3:30) Again, we do not need to know the unknowns, we just need to know the One Who already knows it all. The more we understand this, the less we will stress.

3- Having too much on our plate: Sadly, we think we are doing a good job when we are constantly busy. Here's the thing, busy-ness is one of the devil's biggest tricks! There is a great difference between busy and productive. Yet we have to keep even this balanced! I point us to God's solution: the Sabbath! We talked about this above, but we were created to both work AND to rest. One or the other out of balance will lead to an unfulfilling life. We need to learn to follow the guidance of the Holy Spirit and only allow the things on our agenda that He desires for us to do. Saying "No" in a kind way is a good lesson to learn. If we are stressed about all the activities in our lives, we often cannot give our all to the really important things of life. And this is not only a matter of declining the unhealthy deeds on our schedules. Sometimes the harder thing to do is to let go of good things to grab hold of the better things. The point is too much IS too much. As we learn to manage our time, following the Holy Spirit's lead, we should only do 2 or 3 major things and then a handful or so of minor things each day instead of thinking we can to it ALL and ALL in the same day. We were just not built for that.

Schedule some down time throughout your day, that doesn't mean you neglect the things that must be done that day. But even a five minute walk around the home or office, taking a mental vacation as they say, or even better, pulling out your Bible app and reading

a Psalm or two, will be enough to give you the rest that can help you be more energized to tackle that list of ToDo's. Rest is vital for us and it helps us connect with God deeper. As we take a moment and close our eyes to pray, He will direct our next step...and then the next one...and then the next...and so on. This is how we were always meant to live, in union and harmony with God. When we clear our "plate" of all the busy-ness and choose to focus on being fruitful for God's Glory instead, we will naturally be less stressed.

So what are some practical applications?

1-CHECK YOUR SCHEDULE. Prioritize the things that are really vital for you to do each day. Pray about what God would have you do as you write out your schedule, then follow it. Two cautions here: one, people are ALWAYS more important than tasks, so if someone in need "interrupts" your timetable, stop and tend to them first. (Think Jesus and the woman with the bleeding disorder.) Second, do NOT beat yourself up if you did not get everything done. You can only do what you can do. Instead, praise God that you were able to cross things off your list and move the rest to the next day.

2-TAKE TIME TO APPRECIATE THE LITTLE THINGS. Too often we move quickly past things in our lives and don't absorb the little blessings throughout our day. As we choose to be more and more present in whatever is going on right at that moment, we will see and experience more of God's tiny winks and that will make life more fulfilling, and less stressful as we realize God really is in the details!

3- PRAY. That should go unsaid, but sadly, we often forget this major de-stressor! Prayer is simply an ongoing conversation with our Creator. Remember the goal is to pray without ceasing which simply means, instead of having that constant, internal conversation with yourself all day, you have it with God. He is there anyway, so make the monologue a dialogue! Speak TO God, not AT Him. This means leaving room for God to "reply" to what you are saying. This can go along with number 2 above. I know often God will "say" the funniest things to me as I remember something that happened in the past or see something funny in the present or even hear something great about my future. God is your Holy Father Who loves you more than words can express. Of course He wants to talk WITH you. Learn to pray without ceasing, my Friends.



---

I have saved the most important and biggest topic, for last...

### —NUTRITION

This is a HUGE topic! I can probably write several books about the choices we can make to improve our health, and thus boost our immune system, but here are some simple things to keep in mind. Seek to, increasingly, eat only whole, organically grown foods. How do I know this is the healthiest diet we can have? Because these are the foods God created for us to eat. And since He created our bodies and knows what nutrition will best be suited for us, the more we do eat what He created, the healthier we will be! Processed foods **MUST** go, my Friends. The chemical ingredients in this “class of foods” compete with our bodies own innate abilities to get and stay healthy. So what are processed foods? Practically anything in a box or bag with ingredients made in a laboratory somewhere instead of that which comes right out of the nature God created. If you can’t read it, it shouldn’t be going into your body. And yes, sorry but this includes all the “fast food” places too. Almost all of these processed foods have been modified to cause us to become addicted to them. I mean literally! They hire people whose sole job is to make their products as habit-forming as possible to keep us coming back for more. They call them “cravability experts” who know the brain is programmed to want sugar, salt and fats, so they come up with ways to put more of these in their foods. Basically it is “buyer be ware” because no one is looking out for our best interests, not the FDA, not any “medical” groups, not any advertising giants, not any grocery stores...and so on. But God IS looking out for us and has many responsible people “out there” who are trying to get the word out. Below I listed just some of the resources I study and pull from in my own journey towards exceptional health.

Remember, we were created in the Image of God so we, too, are a triune being... although very far from perfect! But we have a spirit, a soul and a body and we must look at healing all these areas of our being if we truly want to be at our most healthy state. As we grow spiritually, allowing God to transform us into His Image, like He originally wanted, we learn to live with more and more Fruit in our lives. That means we, increasingly, operate out of a place of love, peace, joy, patience, kindness, goodness, faithfulness, gentleness and

and self-control. We learn to NOT allow outside things to infect and affect us, but instead, we hold on to the Holy Spirit and allow Him to shine in and through us. This is the process we call Sanctification. The more we grow, the more we will act like Jesus and be stable and consistent in all we think, say and do. As we grow spiritually, with God's help, we will renew our MINDS, control our EMOTIONS and align our immature desires to God's holy WILL. Mind, emotions and will- that's our soul, my Friends, and the more we mature in our spirits, the more our soul will reflect that growth. The more we act maturely reflecting God's Holy Nature instead of our fallen one, the more He will be glorified, others will be blessed and we will be fulfilled. Everyone wins when we grow in God's Grace! And all this will have positive impacts on our physical bodies, reducing stress and increasing the health of every physical function, including our immune system. The more mature we become, the better nutritional choices we will make too.

I do want to say just one thing about eating whole, organic foods. Many people will automatically say that organic foods are way too expensive. Thankfully, as more and more customers demand organic, the prices are coming down, but the important thing is to eat quality foods that will bring health to our overtasked bodies. The reality is, one way or another, we will pay for the types of foods we choose to eat. Either we pay a little extra now and get high quality foods. OR we can wait until we get so sick and have to pay for the doctor bills, the prescription medicines, the hospital stays, the lack of energy to be able to enjoy life...I think you get my meaning. We "vote" with our dollars. The more people demanding good quality foods from every restaurant, the more these companies will have to follow suit. Their one main purpose is to make money...but that's sort of ok, because, if they want to stay in business, they have to make profits. But the problem comes when they do things underhanded...we CANNOT stand for that! Our health and vitality are too important, and sadly as we are seeing with this outbreak, poor foods lead to chronic diseases that leave us vulnerable to further infections, like this COVID-19.

This is a quantity vs quality thing too. When we eat high quality food, like organics and God made foods, we need less of them. Where if we eat the low quality foods, we need three times more because our bodies still feel starved from the nutrients it needs. Also, the sugars that are packed into these unhealthy foods, put us on a cycle of highs and lows with our blood sugar balance. We feel great when we eat because of the surge of sugar and the energy it brings, but then we quickly crash and start searching for more food to lift us up again. It becomes a vicious cycle that packs on the calories, pounds and internal inflammation which is at the root cause of just about every chronic illness known! Do yourself and your family a HUGE favor: eat, more and more, only whole, organic foods and watch everyone's health improve!

The truth is, God only gave us ONE body and it is HIS TEMPLE. How have we been

treating it? Are we polluting it with toxic chemicals that give us brain fog and leave us feeling sick and tired all the time? Are we throwing garbage down our own throat and wondering why disease is on the rise in the world? These are the important questions we need to be asking ourselves, my Friends. I have drawn the line in the sand and have decided NO MORE! Will you join me?

Resources:

Use wisdom and learn to glean from what some of these experts say. That means taking what is good and discarding the rest. Remember, we are children of God and must follow His Way in all things. For the most part though, these are good resources that make a lot of good sense.

-Dr Mark Hyman's Broken Brain series and podcasts as well as Doctor's Farmacy shows <https://drhyman.com>

-Be Brain Fit site <https://bebrainfit.com>

-Food Revolution site <https://foodrevolution.org>

So what are some practical applications?

1- EAT WHOLE & ORGANIC. Try to eat as close to what God created as possible, that means no pesticides, herbicides or any other "cides" that He did not add to His foods! The saying is; "If it is made in a plant, don't eat it! But if it comes from a plant, enjoy!" We all know that vegetables are the healthiest thing we can give our bodies, so like I said above, "eat the rainbow"! Think variety and colors here! We should all be eating about 7 to 20 cups of fruits and veggies a day and a nice, big colorful salad a day is a quick way to meet that goal. Soups are another favorite of mine, since I admit I'm not a fan of many veggies! But cook them all up, blending them together, and I will eat them all with pleasure. That's another key point here...

2- TAKE PLEASURE IN EATING. Make sure you are paying attention and enjoying what you eat! This is another mind connection thing. There have been studies that show, what you are thinking about as you eat, will determine whether your body is absorbing the good nutrients as you eat! Another example of how powerful our minds are! You can also tell WHEN you are full if you take your time and enjoy your meals. This, of course, lessens our ability to overeat, packing on more calories than we need, as well as seeking questionable calories that we don't need! God means for us to enjoy all things in life and eating healthy is supposed to be one of those pleasures. Also let me stress here: NO GUILT if you do indulge now and again. (PLEASE see Ro 8:1) What we are talking about is our every day habits. The more we eat the right nutrients, the more our bodies will respond and the healthier we will be.

3- GET NUTRIENTS FROM FOOD. There is a multi-billion dollar industry out there in vitamins and supplements. But again, buyer be ware. Not every bottle actually has what they say they have. And here's another thing: "science" is not sure if the health benefit comes from the individual nutrient or from the fact that it is usually found in conjunction with a whole bunch of other nutrients. So taking vitamin C, for example, is nice but what does it need to actually be absorbed and work in our bodies? That's an entirely different question. All this to say, go back to number one above! But if you are not sure about your nutrition, and really want to take supplements, then please look for these independent organizations who are testing these products: USP (United States Pharmacopeia), GMP (Good Manufacturing Practice), NPA (National Products Association) and/or NSF (National Sanitation Foundation). Or you can check products on [consumerlab.com](http://consumerlab.com).

4- MICRONUTRIENTS. Whether you get these from food (preferably) or a bottle, here are some vital nutrients we all need, especially during health concerns like this outbreak: Vitamin A, all the Vitamin B's, Vitamin D, Vitamin E, Zinc, Selenium, Magnesium, Fish oil, glutathione and any anti-oxidants. Do some research to find foods that are high in these that you would really add to your diet. A quick one is with Selenium: just one or two Brazil nuts will give you more than you need for the day. Again, think whole, organic foods that range the entire color spectrum and you can be more confident that you are doing your body good.

5- CUT OUT WHITE DEATH. I know, I know, this is my least favorite, but VERY healthy, application. White foods like potatoes, pastas, breads, sweets to name a handful, are just not good for us on a daily, and large quantity, basis. The amazing thing I have found is that, after I cut out most simple carbs like those above, I really didn't miss them! I will have an occasional seeing of pasta once in a while, but my taste buds have changed to such a degree that, the pleasure I used to get from them, I no longer experience, so what's the point right? They spike our insulin levels, causing us to store calories as fat and leading to those carb crashes I talked about above that we all have felt...which lead us to crave more carbs and so on goes the unhealthy cycle. Start slow, but start to change your "plate" so that you won't even miss them. For instance, instead of a baked potato, bake some sweet potatoes and enjoy. Proteins are a requirement, but you don't only have to get them from meats. Beans are an awesome source of proteins as well as other nutrients...I really can write a book or two about this, my point is simply:

6- GET EDUCATED. We don't know what we don't know. This food industry is certainly not going to change until WE decide to change it. The more healthy options we demand, the more they have to give us healthier options or they will go out of business. Again I say, we "vote" with our dollars, my Friends. If we keep paying our hard earned money for subpar, cheap, nutrient deprived foods, the more they will keep on feeding that junk to us. You want to avoid worrying about any illness or infection? Then you have to learn about the things you can do NOW to improve your immune system and general health, so you won't HAVE TO worry about it.

---

I have given you almost two dozen things we can all implement today here that don't cost us much if anything. And I didn't even get into being active which is, of course, a big part of being healthy. Since we are made up of 70% water, we must keep ourselves moving because you know what happens to stagnant water, right? We are the same way. We were created for action, to move and exercise all our joints and muscles, so get up and walk around. But the number one key is to abide in our Lord. God gave us this powerful mind so we will use it to choose healthier habits the line up with His Holy will for our lives. Educating ourselves on the countless things we can do to boost our immunity and overall health will keep us enjoying this Abundant Life God desires for us to have, enjoy and share. The more we focus on Him, His Presence and His loving guidance, the more we will make the choices that lead to good health. My Friends, stay safe and stay strong in Christ...this is our most powerful choice!

Until we meet again, keep listing your eyes to God, He's closer than you think.

<>< Peace, Diane