

## Immunity Support

These personal actions can help strengthen mind and body and can be very useful to help combat disease!

- **Vitamin C** - Vitamin C is a proven immune system stimulant, effective against most infections in research studies and including against other forms of the coronavirus (the common cold virus and SARS). 1000mg daily for prevention at this time. C-Salts brand or liposomal Vitamin C are superior sources.
- **Vitamin D** - Vitamin D3 is a huge immune system booster, anti-inflammatory, and many other benefits. Low vitamin D levels may contribute to the increase of seasonal flu outbreaks and other respiratory infections. 4000IU daily. Vegan sources from lichen or non-shellfish source are available. Vitamin D3 is fat soluble, so needs to be taken with something fatty (like nuts or almond butter, etc.) During this time of year the sun's rays are not strong enough for our bodies to make Vitamin D.
- **Zinc** - Many people are deficient in this essential mineral, which is needed for good immune system function against infections, and a lot of other uses and benefits. Dose - once daily (avoid zinc oxide products) 1x 25-30mg dose daily. Do not exceed 50mg/day. Zinc is toxic to the virus, but it requires Quercetin to let the zinc get into the cell membrane.
- So, **Quercetin** - 500 mg per day.
- **NAC** - 600 mg twice per day with 8 glasses of water.
- **Selenium** - Another immune boosting element is selenium. A good source is 2 Brazil nuts per day which will supply your daily requirements.
- **Probiotics** - 1 capsule once daily to start.
- **Herbal medicines** - Many herbal medicines have immune system boosting effects as proven in published research, as well as some having antiviral effects, even against other coronavirus species! One very well tolerated (and tasty) one is elderberry - which has immune stimulating actions as well as being an antiviral herb. Also, garlic has potent antiviral and antimicrobial effects! Both **elderberry** and **garlic powder** have been shown effective against other coronavirus strains in research. There are a lot more herbs which can help your immune system and have antiviral effects. Garlic powder is available in capsules.
- **Covid Support Tea\*** - Pine needle tea steeped for at least 15 min, 1 drop of oregano oil, zinc, vitamin C, menthol crystals (can order on Amazon, very strong so only need 1/2 to 1 crystal, peppermint oil can be substituted), add raw honey to taste, drink 2-4 times a day until well.
- **Essential oils** - *If you have any underlining health condition(s), check the use of essential oils regarding possible contraindications. Caution, these are strong oils so*

*start with 1 drop.* Can boost T-cells. Use food grade oils. Some conifers are especially useful.

- ~ Eucalyptus oil (1 drop) with honey, see Letter 20, 1909 by EGWhite
- ~ Other good oils: Oregano oil, thyme oil, and peppermint oil.
- **Water intake** - Keeping up your water intake is very important! Sufficient water (at least **8 glasses per day**) will keep your mucus membranes in your nose and respiratory tract nice and moist, which will trap and stop viruses/bacteria from infecting your cells there.
- **Good hygiene** - Wash your hands regularly with soap and water, avoid touching your face, eyes and nose etc. Sneeze or cough into a tissue or the crook of your arm/elbow, and not into your hand.
- **Sleep quality and quantity** - Needed for cellular and tissue repair, detoxing, and immune system functions. Make sure to get **minimum of 7 hours**. The best hours are before midnight. Try to avoid blue light (from electronics) an hour before bed time to support sleep quality.
- **Reducing stress** - Stress not only depletes some essential nutrients needed for your immune system, but stress reduces your immune system function on its own. **Exercise, prayer**, and breathing exercises, can help reduce the effects of stress.
- **Improving your nutrient intake** - Your immune system relies on a variety of nutrients to make your white blood cells (your infection-fighting cells). **Avoid sugary foods and drinks** (especially fructose corn syrup), as these can reduce your vitamin D and C levels, increase inflammation and weaken your immune system. Reduce intake of high carbohydrate foods, such as grain-based products like sugary cereals, white breads, pasta, and bakery products, as these have the same effects as sugar. Stay away from alcohol. Eat more **vegetables, fruits, nuts, seeds**, and healthy fats from **whole foods** too (such as olives and avocados)!
- **Fresh air** - Spend time daily breathing in fresh air. Breathe deeply and slowly to increase oxygen levels in the blood.
- **Trust in Divine Power** - Give your cares to the Lord, for He careth for you! Spend time **daily** in **prayer** and reading the **Word of God**. Meditate on His goodness and mercy. Repent of your sins and He will forgive you. God loves you! God is longsuffering to us, and not willing that any should perish, but that all should come to repentance. 2 Peter 3:9
- **Hydrotherapy** - Contrast showers formula: 3 minutes hot water (as hot as you can stand but don't scald yourself), then 30 seconds cold water (as cold as possible). Repeat this cycle 3 times. End on cold water setting. Dry off, get dressed in loose clothing, then REST for a minimum of 30 minutes (but 1 hr is best). *NOTE: If you have any pre-existing medical conditions, such as low blood pressure, circulatory issues etc. please consult your physician before beginning any new health regimen).*

**Videos:**

- <https://www.youtube.com/watch?v=ha2mLz-Xdpg>
- Eucalyptus Oil
- <https://www.youtube.com/watch?v=IT3FYBEsjVU>
- Benefits of vitamin supplements  
<https://www.youtube.com/watch?v=NM2A2xNLWR4>
- Benefits of Vitamin D  
<https://www.foxnews.com/health/vitamin-d-other-everyday-vitamins-could-counter-coronavirus-effects-report>
- Hydrotherapy and COVID-19  
<https://www.youtube.com/watch?v=v75qipspDvQ&feature=youtu.be>
- Nutrition and health  
[https://www.youtube.com/watch?v=u7gViMtGobY&feature=emb\\_title](https://www.youtube.com/watch?v=u7gViMtGobY&feature=emb_title)
- Several videos on health by AWR360 Health  
<https://awr.org/health/>

### References:

Brenner, H; Schottker, B; Vitamin D Insufficiency May Account for Almost Nine of Ten COVID-19 Deaths: Time to Act. *Nutrients* 2020, 12, 2757

Bae, M; Kim, H; Mini-Review on the Roles of Vitamin C, Vitamin D, and Selenium in the Immune System Against COVID-19. *Molecules* 2020, 25, 5346  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7696052/>

\*Covid Support Tea by Mamon Wilson, medical missionary. <https://youtu.be/gTZ3MRN5NUk>

*The above is for informational purposes only and is not intended to be medical advise or treatment. Please see your health care provider before starting any new regimen or program if you have underlying medical conditions.*

**\*\*Our hope and prayer is that you will be blessed by this information. “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 2**