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A Natural Way

Family Health Clinic

Boosting Your Immune System

The Health of the Family = The Health of the Community

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Reducing your risk for COVID 19 – Coronavirus

As of March 12, 2020, the coronavirus COVID19 has affected 125 countries and territories worldwide and one international ship harbored in Yokohama, Japan. Worldometer.info further reports that there are now 130,305 cases and the death toll stands at 4,756. Is this an inevitable event in which we silently wait until *our time comes*? No! One must remember the 68,678 people who have recovered from the virus. Yes, there is hope! This issue is dedicated to boosting our immune system not just against COVID 19 but also against many of the other health destroying indices that we deal with daily. While hospital beds and media attention are turned to COVID 19, people are still succumbing to the flu, heart attacks, pneumonia, strokes, etc. As such, this is an excellent opportunity to consider boosting not just our immune system, but total fitness profile.

Foods that Boost the Immune System



1. Citrus Fruits – Vitamin C found in citrus fruit is thought to augment your immune system by increasing the production of white blood cells. White blood cells are key in our fight of infections. Known Vitamin C foods are: lemons, grapefruit, oranges, limes, tangerines and clementines.
2. Red Bell Peppers – Ounce per ounce, red bell peppers contain twice as much Vitamin C as citrus fruits. An additional bonus is they contain a rich source of beta-carotene that helps keep eyes and skin healthy.
3. Broccoli – loaded with Vitamins A, C, E, and numerous antioxidants and fiber. Cook just enough to release the flavors. Better still, you may eat it raw.
4. Garlic – has sulfur –containing allicin, which is recognized as having powerful immune boosting properties.

5. Ginger – may help to decrease inflammation, which can help to reduce a sore throat and other inflammatory illnesses. It is also an excellent anti-emetic (anti –nausea).
6. Spinach – rich in Vitamin C. Loaded with antioxidants and beta carotene which enhances the immune system
7. Almonds – rich in Vitamin E – a fat-soluble vitamin. A powerful antioxidant
8. Turmeric – powerful anti-inflammatory agent
9. Kiwi – loaded with essential nutrients like folate, potassium, Vitamin K, and Vitamin C.
10. Sunflower Seeds – Rich in Vitamin E, phosphorus, magnesium, and vitamin B-6.

Lifestyle Measures to Boost Your Immune System

Nutrition – Eat a rainbow of fruits and vegetables. Eat at least 2 cups of fruits and 2.5 cups of vegetables every day. Eat a variety of raw nuts. Greatly reduce animal-based foods (meat, eggs, cheese, fish, & animal milk). Excess **refined sugar** suppresses the immune system for several hours after consuming it either in food or drinks. Greatly eliminate or reduce products that contain high fructose corn syrup and sugars. **Do not overeat.** It taxes your bodily defense building systems.

Exercise – Aim to get at least 30 minutes of outdoor exercise per day. Exercise is a great stress reducer. According to the National Library of Medicine, being physically active aids in keeping pathogens out of your lungs and airways, which in turn reduces your risk for colds, the flu and other respiratory-like illnesses. Exercise also strengthens the action of antibodies and white blood cells which aids in them circulating more widely throughout your body.

Water – The recommendation is to drink 8 eight-ounce glasses of water per day. It is important that you remain hydrated and not permit yourself to become thirsty. Follow the Centers for Disease Control (CDC) guidelines for hand washing (<https://www.cdc.gov> - when and how to wash your hands). Hot and cold contrast showers are excellent immune boosters. Shower with hot for 3 minutes followed by 30 seconds cold water. Do this for three exchanges. Always end with the cold. Or, if you are bathing, end with a cold-water wipe down. For those who are interested in losing weight, water aids in weight loss by moving fat to the liver for breakdown and elimination, water helps to maximize physical activity, boosts energy levels and brain function, helps to prevent and treat certain headaches, helps to prevent and relieve constipation, helps to reduce one’s risk for kidney stones and so forth and so one. You want your urine to be straw colored.

Sunlight - Sunlight exposure strengthens the bones. Every day get at least 10 minutes of sunlight exposure. The benefits of sunshine are stored. Sunlight increases the production of lymphocytes (includes natural killer cells), which boost your immunity to disease. Sunlight furnishes Vitamin D, which strengthens normal tissues and aids in decreasing select cancer risks if done in moderation. Other benefits of the sun include: anxiety reduction, pain relief, and raised endorphins (happy hormone) when exercising outdoors, to name a few. Get 20 to 60 minutes of daily sun exposure.

Temperance – Temperance means to use moderation in things known to be good and healthy for you and total abstinence from things known to be harmful to you. Overeating seriously taxes the digestive system and other parts of your body. Avoid snacking between meals, caffeine, nicotine, alcohol, purging, late bedtimes, extreme emotions (anger out of control), extreme sports, etc.

Air - Breathe fresh outdoor air as much as possible. Take precautions to avoid, as much as possible smog, motor exhaust and tobacco smoke. It is recommended that you take 20 deep breaths outdoors or near an open window several times per day. Walking outdoors is a preferred exercise to indoor exercise and workouts. Partially open the windows of your bedroom at night to let in fresh air. It is advisable to air your home out weekly. Open doors and/or windows to permit fresh air to circulate through the entire house for at least 15 minutes weekly. Change filters for heating/air units as recommended. Be diligent to remove accumulated dust and pet dander frequently from your living quarters.

Rest – The nervous system repairs itself during restful sleep. Aim to get at least six to nine hours of sleep per night. Sleep obtained before midnight counts for double. Late night eating disturbs good quality sleep. Avoid exposure to blue lights from television, computer screens, and mobile phones for at least one hour before retiring for bed. Each week, observe the Sabbath rest day. Your body and mind needs one day to rest from your labor and work.

Trust – Cast **all** of your care upon God, He cares for you (1 Peter 5:7). Cultivate an attitude of gratitude. Be anxious for nothing but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God and the **peace** of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.



Natural and Supplemental Immune Boosters*

Barberry, Basil, Blue Cohosh, Burdock, Chamomile, Echinacea, Golden seal, Indian Gooseberry, Licorice, Marshmallow, and Nettle. Others include: Ginseng, Oregano, Rue, Fennel, Figs, Ginkgo, Tarragon, Thyme, Yarrow, Grapefruit, and Astragalus. CoQ10, Zinc, N-acetyl-cysteine (NAC), Vitamin C, Vitamin E, and Vitamin B-6. Note that this list is not complete. *Always check with your healthcare provider prior to altering your healthcare protocols. Some herbal produces may negatively interact with your prescribed healthcare regime.

Healing Power of the Word of God



Healing Scriptures

Isaiah 41:10 - Fear thou not; for I [am] with thee: be not dismayed; for I [am] thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

Jeremiah 17:14 - Heal me, O LORD, and I shall be healed; save me, and I shall be saved: for thou [art] my praise.

Jeremiah 33:6 - Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth.

1 Peter 2:24 - Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.

Isaiah 53:5 - But he [was] wounded for our transgressions, [he was] bruised for our iniquities: the chastisement of our peace [was] upon him; and with his stripes we are healed.

James 5:15 - And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

Psalms 103:2-4 - Bless the LORD, O my soul, and forget not all his benefits: (*Read More...*)

James 5:14 - Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord:

3 John 1:2 - Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

James 5:16 - Confess [your] faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

Psalms 147:3 - He healeth the broken in heart, and bindeth up their wounds.

Proverbs 17:22 - A merry heart doeth good [like] a medicine: but a broken spirit drieth the bones.

Recommended Additional Resources :

Greger, M. (2015). *How Not To Die*. Flatiron Books: New York

Guthrie, G. (2019). *Eat Plants Feel Whole: Harness the Healing Power of Plants and Transform Your Health*: Advent Health Press: Florida

Li, W. (2019). *Eat to Beat Disease: The New Science of How Your Body Can Heal Itself*. Grand Central Publishing: New York

Thrash, A. (2015). *Nature's Healing Practices: A Natural Remedies Encyclopedia*. Teach Services: Georgia