

IMMUNITY BOOSTING TIPS

“THE BEST CORONAVIRUS PREVENTION”
BY NEDLEY, BATCHELOR (YOU TUBE)

NEWSTART

REGARDING COVID-19- FOLLOW ORIGINAL PROTOCOL

Maintain at least 3 feet distance between yourself and anyone coughing or sneezing

Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
Dispose of tissue immediately

Keep hands away from mouth, eyes or nose, etc.

Sanitize living and work areas daily

Stay home if you feel unwell. If fever, cough and difficulty breathing seek medical attention, being sure to call in advance.

See official websites for more info such as Who.int, Canada.ca

REGULARLY AND THOROUGHLY CLEAN YOUR HANDS
WITH SOAP AND WATER OR WITH AN ALCOHOL BASED
HAND RUB



HOW TO BOOST IMMUNITY

EAT HIGH ANTIOXIDANT FOODS: to protect our immune system

- Cruciferous Vegetables-

- Broccoli
- Brussel Sprouts
- Spinach
- Kale
- Garlic: #1 antioxidant/antiviral

Fruits-

- Berries
- Plums

HOW TO BOOST IMMUNITY CONT.

Take NAC: N-acetyl cysteine (natural antioxidant)

2 pills/day at 1200 mg

- Studies show when 3 out of 4 taking the NAC they develop zero symptoms of the flu as well as develop antibodies against it
- Works by raising glutathione levels, ie: antioxidant levels

Zinc lozenges to protect yourself orally: toxic to Covid-19 on contact

Hot & Cold Therapy: finish a hot shower with 1 minute of cold

NEWSTART- FOLLOW DAILY

N: Nutrition- *high antioxidant foods*

E: Exercise- *30 minute walk outside*

W: Water- *aim for 11 cups/day*

S: Sunlight- *antiviral*

T: Temperance

A: Air, fresh air

R: Rest- *allows body to repair and heal*

T: Time with God- *shown to be immune enhancing*

See NEWSTART.COM for more information

AIR- “Air is the free blessing of Heaven, calculated to electrify the whole system. Without it the system will be filled with disease, and become dormant, languid, feeble.”

1 Testimonies, p. 701

SUNLIGHT- “Sunlight not only directly kills bacteria on the skin, - but it changes natural body oils on the skin into bactericidal agents! ...

Sunlight also strengthens the body’s immune system. This is partly due to the fact that sunlight striking the body increases the number of white blood cells in the body.”

The Natural Remedies Encyclopedia, p. 52

TEMPERANCE- “In order to preserve health, temperance in all things is necessary, - temperance in labor, temperance in eating and drinking.”

How to Live, p. 57

“God is the owner of the whole man. Soul, body, and spirit are His. God gave His only begotten Son for the body as well as the soul, and our entire life belongs to God, to be consecrated to His service, that through the exercise of every faculty He has given, we may glorify Him.”

Healthful Living, p. 9

“The health should be as sacredly guarded as the character.”

Counsels to Parents, Teachers and Students, p. 84

“God will not work a miracle to keep those from sickness who have no care for themselves, but are continually violating the laws of health and make no efforts to prevent disease. When we do all we can on our part to have health, then we may expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health.”

▪-Councils on Health p. 59 E. G. White