



STAYING WELL DURING COVID19 AND BEYOND

Pandemics Are Not New

Ecclesiastes 1:9, "there is no new thing under the sun." With no certainty as to when the COVID19 pandemic will end, we need to be equipped to know what we can do to stay healthy in these uncertain times. Besides social distancing, hand washing, cleaning surfaces what are some other things that you can do to maintain your health?

While the term "pandemic" is a modern term and never used in the Scriptures, the Bible does use ancient Hebrew and Greek words for pestilence and plagues at least 127 times.

- The Hebrew word "dever" is used 49 times in the Hebrew Scriptures.
- The Hebrew word "nega" 65 times in the KJV.
- The Hebrew word "makkah" 48 times in the Hebrew.
- The Greek word "plege" into the English word "plague" 12 times in the KJV.
- The Greek word "loimos" is used 3 times in the Greek New Testament.

Exodus 12:21 - Our first approach to pandemics should always first and foremost be approached spiritually.

Five Immune-Strengthening Strategies

1. Exercising regularly
2. Eating clean whole food and eliminate processed foods
3. Ensure that you're getting quality sleep
4. Drink plenty of clean filtered water
5. Reducing stress and developing good coping mechanisms

Food as Medicine

- Vitamin C may help prevent viral, bacterial and other infections by shortening the duration of colds and acting as a natural antihistamine and anti-inflammatory; broccoli, brussels sprouts, cauliflower, green and red peppers, spinach, cabbage, turnip greens, green leafy vegetables, sweet potatoes, tomatoes and winter squash.
- Vitamin D is one of the most important immune system-strengthening nutrients that can reduce the risk of colds and flu; get out into the sunshine, eat foods high in vitamin D fresh fish that provide the body with omega-3 fatty acids such as salmon, sardines, mackerel, cod liver oil, tuna, egg yolks and mushrooms - some of the medicinal mushrooms include Shiitake, Lion's Mane, Maitake, and Reishi.
- Vitamin A, can help support the body's ability to fight infections, especially with respiratory infections. You can eat liver, broccoli, cantaloupe, squash, mangoes, apricots, red grapefruit
- Zinc can help reduce the number of infections and the duration of the common cold. Foods high in zinc are red meat to include lamb and beef, legumes such as chickpeas, lentils and beans, pumpkin and flax seeds, nuts to include almonds, cashews, pine nuts and peanuts contain healthy fats, fiber and a number of vitamins and minerals..
- Selenium is a key nutrient for immune function and is easily obtained from foods like the Brazil nut. Selenium is also an antioxidant, which strengthens the body's defenses against bacteria, viruses and cancer cells. Other foods include turkey, chicken, sunflower seeds, bananas, spinach and brown rice.
- Raw honey is good at relieving minor pain and inflammation of mucous membranes, like nose and mouth, and has antioxidant properties and some microbial effects; it is helpful for coughs and sore throats and can be added to tea or hot water with lemon. (Note that children under 1 should not be given honey.)
- Garlic, fresh, aged extract and garlic supplements, may reduce the severity of upper viral respiratory infections and function in preventing viral infections of the common cold.
- Probiotics contain "good bacteria" that both support gut health and influence the function and regulation of the immune system. They also can decrease the number of respiratory infections, especially in children.

Hosea 4:6 says my people are destroyed for lack of knowledge. Today you've been given some knowledge to help strengthen your immune system not just during COVID19 but beyond, into your daily lifestyle.

As Believers in Christ, we should always approach health matters from a spiritual posture of prayer, as well as incorporate the five immune-strengthening strategies daily.

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