



Dear Friends,

This last week has been busy around NEWSTART as we have been learning methods for staying off Covid-19 and supporting one another in strengthening our immune systems. We are praying that our experience here can benefit you as well, as you are at home taking care of yourselves and your loved ones.

N: Nutrition

Fruits and vegetables enhance immunity because of the abundance of micronutrients. High anti-oxidant fruits (Berries, Plums or Prunes) and vegetables (Cruciferous: broccoli, brussel sprouts, spinach, kale and garlic which is also a natural anti-viral), no sugar intake.

E: Exercise

Exercise boosts your immune system within minutes. Try to find time to go for a walk (long or short) a couple times each day; start a vegetable/flower garden, or help a neighbor with outside chores. However, overdoing exercise (like running a marathon) suppresses our immune system. So choose an exercise that suites you in your location and get moving!

W: Water

It is important to stay hydrated for good health. Drinking a sip of water every 15 minutes will wash any bacteria or viruses into your stomach where your stomach acid will destroy them. Gargling salt water cuts down the risk of catching a cold. Hot and cold contrast showers (3 minutes hot/30 seconds cold, 3 times) increase white blood cell count and circulation in the blood and lymphatic systems. Frequent hand washing with soap and warm water helps to prevent the spread of germs.

S: Sunlight

Sunlight is antimicrobial and there is evidence that it can kill the flu virus. Sunlight on the skin also produces vitamin D which boosts immunity and your mood. Spending time outside in nature, walking or gardening helps us not only to get more sunlight, but better rest and fresh air.

T: Temperance

Practice temperance in areas like: media (cellphones, computers, TV, etc.), getting enough sleep, food intake and portion control. Many people also struggle with habits like alcohol, smoking, or caffeine, which lower and suppress the immune system. Hold on to promises in God's word when you are tempted: "...I will strengthen you; I will uphold you in my righteous right hand." Isaiah 41:10

A: Air

Go outside and breathe in the fresh air produced by trees. Research shows that outdoor air is a natural disinfectant. Fresh air can kill the flu virus and other harmful germs. Germs can circulate inside buildings, so on days when you can't get outside be sure to refresh the air by opening the windows and breathe deeply.

R: Rest

Sleep deprivation decreases the number of natural killer cells. Getting a good night's sleep boosts the immune system by enhancing the T-cells in the body, which adhere to and destroy cells infected by pathogens or viruses. Sleep renews and heals worn down body systems. Sleep aids in natural melatonin production which enhances immune response. In addition to the recommended 7-8 hours of sleep per night, studies show that the body benefits from a weekly rest. We can be thankful that the Lord gave us a rest day from the very beginning, giving us an example that we can follow for our physical and spiritual health today.

T: Trust in God:

Resting your faith in God not only gives you spiritual and mental peace, but science is now studying its effects on physical healing and disease, in the lowering of cortisol levels and the increase of white blood cells. Trust that the Lord is giving us resources we need, not only for our own use, but also to share with and bless others. "And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus." Philippians 4:7