



# ULTIMATE GUIDE TO FIGHT [COVID-19]

—*Naturally*—

SPECIAL COVID-19  
EDITION

EDEN LIFESTYLE

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# INTRODUCTION

The body has every mechanism it needs to fight infectious diseases, thanks to our immune systems, and ultimately to God who made it. We only have to give it proper nourishment, exercise, rest, sunlight, fresh air, water, peace of mind, and natural remedies. With these, we can ward off and prevent most diseases. In this guide, we will be focusing on what we can do to fight COVID-19 and boost the immune system naturally.

We will outline the steps you can take today to build up the body's immune system and fight intruders. As you implement these principles, your body will be happier, your mind clearer, and spirits lifted.

Amongst the chaos that is going on in the world today because of the COVID-19 pandemic, it has never been a more appropriate time to start taking steps that'll allow you to experience optimal health and wellness.

*The St. Juste Family  
Eden Lifestyle*

# COVID-19 MADE SIMPLE

Coronavirus disease has disrupted world order, and brought uncertain alarm to the human race and the global economy. The World Health Organization (WHO) has declared this rapidly spreading virus outbreak a pandemic. Many are in a panic, and countries are grappling with the rise in confirmed cases and how the spread of this disease can be stopped by aggressive action.

## What is Coronavirus?

"Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV)."<sup>1</sup> However, according to the World Health Organization, the Coronavirus disease (COVID-19) is a new infectious strain that was discovered in 2019 and has not been previously identified in humans.

## Symptoms of Coronavirus disease (COVID-19)

According to the CDC, "Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases." The virus causes respiratory illness (like the flu) with symptoms such as:

- Cough
- Fever
- Runny Nose
- Sore Throat
- Shortness of breath
- Difficulty breathing (Severe cases)
- In more severe cases, pneumonia, severe acute respiratory syndrome, kidney failure, death

The following symptoms such as fever, cough, and shortness of breath may appear 2-14 days after exposure.<sup>2</sup>

## How did the Coronavirus disease (COVID-19) outbreak start?

The source of the coronavirus is believed to be a "wet market" in Wuhan China which sold both dead and live animals including fish and birds, though some do report otherwise.<sup>3</sup>

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<sup>1</sup> (n.d.). Coronavirus Disease 2019 (COVID-19) | CDC. Retrieved April 28, 2020, from <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

<sup>2</sup> (n.d.). Symptoms of Coronavirus | CDC. Retrieved April 28, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

<sup>3</sup> (2020, April 15). 'Wet markets' launched the coronavirus. Here's what you need .... Retrieved April 28, 2020, from <https://www.nationalgeographic.com/animals/2020/04/coronavirus-linked-to-chinese-wet-markets/>

Such markets pose a high risk of viruses jumping from animals to humans because of poor hygienic standards which are difficult to maintain. This is especially true if these live animals are being kept and butchered on-site.

The animal source of the latest outbreak has not yet been identified or confirmed by the World Health Organization (WHO), but the original host is thought to be bats. Bats were not sold at the Wuhan market but may have infected live chickens or other animals sold there according to some reports.

A world-renowned author Ellen G. White wrote over 100 years ago in her book, *The Ministry of Healing*, "Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing."

The World Health Organization (WHO) recommends that you avoid eating raw or undercooked meat or animal organs, as well as avoid contact with live animals and surfaces they may have touched if you're visiting live markets in areas that have recently had new coronavirus cases.<sup>4</sup>

This range of zoonotic diseases poses a huge threat if humans continue to be consumers of animal flesh. Consuming animal flesh not only poses the risk of contracting infectious diseases but also increases the risk of developing other deadly diseases, such as heart disease and cancer, which on average kills more people than common viruses.<sup>5</sup>

### **Who is at risk?**

More than 3,036,770 people are known to be infected and over 210,804 deaths have been recorded worldwide. The good news is that, out of all these people known to be affected worldwide, over 892,291 have recovered. That being the case, about 80 percent of people recover from COVID-19 without needing hospitalization or special treatment.<sup>6</sup>

According to data from the Chinese authorities, around 80 percent of cases of the disease are mild, 20 percent require hospitalization, and the death rate has varied by country. Considering these statistics, who should be really worried about this virus?

According to the Hutchinson Regional Medical Center "Illness due to COVID-19 infection is

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<sup>4</sup> (n.d.). Coronavirus disease 2019 (COVID-19). Retrieved April 28, 2020, from [https://www.who.int/docs/default-source/coronavirus/situation-reports/20200224-sitrep-35-covid-19.pdf?sfvrsn=1ac4218d\\_2](https://www.who.int/docs/default-source/coronavirus/situation-reports/20200224-sitrep-35-covid-19.pdf?sfvrsn=1ac4218d_2)

<sup>5</sup> (n.d.). Zoonotic Diseases | One Health | CDC. Retrieved April 28, 2020, from <https://www.cdc.gov/onehealth/basics/zoonotic-diseases.html>

<sup>6</sup> (n.d.). Johns Hopkins Coronavirus Resource Center. Retrieved April 28, 2020, from <https://coronavirus.jhu.edu/>

generally mild, especially for children and young adults. However, it can cause serious illness: about 1 in every 5 people who catch it need hospital care.<sup>7</sup>

"The data coming out of China continues to say that the people who are at higher risk for severe disease and death are those who are older and with underlying health conditions," Nancy Messonnier, M.D., director of the National Center for Immunization and Respiratory Diseases at the Centers for Disease Control and Prevention (CDC), said at a press briefing in early February.<sup>8</sup>

Interestingly, the death rate starts to increase for those over 50 years of age. Those under 50 years of age who are infected have a fatality rate of 0.2-0.4%, while for those 50-59 years it's 1.3%.<sup>9</sup>

For those 60-69 years it's 3.6%, for 70-79-year-olds it's 8.0%, and for those over 80 years of age, it is 14.8%.<sup>10</sup>

Elderly people with underlying medical conditions or low immunity are especially at risk. About 80% of people who died from the virus in China were over the age of 60, and 75% had pre-existing conditions such as heart disease, diabetes, or lung disease, according to new information from China's National Health Commission (NHC).

Others at risk are healthcare workers caring for patients with COVID-19, and others in close contact with those infected.

## **How can you prevent Coronavirus disease (COVID-19)?**

If you are at higher risk for severe illness from COVID-19 because of your age or because you have a serious long-term health condition, the CDC has made this of urgent importance for you to take action to reduce your risk of getting sick with the disease.

The Centers for Disease Control and Prevent (CDC) recommends:

- Stock up on supplies.
- Take everyday precautions to keep space between yourself and others.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- Avoid crowds as much as possible.

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<sup>7</sup> (n.d.). Coronavirus (COVID-19) | Hutchinson Regional Healthcare .... Retrieved April 28, 2020, from <https://www.hutchregional.com/coronavirus>

<sup>8</sup> (n.d.). Transcript for CDC Telebriefing: CDC Update on Novel .... Retrieved April 28, 2020, from <https://www.cdc.gov/media/releases/2020/t0203-coronavirus-update.html>

<sup>9</sup> (2020, February 17). Coronavirus Age, Sex, Demographics - Worldometer. Retrieved April 28, 2020, from <https://www.worldometers.info/coronavirus/coronavirus-age-sex-demographics/>

<sup>10</sup> (2020, February 17). Coronavirus Age, Sex, Demographics - Worldometer. Retrieved April 28, 2020, from <https://www.worldometers.info/coronavirus/coronavirus-age-sex-demographics/>

- Avoid cruise travel and non-essential air travel.
- During a COVID-19 outbreak in your community, stay home as much as possible to further reduce your risk of being exposed.<sup>11</sup>

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<sup>11</sup> (n.d.). What You Can Do | CDC. Retrieved April 28, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/what-you-can-do.html>

# UNDERSTANDING THE IMMUNE SYSTEM

The immune system is your body's defense against disease. It's like the foot soldiers in your body that keep invaders at bay. Along with the lymphatic system, it helps to protect you from bacteria, viruses, and fungi that cause disease. There are two major subsystems of the immune system: the innate immune system (non-specific) and the adaptive immune system.

## **Innate Immune System**

The innate immune system provides a kind of "shock and awe" protection against bacteria, viruses, and other invaders. When cells in the innate immune system "see" an invader, they rush in to destroy it, often by releasing inflammatory chemicals such as histamines and leukotrienes. These invaders display "signs" on their surface called antigens that signal immune system cells to action. It is the part of our immune system that responds to new strains of infections, like the coronavirus, and destroys them before they become a more significant threat. The innate immune system, however, can be divided into two parts, your first and second lines of defense.

The first line of defense (or outside defense system) includes physical and chemical barriers that are always ready and prepared to defend the body from infection. These include your skin, tears, mucus, cilia, stomach acid, urine flow, 'friendly' bacteria, and white blood cells called neutrophils.

The second line of defense is nonspecific resistance that destroys invaders in a generalized way without targeting specific individuals: Phagocytic cells ingest and kill all microbes that pass into body tissues. These invaders display "signs" on their surface called antigens that signal immune system cells to action.

For instance, if an infectious agent enters through your nostrils, it'll stick to the mucous lining of your respiratory tract. Your body then responds by secreting a chemical called histamine, which causes you to sneeze, cough, or tear up. Your body is only trying to propel the infection out before it gets lower down into the respiratory tract. We want to work with our body and not against it. Many drugs for cold and flu are antihistamines, which prevents the body from defending you. Instead, you want to help the body expel the invaders more effectively by the use of natural remedies.

## **Adaptive Immune System**

The adaptive immune system provides a more targeted approach. As immature T and B lymphocytes encounter invaders, they develop specific antibodies against them. These "mature" lymphocytes hang out in tissue, ready to quickly spring to action when they encounter the same invader. This creates immunologic memory and prevents reinfection.

## **Bottom Line**

Building your immune system is very important to strengthen your body's natural defenses and help fight harmful pathogens. Though it takes effort in bolstering your immunity, by doing so, you will give your body the 'ammo' that it needs to fight intruders, like the Coronavirus disease. The stronger your immune system, the lesser your risk of developing severe conditions as a result of infections, like the Coronavirus. And if infected, your body can create antibodies that prevent reinfection or drastically reduce the severity of the disease the second time around.

# GODSPLAN TO BOOST IMMUNITY NATURALLY

God has an optimal plan to help us maintain health and overcome disease by following eight simple principles. These eight principles or doctors, as we like to call them, are free of cost. If you visit these eight doctors regularly, you will give your body the best fighting chance against the coronavirus and other diseases. Based on statistics, we know that the illnesses that men suffer from today are primarily lifestyle-related.

## Godly trust

Many of us are not fully aware of how much our emotional and spiritual disturbances affect our health. The book *Ministry of Healing* states, "the relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes." The most common of these mental disturbances is stress.

According to *Simply Psychology*, "the stress hormone corticosteroid can suppress the effectiveness of the immune system (e.g., lowers the number of lymphocytes). Stress can also have an indirect effect on the immune system as a person may use unhealthy behavioral coping strategies to reduce their stress, such as drinking and smoking."<sup>12</sup>

The Bible states, "a merry heart doeth good like a medicine: but a broken spirit drieth the bones" (Proverbs 17:22 King James Version).

The bible teaches the effects of a broken spirit on the bones or bone health. In the bones are our red blood cells, white blood cells, essential minerals, and so on. Being stressed dries up the bones or decreases our white blood cell count and also leaches potassium and calcium from our body.

A study, verified at Loma Linda University confirmed that anger weakens the immune system in the body and laughter increases it.<sup>13</sup> The ratios to effects are staggering. One minute of anger weakens the immune system for 4 to 5 hours, while five minutes of laughter can boost the immune system for up to 24 hours.

Instead of dwelling on the negative in a trial, think of a blessing instead. For example, someone who may get a flat on the highway might be tempted to think, "why me, why is this happening to me" and become stressed as a result. Instead, we can react differently and say, "praise the Lord I am safe, what a terrible accident this might have been."

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<sup>12</sup> "Stress, Illness and the Immune System | Simply Psychology."

<https://www.simplypsychology.org/stress-immune.html>. Accessed 28 Apr. 2020.

<sup>13</sup> "Laughter: A fool-proof prescription - Loma Linda University ...." 1 Apr. 2019,

<https://news.llu.edu/research/laughter-fool-proof-prescription>. Accessed 28 Apr. 2020.

## Open-Air

Air pollution can create some major health problems. Highly polluted air has been shown to cause a burning effect in eyes, noses, and throats.<sup>14</sup> Polluted air also makes it harder for those with asthma to breathe.<sup>15</sup>

In just one year, the presence of trees saved 850 lives and prevented 670,000 cases of acute respiratory symptoms, according to new research published in the journal Environmental Pollution.<sup>16</sup>

**The smells in fresh air bust stress and increase happiness.** Science shows that you really should stop and smell the roses, as the smell of them promotes relaxation.<sup>17</sup> Other flowers, like lavender and jasmine can also lower anxiety and up your mood.<sup>18</sup> Research shows that the scent of pine trees decreases stress and increases relaxation.<sup>19</sup> Even walking through a park or your own backyard can help you feel calmer and happier when you catch a whiff of freshly cut grass.<sup>20</sup>

**Fresh oxygen energizes.** Research shows that spending time in the fresh air, surrounded by nature, increases energy in 90 percent of people.<sup>21</sup>

## Use Maximum Lung Capacity

Do deep breathing exercises daily (three times a day is best). Be sure to do this the first thing in the morning when the air is much purer.

1. Sit or stand erectly.
2. Always inhale slowly through the nostrils to filter germs from the air.
3. Inhale deeply, so that you can see and feel your abdomen stretch (you may find it helpful to imagine oxygen entering through your navel).
4. Hold for a count of 20, and then exhale slowly through your mouth.

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<sup>14</sup> "The Plain English Guide to the Clean Air Act | Overview of the ...." 4 Jan. 2017, <https://www.epa.gov/clean-air-act-overview/plain-english-guide-clean-air-act>. Accessed 28 Apr. 2020.

<sup>15</sup> "Air pollution and chronic airway diseases: what should people ...." <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4740163/>. Accessed 28 Apr. 2020.

<sup>16</sup> "Why Getting Fresh Air Is So Good For You | HuffPost Life." 8 Aug. 2014, [https://www.huffpost.com/entry/tk-ways-fresh-air-impacts\\_0\\_n\\_5648164](https://www.huffpost.com/entry/tk-ways-fresh-air-impacts_0_n_5648164). Accessed 28 Apr. 2020.

<sup>17</sup> "Relaxing effect of rose oil on humans. - NCBI." <https://www.ncbi.nlm.nih.gov/pubmed/19370942>. Accessed 28 Apr. 2020.

<sup>18</sup> "Let Jasmine Help with Your Depression, Anxiety, Panic Attacks." 15 Apr. 2019, <https://solaralmentalhealth.com/jasmine-for-better-mental-health/>. Accessed 28 Apr. 2020.

<sup>19</sup> "Shinrin-Yoku (Forest Bathing) and Nature Therapy: A State-of ...." 28 Jul. 2017, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5580555/>. Accessed 28 Apr. 2020.

<sup>20</sup> "Feeling stressed? Then go mow the lawn, claims research ...." 26 Aug. 2009, <https://www.telegraph.co.uk/news/science/6094786/Feeling-stressed-Then-go-mow-the-lawn-claims-research.html>. Accessed 28 Apr. 2020.

<sup>21</sup> (n.d.). Vitalizing effects of being outdoors and in nature - ScienceDirect. Retrieved April 28, 2020, from <https://www.sciencedirect.com/science/article/abs/pii/S0272494409000838>

5. Count to ten before inhaling again. Repeat this exercise several times a day until deep breathing becomes a habit. This helps the circulation and gets toxins out of the system.

## Daily Exercise

"Exercise leads to an increase in natural killer cells, neutrophils, and monocytes, which ultimately increases immune function," Ather Ali, ND, MPH, assistant director of Complementary/Alternative Medicine Research at the Yale-Griffin Prevention Research Center.

We recommend exercising thirty minutes to one hour per day.

### Exercise Guidelines:

1. Learn what your safe ten-second pulse rate for your age should be during exercise. Learn how to count your ten-second pulse beat and exercise up to that degree.
2. Exercise to the intensity that you are barely able to carry on a conversation with someone as you exercise.
3. If you should develop chest pain during exercise, stop at that point. Follow the advice of your physician.

### Action Plan

1. Create a workout plan
2. Remain consistent
3. Have an exercise buddy, if possible
4. Track your progress

## Sunlight

The sun is the absolute best source of vitamin D, and it contributes to a powerful strengthening of your immune system when your body can naturally produce vitamin D from moderate sun exposure. Researchers report that exposure to sunlight appears to activate T cells so they move more rapidly throughout the body.<sup>22</sup>

Regular sun exposure is the most natural way to get enough vitamin D. To maintain healthy blood levels, aim to get 10 to 45 minutes, several times per week. People with darker skin may need a little more than people with a lighter skin complexion. Your exposure time should depend on how sensitive your skin is to sunlight.

## Proper Rest

Studies show that people who don't get quality sleep or enough sleep are more likely to get sick after being exposed to a virus, such as a common cold virus. A lack of sleep can also affect how fast you recover if you do get sick.<sup>23</sup>

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<sup>22</sup> "Sunlight Effects on Immune System: Is There Something Else ...." 13 Dec. 2016, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5187459/>. Accessed 28 Apr. 2020.

<sup>23</sup> "Lack of sleep: Can it make you sick? - Mayo Clinic." <https://www.mayoclinic.org/diseases-conditions/insomnia/expert-answers/lack-of-sleep/faq-20057757>. Accessed 28 Apr. 2020.

During sleep, your immune system releases proteins called cytokines, some of which help promote sleep. Certain cytokines need to increase when you have an infection or inflammation, or when you're under stress. Sleep deprivation may decrease the production of these protective cytokines. In addition, infection-fighting antibodies and cells are reduced during periods when you don't get enough sleep.

### How Many Hours Of Sleep Do We Need?

Adults 7 to 8 hours

Teenagers 9 to 10 hours

Young children 10 to 12 hours

Newborn babies 16 to 20 hours

But more sleep isn't always better. For adults, sleeping more than nine to ten hours a night may result in poor quality of sleep, such as difficulty falling or staying asleep. "How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep?" (Proverbs 6:9).

### Lots of Water

**Water, gut health and immunity.** 70 percent of the immune system is based in the gut, and colon health is critical to optimal immunity<sup>24</sup>. Drinking enough water on a daily basis is the single most important daily habit to maintain colon health as well as optimal immunity.

**Blood and Lymph Flow.** Water provides necessary fluidity to the blood and lymph so that essential nutrients can get into the cells and so that toxins can be safely and effectively removed through the detoxification pathways.

"In order for the immune system to function properly, good water is absolutely essential.

"Inside the lymph vessels are antibodies called gamma globulins, which have immune functions, and enzymes called lysozymes that have antibacterial effects" Dr. Hiromi Shinya.

**Dehydration Breeds Bacteria and Viruses.** When we drink enough water on a regular basis, the water moistens the areas of the body where bacteria and viruses invade most frequently, such as the bronchi and gastrointestinal mucosa.<sup>25</sup>

The moist environment in these areas keeps the immune system activated, making them less vulnerable to microbes.

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<sup>24</sup> "Allergy and the gastrointestinal system - NCBI."

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515351/>. Accessed 28 Apr. 2020.

<sup>25</sup> "Water Microbiology. Bacterial Pathogens and Water - NCBI." 15 Oct. 2010,

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2996186/>. Accessed 28 Apr. 2020.

Likewise, according to Dr. Shinya, "If not enough water is consumed, the bronchial mucous membranes dehydrate and dry out. Phlegm and mucus are produced in the bronchial tube, but if there is not enough water, they will stick to the bronchus, making it a breeding ground for bacteria and viruses."

### **How to calculate the amount of water needed by my body daily?**

Body weight divided by 2 equals amount of water needed in ounces (Body weight / 2 = Water in ounces)

Example 160lbs / 2= 80 oz of water daily

Cups 80/8= 10 cups

Regular water bottles 80/16= 5 Bottles

### **Always Temperate**

Temperance is the moderate use of that which is *good* and abstinence of that which is *harmful*.

"The stimulating diet and drink of this day are not conducive to the best state of health. Tea [Caffeinated], coffee, and tobacco are all stimulating, and contain poisons. They are not only unnecessary, but harmful, and should be discarded if we would add to knowledge temperance" (Counsel On Diet And Foods, 420.2).

What can weaken the immune system:

- i. Too much sugar
- ii. Alcohol
- iii. Too much fat
- iv. Dairy
- v. Smoking
- vi. Caffeine

# NUTRITION THAT BOOSTS THE IMMUNE SYSTEM

"Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet" (Counsel On Diet and Foods, 81.2).

Vegetarians have stronger immune systems than people who eat meat. Studies of white blood cell samples from vegetarians have shown them to have more than double the cancer cell-destroying ability than nonvegetarians.<sup>1</sup>

## Best foods for building immunity

**Kale and cruciferous vegetables.** The average consumption of kale in the United States is a cup per person per year. So the average American is responsible for eating about a half teaspoon of kale a week, and kale consumption is in decline. Adding a billionth of a gram of kale protein per liter—just slightly less than the U.S. consumption quadruples antibody production study shows.<sup>26</sup> Other cruciferous vegetables also have a similar effect on the immune system as kale.

**Orange Colored Fruits And Vegetables.** These foods are high in beta-carotene, the precursor to vitamin A and vitamin C, both essential nutrients to support a healthy immune system.

**Sunflower seeds and almonds.** In addition to vitamin C, vitamin E plays a key role in immunity. This fat-soluble vitamin boosts the activity of immune cells to support the body's ability to fend off invading bacteria and viruses. An ounce of sunflower seeds or a quarter cup, supplies about half of the daily recommended target for vitamin E. The same size portion of almonds contains 45% of the daily goal.

**Prebiotic foods.** 70 percent of our immune cells are located in the gut. Our gut bacteria plays an essential role in supporting a strong immune system. Some natural sources of prebiotic foods are Jerusalem artichokes, onion, garlic, asparagus, leeks, and bananas.

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<sup>26</sup> "Kale & the Immune System | NutritionFacts.org." 7 Mar. 2012, <https://nutritionfacts.org/video/kale-and-the-immune-system/>. Accessed 28 Apr. 2020.

## Immune Building Menu Plan

### **Breakfast:**

Fresh Fruits: (Select 2-3 kinds) grapefruit, grapes, pears, oranges, apples.

Cooked Grain: Such as one of the following; millet, brown rice, barley, rolled oats, buckwheat, spelt, and quinoa.

Nuts: 8 to 10 or a handful.

Seeds: Pumpkin seeds or flaxseeds (1 Tablespoon)

Optional: Grain or nut milk.

### **Dinner:**

Fresh Raw Vegetables: Parsley, collard, spinach, celery, romaine lettuce, kale.

Steamed Green: Vegetables or cooked fresh peas or beans.

Salad dressing: Lemon juice or homemade dressing.

Cooked Grain: Choose one of the following; brown rice, millet, quinoa, and barley.

### **Supper (Optional):**

Zwieback whole grain bread or fruit salad and bread.

# SUPPLEMENTS THAT BOOST THE IMMUNE SYSTEM

## Vitamin A

Vitamin A is a name for a group of fat-soluble compounds that is vital to human health and development. It is considered to be a defensive line for the immune system because it prevents germs, infections, and viruses from infecting the body while also helping keep the mucous membrane moist and soft. The mucous barriers that are found in the nose, throat, and mouth need to be kept moist and soft because this helps trap infectious agents and stops them from infiltrating the body. Vitamin A also aids in the production and function of white blood cells, which help capture and clear bacteria and other pathogenic agents from your bloodstream. A deficiency in vitamin A can increase your susceptibility to infections and delay your recovery when you get sick.<sup>27</sup>

## Vitamin C

Vitamin C, also known as ascorbic acid and ascorbate, is a vitamin found in various foods and sold as a dietary supplement. Vitamin C is one of the biggest immune system boosters of all. In fact, a lack of vitamin C can even make you more prone to getting sick. Vitamin C supports the body's immune system by protecting the integrity of cells and affecting the production and function of white blood cells.

## Vitamin D

The immune system defends the body from foreign, invading organisms, promoting protective immunity while maintaining tolerance to self. The implications of vitamin D deficiency on the immune system have become clearer in recent years and in the context of vitamin D deficiency, there appears to be an increased susceptibility to infection and other disorders. Vitamin D has been used to treat infections such as tuberculosis before the advent of antibiotics. Tuberculosis patients were sent to sanatoriums where treatment included exposure to sunlight which was thought to directly kill tuberculosis.

## Vitamin E

Vitamin E is a powerful antioxidant that helps the body to fight off infection. Foods rich in vitamin E include nuts, seeds and spinach. When testing mice whose immune cells lacked the repair enzyme, researchers led by Manfred Kopf, a professor at ETH Zurich's Institute of Molecular Health Sciences, were able to save the immune cells from cell death by mixing a high dose of vitamin E into the animals' food.

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<sup>27</sup> "Single nutrients and immunity. - NCBI." <https://www.ncbi.nlm.nih.gov/pubmed/7039295>. Accessed 28 Apr. 2020.

That was enough antioxidant to protect the T cells' cell membranes from damage, so they could multiply and successfully fend off the viral infection.<sup>28</sup>

## **Zinc**

The production of certain immune cells is limited when zinc intake is low, and adequate zinc is crucial for the normal development and function of the immune system. In a review in 575 people with the common cold, supplementing with more than 75 mg of zinc per day reduced the duration of the cold by 33%.<sup>29</sup>

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<sup>28</sup> "Got cold sores? Ironing out oxidative stress with vitamin E ...." 8 Apr. 2015, <https://www.sciencedaily.com/releases/2015/04/150408090315.htm>. Accessed 28 Apr. 2020.

<sup>29</sup> "Zinc lozenges and the common cold: a meta-analysis ... - NCBI." 2 May. 2017, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5418896/>. Accessed 28 Apr. 2020.

# HERBS THAT BOOST THE IMMUNE SYSTEM AND FIGHTS INFECTIOUS DISEASES

## Echinacea

Echinacea plants contain an impressive variety of active compounds, such as caffeic acid, alkamides, phenolic acids, rosmarinic acid, polyacetylenes and many more.<sup>30</sup> In fact, a review of 14 studies found that taking echinacea may lower the risk of developing colds by more than 50% and shorten the duration of colds by one and a half days.<sup>31</sup>

## Garlic

Garlic contains compounds that help the immune system fight germs.<sup>32</sup> One study gave 146 healthy volunteers either garlic supplements or a placebo for three months. The garlic group had a 63% lower risk of getting a cold, and their colds were also 70% shorter.<sup>33</sup>

## Elderberry

Elderberry is reputed by some to be effective in treating the common cold, flu, constipation, hay fever, and sinus infections. A 2019 study on elderberry for both cold and flu suggested that the fruit substantially reduced upper-airway symptoms.<sup>34</sup> Another study revealed that those who used it had 50 percent fewer sick days resulting from a cold than those who did not.<sup>35</sup> Furthermore, a 2012 study suggested that elderberries could help prevent influenza infection by stimulating an immune response.<sup>36</sup>

## Goldenseal

Goldenseal, also called orangeroot or yellow puccoon, is a perennial herb in the buttercup family Ranunculaceae, native to southeastern Canada and the eastern United States. The root of goldenseal was used by Native Americans as a dye for clothing and also for treating

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<sup>30</sup> "Dietary supplementation of Echinacea purpurea powder ...."

<https://www.tandfonline.com/doi/full/10.1080/09712119.2015.1091344>. Accessed 28 Apr. 2020.

<sup>31</sup> "Echinacea for preventing and treating the common cold - NCBI." 20 Feb. 2014,

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4068831/>. Accessed 28 Apr. 2020.

<sup>32</sup> "Immunomodulation and Anti-Inflammatory Effects of Garlic ...." 19 Apr. 2015,

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4417560/>. Accessed 28 Apr. 2020.

<sup>33</sup> "Preventing the common cold with a garlic supplement ... - NCBI."

<https://www.ncbi.nlm.nih.gov/pubmed/11697022>. Accessed 28 Apr. 2020.

<sup>34</sup> "Black elderberry (Sambucus nigra) supplementation ... - NCBI." 18 Dec. 2018,

<https://www.ncbi.nlm.nih.gov/pubmed/30670267>. Accessed 28 Apr. 2020.

<sup>35</sup> "Elderberry Supplementation Reduces Cold Duration ... - NCBI." 24 Mar. 2016, <https://www.ncbi.nlm.nih.gov/pubmed/27023596>. Accessed 28 Apr. 2020.

<sup>36</sup> "Anti-influenza virus effects of elderberry juice and its fractions.."

<https://www.ncbi.nlm.nih.gov/pubmed/22972323>. Accessed 28 Apr. 2020.

inflammation as well as infection of the eyes and skin.<sup>37</sup> Goldenseal has multiple uses, both internally and externally. It is sometimes called the poor man's ginseng. This herb, however, is great for treating inflammation and infection of the mucous membranes lining the upper respiratory tract, and the digestive and genitourinary tract. It has natural antibiotic properties. It contains alkaloids, mainly hydrastine and berberine, that have been used to fight infectious agents. Studies have shown it is able to treat a variety of infections from tonsillitis, gonorrhea, and typhoid fever, to hemorrhages, gum disease, pelvic inflammatory disease, and tuberculosis, one of the world's deadliest infectious diseases. External applications of goldenseal can be used to treat impetigo, ringworm, conjunctivitis, and gum disease.<sup>38</sup>

### **Mullein**

Mullein could help you maintain a healthy respiratory system. Its leaves and flowers are considered "expectorants," meaning they could help bring up mucus and are also "demulcents," meaning they could soothe the irritated membranes.<sup>39</sup>

### **Myrrh**

Myrrh is a sap-like substance (resin) that comes out of cuts in the bark of certain trees. Myrrh has antimicrobial, astringent, anti-fungal, stimulant, carminative, stomachic, anti-catarrhal, antiseptic, immune-boosting, tonic, anti-inflammatory, emmenagogue, diaphoretic, vulnerary, circulatory, balsamic, cicatrisant, fungicidal, digestive, and pulmonary tonic properties.<sup>40</sup>

### **Lobelia**

Lobelia inflata has been used as an antispasmodic, respiratory stimulant, relaxant, and emetic<sup>41</sup>

### **Cayenne**

Cayenne is a hot chili pepper extract. It's commonly used in cooking. Bell pepper and paprika are the mild forms of this pepper. In the respiratory system, cayenne may help break up congestion due to bronchitis. Cayenne may also help to prevent infections. These include colds

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37 "Goldenseal - an overview | ScienceDirect Topics."

<https://www.sciencedirect.com/topics/medicine-and-dentistry/goldenseal>. Accessed 28 Apr. 2020.

38 "Goldenseal | Encyclopedia.com."

<https://www.encyclopedia.com/history/united-states-and-canada/us-history-biographies/goldenseal>. Accessed 28 Apr. 2020.

39 "What's in a Name? Can Mullein Weed Beat TB Where Modern ...." 19 Sep. 2010,

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2952292/>. Accessed 28 Apr. 2020.

40 "Myrrh Oil - Uses & Benefits of the Most Widely Used Oil in the ...." 8 Feb. 2018,

<https://www.newdirectionsaromatics.com/blog/products/all-about-myrrh-oil-and-resinoid.html>. Accessed 28 Apr. 2020.

41 "Lobelia Inflata - an overview | ScienceDirect Topics."

<https://www.sciencedirect.com/topics/pharmacology-toxicology-and-pharmaceutical-science/lobelia-inflata>. Accessed 28 Apr. 2020.

and chills, sinus infections, and sore throats.<sup>42</sup>

## HOW CLEANSING HELPS THE IMMUNE SYSTEM

### Cleansing and the Immune System

Whenever we hear the word 'detox' or 'cleanse,' a variety of thoughts come to our mind. You might think about unpleasant symptoms, herbal juices, or starving. However, it is essential to clear common misconceptions about detoxification and understand what it is and why it is vital to give the body a break from time to time. The human body continually works to dispel toxins and unwanted substances from our systems. But, over time, it runs down because of environmental toxins, unhealthy food, and lifestyle choices, caffeine, alcohol, stress, and drugs, which are inevitable parts of modern life. Regardless of how healthy the lifestyle you choose, external factors hold the body back from experiencing good health, well being, and vitality. Our body organs, when stressed by such factors, are unable to work efficiently. Stressed organs lead to illnesses, disease, and signs of toxicity like fatigue, headache, reduced immune power, digestive problems, and more. Taking some time to cleanse the whole body and boost the organs is an excellent way for disease prevention. It provides immediate effects like clearer skin, enhanced energy, better digestion, better mental capability, and more.

A full body cleanse and detox consists of a program addressing the cleansing of your liver, kidneys, gallbladder, digestive tract, lymphatic system, and getting rid of heavy metals and parasites. These vital organs of the body are responsible for nutrient absorption and waste elimination. About 70 percent of the immune system is in the digestive tract; it is clear that health depends a lot on supporting the body and cleansing it thoroughly.

Cleansing helps to reset your body, and its immune system. Scientists at the University of Southern California (USC) found out that individuals who fasted for 72 hours saw a reduction in white blood cells that the body did not need, and then when those individuals began to eat again, the body made a brand-new supply of white blood cells.<sup>43</sup>

### Cleansing Colon

Colon cleansing is a process that helps detoxify the colon and improve digestive health and overall well-being. It is an effective way to detoxify the body by removing accumulated feces from the intestinal tract and colon through different methods. Cleansing your colon can be

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<sup>42</sup> "Cayenne - Health Library." <https://myhealth.ucsd.edu/Library/NutritionalSupplements/Herbs/19.Cayenne>. Accessed 28 Apr. 2020.

<sup>43</sup> (2017, February 16). Scientifically designed fasting diet lowers risks for ... - USC News. Retrieved April 28, 2020, from <https://news.usc.edu/116479/scientifically-designed-fasting-diet-lowers-risks-for-major-diseases/>

done at home in many ways. Cleansing the colon naturally at home involves the use of enemas, laxatives, enzymes, and herbs. Colon cleansing is known to help expel undigested matter from the body to avoid them turning toxic in the long run and affect your health adversely. Cleansing the colon enhances vitality by improving the immune system, overall physical and mental health, reducing the risk of colon cancer, and helping you lose weight. Subsequently, up to 70% of a person's immune system resides in the wall of the colon. This immune organ is intimately tied to the type of bacteria within the colon. We can have an average of 5 to 20 lbs of waste in our colon, disrupting our friendly bacteria and therefore weakening our immune system.

There are many practical, natural, and safe colon cleanses available on the market. These cleansing kits, like EaseySeries, are made from the most beneficial herbs to help you cleanse the colon naturally at home without any side effects, and boost your overall health and longevity.

## **Kidneys**

In today's toxic world, you must pay extra care and attention to your body parts if you want them to function correctly and stay healthy. Kidneys are vital as they regulate water in the body. They retain water when the body lacks it and remove excess water from the body from time to time.

The immune system and the kidneys are closely linked. It has a central role in electrolyte homeostasis and the removal of toxins. So, when its function is compromised, normal immune effector cell function and intestinal microbial homeostasis are disturbed. Kidney failure affects general immunity, causing intestinal barrier dysfunction, systemic inflammation, and immunodeficiency that contribute to the morbidity and mortality of patients with kidney disease. Typically, your body fights off anything that isn't part of itself, like germs and viruses. That system of protection is called your "immune system." Having kidney disease and kidney failure can weaken your immune system, making it easier for infections to take hold.

## **Liver**

Cleansing the liver and gallbladder is one of the most potent ways to improve general health.\* This Detox contains a potent blend of herbs known for their ability to protect and detoxify both the liver and gallbladder. It aids in the removal of stones, toxins, and other harmful substances that enter the body through poor dietary and lifestyle choices or merely a polluted environment.

Since the liver reduces toxins, among other things, it seems sensible that a healthy liver is essential to a robust immune system. Using our Easey liver and gallbladder cleanse will undoubtedly give your immune system a boost.

A malfunctioning liver causes immune dysfunction, namely systemic inflammation and damage to the immune system response.

## **Parasites**

Parasites come in various shapes and sizes. Some are microscopic, while some can be 60 feet in length! Yes, ten times your height or more! One of the most common parasites plaguing human beings is the yeast-like *Blastocystis hominis*, which causes symptoms such as abdominal cramping, gas, bloating, and sometimes anal itching.

Parasites are common intruders present in the human body surviving for years within the digestive tract, stealing vital nutrients, and producing several health problems. A Parasite detox aims at getting the body rid of harmful parasites and freeing it from their adverse effects.

A large number of parasites suppress the immune system's response to pathogens, including T-cells and cytokines. Parasite cleansing supports your immune system and wellness with the absorption of essential nutrients.

These organisms live and thrive in the digestive tract, rob your body of essential nutrients, excrete toxic substances, and give rise to symptoms that challenge your health and vitality. Because of this, it is necessary to get your body rid of parasites periodically. Our Easey Blast Parasite Detox helps you do this quickly and effectively.

## **Blood**

Blood in our body serves four primary functions, and purifying the blood with natural herbs ensures these functions are efficient to boost the overall health and well-being. It helps regulate the body's pH, temperature, water balance and supplies important nutrients to the cells. It contains white blood cells that protect the body against invading organisms.

Keeping your blood purified and clean is crucial to maintaining good health and immunity. By cleansing or purifying the blood, one can get a healthy functioning immune system and stay away from infections and diseases, thereby living a healthy and happy life.

Apart from foods effective at cleansing blood, many herbs help purify the blood naturally without any side effects and are known to be one of the most widely used blood cleansers. Spices like garlic and ginger cleanse the blood naturally.

Herbs like red clover, alfalfa, cilantro, dandelion, etc. are used to detoxify the blood and are hence effective blood cleansers. 'Easey Purifier,' Blood and Lymph Cleanser, is an excellent solution for blood detoxing.

## **Lymph**

The lymph system is the body's most extensive organ system and works in coordination with the cardiovascular circulatory system to contribute to a healthy flow of fluid throughout the body. The lymphatic system is a nutrient delivery system and a detox system for the body as well as the immune system's home. It drains wastage from different organs and cells in the body and provides immune detox defense for toxins passing through the skin, respiratory tract, or intestines. Keeping the lymph system healthy and clean is the key to maintain optimal health and longevity.

When the lymphatic system is overwhelmed by various internal and external factors, it may get clogged up and stop working correctly. Signs of an impaired lymphatic system include fluid retention, degrading immunity, fatty deposits, chronic ear infection, swollen glands, eczema, and arthritis, among others.

Lymphatic vessels act like a drainage system for the entire body, which requires staying unclogged to work correctly and keep you healthy. For this reason, a lymphatic cleanse is essential. Clogged lymph allows waste and toxins to build up and weaken your immunity, leaving you vulnerable to various diseases.

Healthy habits will always aid in the natural detoxification of your body. The strategies mentioned above are potent and effective. These are simple ways by which you can avoid toxins and live a better, healthier, and active life.

# **NATURAL REMEDIES THAT FIGHT INFECTIOUS DISEASES**

In this section, you will discover a variety of remedies you can use for various symptoms of the coronavirus disease and even the common flu. Natural remedies, when used correctly and intelligently, are powerful against infectious agents.

## **General Immune Booster Remedies**

### **Hot and cold contrast shower**

Begin shower with hot water then quickly raise the temperature to a level of tolerance. Hold there for 3 minutes. Turn the valves quickly to full cold temperature. Hold there for 30 seconds. Repeat the cycle three times and end with cold water. Dry well and rest for 15 - 30 minutes to complete treatment.

### **Immune Boost Drink**

#### **Ingredients:**

1 grapefruit  
1 orange  
2 lemons  
3 cloves of garlic  
1/2 large onion  
3 drops food grade peppermint oil

#### **Directions:**

Blend all the ingredients in a blender until smooth.

Note: For an adult, take 1 cup a day, not all at once, but by the spoonful throughout the day. For a child half the serving size. Pour the remainder into a glass jar, cover with a lid and keep it refrigerated. When ready to use, warm in a saucepan before serving.

### **Nasal Congestion Remedy**

#### **Nasal Irrigation (neti pot)**

Warm saline nasal irrigation can stop viral infections. Make the saline by mixing one teaspoon of salt in one pint (two cups) of water.

### **Directions:**

1. Use a neti pot, water pick, or bulb syringe to irrigate the nose while standing over a sink.
2. Turn your head at a 45-degree angle.
3. Gently press the spout of the neti pot into the higher nostril. Breathe through your mouth during this step. Tip the neti pot, so the saline solution enters your nose.
4. Keep the neti pot tipped while the solution runs through your nostril and leaves through your other nostril. The solution will drain out of the other nostril. Continue to pour the solution into your nose until the neti pot is empty. Once you've used all of the solution, remove the neti pot from your nostril and bring your head up.
5. Blow with tissue to clear out your nose.
6. Repeat the steps above to use the neti pot on your other nostril.

This treatment is suitable for hay fever, head cold, and sometimes even for a headache.

## **Cough Remedies**

### **Simple Cough Syrup**

Mix two tablespoons of honey, two tablespoons water, and a drop of eucalyptus — as much as will stay on a toothpick.

### **Potent Cough Mixture**

#### **Ingredients**

2 bulbs chopped garlic  
1 cup ginger chopped  
4 Tbsps horseradish chopped  
1/2 tsp peppermint tincture  
1/2 tsp cayenne powder (90,000 HU or above)  
2 whole chopped onions  
1/3 tsp clove tincture  
1 cup honey

Mix together thoroughly and let it sit for about 3 -7 days before using. Shake everyday to prevent fermentation. Take 1 tsp as needed. Store in the refrigerator after and use as needed.

## **Sore Throat Remedy**

### **Warm Salt Water Gargle**

Rinse the mouth with a warm saltwater gargle (1 teaspoon of salt in 8 ounces of water) and then spit it out. Don't swallow the salt, and don't use too much salt, as this could further dry

out the sensitive throat membranes. Gargling with saltwater is an easy and economical way to help cleanse the throat and loosen phlegm.

## **Heating Throat Compress**

Use this remedy for sore throats, hoarseness, tonsillitis, or coughs. It should be applied every night as long as the sore throat lasts.

1. Soak a hand towel in cold water and wring it out so that it does not drip.
2. Warm the throat area first with a warm face cloth for five minutes. This is very important as the treatment will not be as effective and could be harmful if your neck is not warmed first.
3. Wrap the cold towel around your neck and include the ears if desired.
4. Cover the wet towel with plastic. Wrap the plastic with a scarf and secure it with a safety pin.

Leave on for at least two hours but overnight is more effective. Follow up treatment with a quick cold sponge to the area.

## **Lower Respiratory Obstruction Remedies**

### **Menthol Steam inhalation**

Menthol is the major component of the essential oil of peppermint; an antitussive and antipruritic agent used as a nasal decongestant. Antitussive meaning that it reduces the frequency of a cough. Menthol also has an expectorant action, which enables it to thin and loosen the mucus that builds up in the respiratory tract. Accordingly, inhalations of menthol can improve congestion in the nose and throat linked to colds and provide symptomatic relief of shortness of breath.

1. Place a Tbsp of menthol crystals (or 15 drops of peppermint oil, eucalyptus) in a bowl of boiling water.
2. Place a towel over your head to trap the steam.
3. Inhale the menthol vapor for at least ten minutes, taking care not to inhale too deeply. You will experience the soothing effects within a few minutes and notice you can breathe a lot easier, as the steam helps soothe irritated tissue and thin blocked mucus throughout your sinuses.
4. Ensure you do not topically apply the menthol mixture near your nostrils, as the strong menthol will cause further irritability to the already inflamed lining of the nasal passage.

### **Menthol Shower Treatment**

Before getting in the shower, try dissolving some menthol crystals in a little water and add a few drops to the shower walls. On the shower with water as hot as you can bear. The steam will release the menthol and provide you with an invigorating shower that provides aromatherapeutic benefits.

## **Lobelia**

Take two droppers full of lobelia tincture. The antispasmodic effect of lobelia will help soothe your lungs if you feel that it's closing on you.

## **Cayenne**

Take a dropper full of cayenne pepper tincture. Or mix 1 tsp of cayenne pepper in a cup of hot water. Drink the mixture down. Cayenne pepper thins mucus in the nasal passages and sinuses. The pepper makes breathing easier when you are suffering from seasonal allergies, a sinus infection and even the common cold.

## **Diarrhea**

### **Stay Hydrated**

Diarrhea is a common cause of moderate dehydration. Your body naturally tries to give you an enema due to constipation from a lack of water and dry stool. Drinking lots of water can help to ease diarrhea.

### **Charcoal Water**

Drink 2 Tbsps of activated charcoal in a full glass (8 ounces) of water every 2 hours till symptoms subside. The main precursors of diarrhea include drugs and bacterial infection. Activated charcoal has a firm history in its ability to attract and remove ingested toxins from the gastrointestinal tract.

## **Reduce Fevers Remedies**

### **Onion Rub**

Cut the onion in half, width-wise. Prick the onion to get juices flowing. Rub under your feet thoroughly for about 3 - 5 minutes. Keep the half onion under each foot intact with a sock. This can be kept for 2 - 4 hours during the day or overnight. Repeat if the fever is still high.

### **Vinegar Bath**

Soak a couple washcloths in diluted apple cider vinegar (1 part vinegar to 2 parts water) and place them on your forehead and stomach or wrap them around the soles of your feet. Alternatively, you can add a cup of apple cider vinegar to a warm bath.

## [BONUS] 12 BIBLE PROMISES FOR HEALING

We wake up every day to the breaking news that the coronavirus disease is escalating in the United States and around the world. More people are known to be infected, and deaths are worldwide. The good news is that, out of all these people known to be affected worldwide, over 892,291 people have recovered. That being the case, about 80 percent of people recover from COVID-19 without needing hospitalization or special treatment.<sup>44</sup>

While modern medical science is quickly searching for the cure during this rapidly growing pandemic, it is essential to remember who is the true source of healing, Jesus Christ, the Great Physician. Undoubtedly, sickness, suffering, and death are the work of an antagonistic power, Satan. The devil is the destroyer; God is the restorer. Remember that God is working day by day, hour by hour, moment by moment, to keep us all alive, to build up and restore us.

If you have become infected by this deadly virus or searching for ways to prevent this disease, we will share with you twelve powerful Bible healing promises that will help you go through this serious time.

A world-renowned author Ellen G. White wrote in her book, *The Ministry of Healing*, "So with all the promises of God's word. In them He is speaking to us individually, speaking as directly as if we could listen to His voice. It is in these promises that Christ communicates to us His grace and power. They are leaves from that tree which is "for the healing of the nations." (Revelation 22:2). Received, assimilated, they are to be the strength of the character, the inspiration and sustenance of life. Nothing else can have such healing power. Nothing besides can impart the courage and faith which give vital energy to the whole being."

"To the one who is standing trembling with fear on the brink of the grave as a result of this virus, know that the greatest physician who ever walked this earth, Jesus Christ has never lost a case, and is always available to heal. "The same power that Christ exercised when He walked visibly among men is in His word. It was by His word that Jesus healed disease and cast out demons; by His word He stilled the sea and raised the dead, and the people bore witness that His word was with power. He spoke the word of God, as He had spoken to all the prophets and teachers of the Old Testament. The whole Bible is a manifestation of Christ" (*The Ministry of Healing* 122).

### Bible healing promise 1

"And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee" (King James Version, Exodus 15:26).

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<sup>44</sup> "COVID-19 Map - Johns Hopkins ...." <https://coronavirus.jhu.edu/map.html>. Accessed 28 Apr. 2020.

## **Bible healing promise 2**

"And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee" (Exodus 23:25).

## **Bible healing promise 3**

"If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land" (2 Chronicles 7:14).

## **Bible healing promise 4**

"Heal me, O LORD, and I shall be healed; save me, and I shall be saved: for thou art my praise." (Jeremiah 17:14)

## **Bible healing promise 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" (Isaiah 53:5).

## **Bible healing promise 6**

"For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD..." (Jeremiah 30:17).

## **Bible healing promise 7**

"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" (James 5:14).

## **Bible healing promise 8**

"But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall" (Malachi 4:2).

## **Bible healing promise 9**

"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" (Isaiah 41:10).

## **Bible healing promise 10**

"Bless the Lord, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases" (Psalm 103:2-3).

## **Bible healing promise 11**

"My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh" (Proverbs 4:20-22).

### **Bible healing promise 12**

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

Christ came to this world to bring complete healing, mentally, physically and spiritually; whereas disease is a result of violating God's laws, both spiritual and physical. There is sickness everywhere, and most of it might be prevented by attention and obedience to the laws of health.

Jeremiah the prophet made a bold appeal to God's people of ancient times, "Is there no balm in Gilead; is there no physician there? why then is not the health of the daughter of my people recovered?" (Jeremiah 8:22). There is a remedy for true healing in this world and there is a physician that is present to help us through these difficult times, His name is Jesus!

Do you accept Jesus into your heart today?

## **SUMMARY**

We encourage you to take charge of your health naturally. Continue to learn how to build a robust, healthy body, especially in these critical times. God says to you, "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" (3 John 2). We pray that you will choose life and choose good health. Do you desire to become healthier today?

**For more information about how to gain powerful health, support your immune system, or even get further help with other health conditions**

**Call 1-844-433-3654 or email [heal@edenlifestylehome.org](mailto:heal@edenlifestylehome.org)**