



Immune Boosting: First Line of Defense

I don't know about you but over the last year, it has been difficult to determine who is telling the truth and who is following a self-serving agenda. Therefore, as God directs, we seek him for guidance and comfort,

Ecclesiastes 3:15

A Time for Everything - That which is, already has been; that which is to be, already has been; and God seeks what has been driven away.

Matthew 4:23-24

Jesus Ministers to Great Crowds - And he went throughout all Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction among the people. So his fame spread throughout all Syria, and they brought him all the sick, those afflicted with various diseases and pains, those oppressed by demons, epileptics, and paralytics, and he healed them.

Matthew 6: 22-23

Lay Up Treasures in Heaven - The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness.



understanding and wisdom. In my opinion, we all still live in the Garden of Eden that God created just for us. We now, through the collective consciousness and by reaching out to one another, must rediscover and remember what we all once knew as truth.

In my search and study, I have come to trust several resources, with a healthy dose of skepticism during each step of this journey. The information I am providing in this newsletter, are based on hours and hours of research and vetting and what I believe to be



Health Check



Lab Tests to Consider

- ◆ Vitamin C
- ◆ Magnesium level
- ◆ Phosphorus level
- ◆ Complete Metabolic Panel - Includes Sodium, Potassium, Calcium levels as well as kidney function lab values including BUN and creatinine to assess kidney wellness.
- ◆ Vitamin D level
- ◆ B-12 level
- ◆ Complete Blood Count with differential
- ◆ Vitamin E level
- ◆ Serum Zinc level
- ◆ Iodine level
- ◆ Thyroid Function test
- ◆ C-Reactive Protein (CRP) - indicator of inflammation related to acute or chronic inflammation/infection

reliable. By no means do I expect anyone to do or believe anything I say, and in fact, I encourage you to do your own research to reach your own research to reach your own conclusions.

That being said, I believe that God has led me, throughout my life to this time and for this purpose. He has challenged me in many ways to learn lessons, sometimes the hard way, and to take other steps forward to prepare me for this time in history. Now is the time for me to step forward. I am only one cog in the machinery. We are all a part of the solution. My effort now will be focused to maintaining and improving health for all people...”vaccinated” or not.

It no longer matters who released or created COVID-19, or why. I believe what I know is true based on the research I have done, and that is all that matters. I encourage you to do the same. It no longer matters to me what is in the vaccine. All I need to know is that while COVID-19 has a 99.997% recovery rate for people under 78 years of age. All I need to know is that I no longer (but once did) trust ANY pharmaceutical company, especially when I myself have researched and understand the ingredients of each of these vaccines and the impacts they have on humans. It does not matter if the “shedding/transmission” from vaccinated to unvaccinated is myth or truth. My truth is that I did have



personal experience with this phenomena and I know personally others who have. I personally know women who have miscarried, who have had neurologic effects and those who had severe full body joint pain following the vaccination. But that is my experience and my experience alone. I encourage you in your research to talk to others, ask questions, be curious and do it WITHOUT judgement. You are not to judge, none of us are, that is God's domain and I for one will not commit the sin of stepping on God's toes.

So going forth, from a place of love, experience, medical training, personal challenges and the gift of caring and helping others that is endowed in me by our Creator, will do my utmost to bring health and healing to those around me who care to listen. I am more than happy to discuss why I believe what I believe with anyone who cares to ask and be available to increase and improve understanding to the best of my ability.

So take the following in the spirit in which it has been compiled. These words are not my own, but come from people I trust as well as related input I have heard from many others I trust in the medical profession. You must decide for yourself who you trust. If you are reading about something that I did not list more information about, but you are interested, I can share what I have. But if I have not tried it myself, I have not yet vetted it enough to share publically here.

The decision now lies with you and your Creator. Speak to Him and ask for guidance. Then listen for His answer.

God bless you in health and healing.

A Word About Boosting Your Immune System

God gave us an amazing immune system. Are you protecting it? Be honest...have you failed at times? Of course, we all have. Not only that, we have been bombarded by chemicals, free-radicals and other unknown secret toxins which we will not get into the specifics of here. Why, you ask? Because the sick and weak are easier to control, in mind, body and spirit.

It is time for you to take back your mind, body and your spirit. Follow your intuition. Tap into it in silence. Whether that is going for a walk in the forest or wilderness, sitting by a river or stream, or meditating quietly in your car between appointments. We must quiet our mind from all of the distractions around us to be able to hear the answers God gives us from within. He whispers...do you hear Him?

The first step on any journey is figuring out where you are starting from. You likely have a general idea about your health. Do you have a chronic disease, basic aches and pains with certain activities, are you sneaking sweets and donuts when no one is looking? Only you know where your journey begins, so be honest with yourself and take a good long look to give yourself the best chance for success. Every body is a little different but no body needs processed foods. Processed foods came on the scene around the 1950's for the sake of "convenience". Since then, "fast food" has taken flight internationally and even in the most unexpected places, and speed is the key in today's busy lifestyle. Those of us particularly from the United States who have travelled, find it strange at first that Europeans take a 3 hour lunch in the middle of the day. How dare they stop to enjoy the fresh air in the middle of the day, or take a cat nap to refresh themselves for the rest of the day. Wherever your journey begins, only YOU have the power to take back control, and you can.



The simplest thing to do is go get your labs drawn. Talk with your doctor and ask for labs to be done. Even if you do not have insurance, or your doctor states your insurance may not cover it, many laboratories have cash pay prices and overall, are not that expensive. Bottom line....you need to know how to step the first foot forward. GO GET BLOOD WORK DONE. If your traditional doctor is being resistant, make an appointment with a local integrative doctor or functional medicine provider.

Some of the specific tests you may want to request from your doctor, directly impact your immune system functioning. Another consideration is how well your digestive system is functioning and whether you will even be able to absorb any supplements you are taking. Taking digestive enzymes supplements may be another avenue to research and get recommendations for you, based on your individual health.

Some recommended digestive enzymes can be found at the following websites:

- <https://tenantproducts.com/pages/digestive-enzyme-formula>
- <https://doterra.com>

Once you know where to begin, you can start supplementing appropriately without wasting money on tons of supplements and “flying blind” into the abyss of supplements. If you need your GPS to get you from Boise to Lansing, you may want to invest in getting yourself a map for your health. The following is a list of some of the specific tests you can request to start your journey.

A Word About Purpose and Dosages for Each Supplement

Please understand that dosages will vary based on your health, weight and digestion and whether or not you are actively ill or experiencing symptoms. There are recommended daily doses for each supplement, but SOME may be taken in higher dosages upon initial presentation of an illness (such as vitamin C). The recommended dosages may not be enough if you are deficient, may be too much if your digestion is poor and may be increased some if you are ill. Please consult with a provider for recommendations if any of these apply to you, and this is why you are encouraged to seek a provider that can help you address these concerns.

Vitamin C - Mentioned often, mostly overlooked. This essential nutrient is vital to the immune system and can decrease tissue damage due to an overactive immune system. If you have had the vaccination, this is one you need to supplement yesterday. Vitamin C is great for killing microbes and reducing inflammation in the body. As a water soluble vitamin, there's not much chance of overdosing, you pee out the excess your body doesn't utilize.

RECOMMENDED DAILY DOSING: 1000 mg

NOTE: Absorption matters - powdered or liquid forms may be more effectively absorbed. The Cardio-C noted within this document may be easier on your stomach.

Magnesium level - goal to be within normal range. Needed for activation of Vitamin D and required for over 300 cellular functions in the body. Immune health and cellular function depend heavily on adequate Magnesium levels.

RECOMMENDED DAILY DOSE: 310-420 mg/day for adults > 19. Please consult a professional for dosing for other age groups.

Vitamin D - goal is to be on the upper limit of the labs normal range. While yes, you can get some D from the sun, no, it is never enough and our foods do not lend much either. You will likely need to supplement in order to achieve a high end of normal on this. In addition, it is also important to seek out a Vitamin D₃ supplement which **also has K₂** in it for better, more effective absorption. **NOTE: dosage should be individualized - get your levels tested!**

Potassium - goal is to be in the normal range. Vital for cellular function, specifically cardiac muscle cells. Caution supplementing if you have an existing heart condition. Consult your doctor.

DOSING: ***SPEAK WITH YOUR HEALTH CARE PROVIDER FIRST***

Zinc - goal is to be in normal range. An important component of immune health critical to reducing the risks of bacterial or viral infections.

RECOMMENDED DAILY DOSING: 25 - 50 mg/day

CBC with differential - looking at the white blood cell count (WBC) can inform you if you are fighting an infection of some sort. Elevations in WBC indicate your immune system is actively working. If it is lower than the normal range indicates, you would likely struggle to fight off any kind of foreign invader. If you have had issues in the past with low **iron panel with a ferritin level**, this can also be helpful in determining a safe regimen for you.

C-Reactive Protein (CRP) - if this value is slightly elevated when tested, it may indicate an acute (recent infection) that your body is working to fight, but when grossly elevated, can mean you have a chronic bacterial infection or inflammation your body is fighting.

Vitamins A, E, B₂, B₆, B₁₂ - All of these also play an important role in immune function. Getting these levels tested could guide you on other supplements to look into.

NOTE for B₁₂: Older individuals may have absorption issues. The Restore formulation from Dr Tennant may be a good option for you.

NOTE for Vitamin A: Can be liver toxic in high doses. Use caution with liver disease/dysfunction. Can be taken in elevated doses **once or twice** upon initial illness presentation.

Iodine - Essential but must be taken separately because it does not combine with other supplements for storage. You will need to start slowly if Iodine is new for you but it will detoxify you of Chlorine, Fluoride and Bromine (toxic heavy metals) and is essential for thyroid functioning and production of stomach acid. And FYI, you are not getting Iodine from food anymore....not enough, not even close.

NOTE: For more information on Iodine, <https://tennantproducts.com/pages/lugols-iodine>



You may also want to check your **Thyroid Function tests** as iodine intake can impact thyroid functioning.

Another consideration is the quality of the supplements you are looking to purchase. You will want to look for Non-GMO, organic, bio-available supplements to get the most from your investment in your health. Ensure if you are getting organic homeopathics for consumption that they are “food-grade”.

Next Time from T&R

The next newsletter will be quick in coming as I have already been compiling information. But get ready.....because we are going to address the “spike proteins” and what you can do to specifically combat its’ effects.

Get ready for the woo woo stuff!

Until next time...Pray, praise God and Seek Him with all your heart.

With Love, Laurinda



If you have specific questions you'd like me to address, please email me and I will do my best to point you in the right direction and we will share the answers in the next possible newsletter.