

YOUR FARM STEW® WELLNESS GUIDE

a recipe for abundant life

F	FARMING 	<p>Gardening gets you outdoors, exercising in fresh air and sunshine, a healing and life-giving package deal. Direct sun will kill viruses in just 30 minutes. Life is in the blood, and fresh air purifies it clearing the lungs. Soil contains thousands of species of microbes that stimulate immune function, especially in the lungs. If you want help learning to garden, www.borntogrow.net has many resources.</p>
A	ATTITUDE 	<p>The immune system develops in the bones. Fear, terror and unhappiness (Psalm 6:2) destroy, but a content and cheerful heart revives a crushed spirit and strengthens the bones. (Proverbs 17:22) Forgiveness, gratitude and trust in God give peace, which also strengthens the immune system.</p>
R	REST 	<p>Nothing improves the function of the immune system like 8 hours of sleep. During sleep, the body makes cytokines, a type of protein and immune cells that target infection and inflammation. Sleep loss at night or early morning, and chronic sleep loss reduce immune function by as much as half. Naps help and count too. Jesus says, "Come to me. . . and I will give you rest." (Matthew 11:28)</p>
M	MEALS 	<p>A whole food, plant-based diet is the key to a strong immune system. Nine servings of deep-colored, nutrient-rich foods provide antioxidants and micronutrients needed for a robust immune system. They will deliver about 1500 mg/day of vitamin C, a super immune fighter. Vitamin D3 (4,000 IU) and Zinc (25 mg) daily also helps. Avoid sugar. It immobilizes immune cells for several hours after ingesting. Fats and oils decrease oxygen and starve fighter cells.</p>
S	SANITATION 	<p>A major goal in avoiding infectious diseases is to reduce the number of microorganisms attacking you. This is best accomplished with thorough; 1) intentional handwashing with soap, scrubbing and plenty of water and 2) during this present crisis wearing a mask, even a bandanna over the nose and mouth, serves as a barrier reducing invading viruses and bacteria and discourages touching your face. These actions 'Love your neighbor as yourself.' (Matt. 22:39).</p>
T	TEMPERANCE 	<p>Eating and drinking wisely are so important, especially when you need to protect your immune system. Smoking and vaping attack the cells in your lungs needed for optimal breathing. Alcohol and other recreational drugs would lead to a compromised ability to make wise decisions in this critical time. To fight COVID-19 and other infections diseases, we need to optimize our brain as well as our body. Honor God with your body. (1 Corinthians 6:19, 20)</p>
E	ENRICHMENT 	<p>Enrich your thoughts with God's promises rather than endlessly listening to the negative and dire news of the day. Sing to the Lord a song of thanksgiving even when times are tough. Reaching out to others can curb your own anxiety. Meditate on these verses, they give peace and hope in a sick world. (3 John 1:2, John 14:27, Matthew 11:28-30, Isaiah 41:10, Exodus 23:25-26, Revelation 21:4)</p>
W	WATER 	<p>Water as ice, liquid, and steam are irreplaceable in fighting infectious disease, especially of the respiratory system. Drink 2-3 liters of water daily plus more if sick or feverish. Freely use it to stimulate circulation and activate immune cells. This can be done by taking hot and cold showers (alternating 3 times for 3 minutes hot, 30 seconds cold), hot/cold foot baths, friction rubs and steam inhalation.</p>

For detailed information on these subjects please go to: www.farmstew.org/post/10-free-things-you-can-do