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# NATURE'S IMMUNE BUILDERS

FORTIFY FOR COVID-19



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“HE SENT HIS WORD AND HEALED THEM.” *Psalm 107:20*

### SUNLIGHT and VITAMIN D

**Sunlight:** Spend time in the sun every day. Open your curtains. Let in the light.

**Blood Level:** Get your Vitamin D blood level checked. The optimal range is 50-75 ng/dl.

**Supplement:** Take 1,000 – 5,000 IU of Vitamin D3 per day.

### HYDROTHERAPY

**Contrast.** Take a hot and cold shower daily. Start with hot water for 5 minutes followed by cold for 30-60 seconds. For an extra boost, repeat up to three times.

**Foot Bath.** Take a hot foot bath and finish with cold water (see video).

**When sick.** Do a chest treatment using hot fomentations (see video).

### NATURAL SUBSTANCES

**Trees.** Walk outside in fresh air and breathe in the life-giving properties of trees.

**Inhale.** Soak your feet in a basin of warm water with several drops of eucalyptus oil (or fresh eucalyptus leaves) or use a diffuser. Inhale the air.

### SLEEP

**Get Enough.** Adults need 7-9 hours each night; children and teens need more. The hours of sleep before midnight are the most beneficial.

**Avoid These.** Reduce stress, screen time and bright light exposure one hour before bedtime.

### STRESS

**Move.** Walking outside in nature is calming. Spend at least 20 minutes outdoors every day.

**Breathe.** Inhale through your nose, exhale through your mouth. Deep breaths energize every cell in your body.

**Be Grateful.** “In all things give thanks.” Cultivate “an attitude of gratitude”. Feelings of gratefulness increase the number of protective antibodies you have.

### WATER

**Drink Water.** Drink 6-8 glasses of pure water a day.

**Shower.** Regular bathing removes impurities from the skin.

**Clean.** Wash hands and clothes often. Wash bedding at least weekly.

### EXERCISE

**Activity.** Find an activity you love and you will be more likely to do it. Run, walk, work in the garden, shovel snow, or throw a frisbee with your child.

**Frequency.** Aim for 30-60 minutes a day, at least five days a week.

**Easy.** Begin slowly if you're not used to being active. Avoid exercising to the point of exhaustion.

### HEALTHFUL EATING

**Unrefined.** A simple whole-food, plant-based diet consisting of fruits, nuts, grains, beans, and vegetables is best.

**Replace.** Eat fruits instead of desserts and juice, whole grains instead of refined flours, and nuts, olives, and avocados instead of refined fats. (see video)

### FASTING

**Intermittent Fasting.** Short periods of complete abstinence from food reduce inflammation. Try eating a hearty breakfast and lunch; skip supper.

**Modified fasting.** Eat fruit and plain toast for a day or two to give your body rest.

### HARMFUL SUBSTANCES

**Immune Busters.** Eliminate smoking, alcohol, and caffeine.

### SOCIAL SUPPORT and FAITH

**Connect.** Stay in touch with friends and family. Write, call, video chat, or meet up for an invigorating walk outside. Watch for people that are lonely and reach out to them.

**Prayer.** “Pray without ceasing.” You can talk with God anytime, anywhere.

**Fear Not.** “Be not afraid.” God loves you. No emergency catches Him by surprise.

**Find.** Read your Bible and discover more life-giving principles to live by. If you have spiritual questions or would like to enroll in an online Bible course, go to [amensda.org/covid/who-we-are/](https://amensda.org/covid/who-we-are/) to learn more.

**Worship.** “As His custom was, [Jesus] went into the synagogue on the Sabbath day.” When possible, make weekly church attendance a priority. Join a small group Bible study.

### SUPPLEMENTS

**Eat first.** Ideally, whole plant-based food provides us with the vitamins and minerals our bodies need.

**Extra boost.** Go to [amensda.org/covid/supplements](https://amensda.org/covid/supplements) to learn more about supplements that may help fight COVID-19.

*For more information and videos with COVID-19 expert, Dr. Roger Seheult, go to [amensda.org/covid](https://amensda.org/covid)*