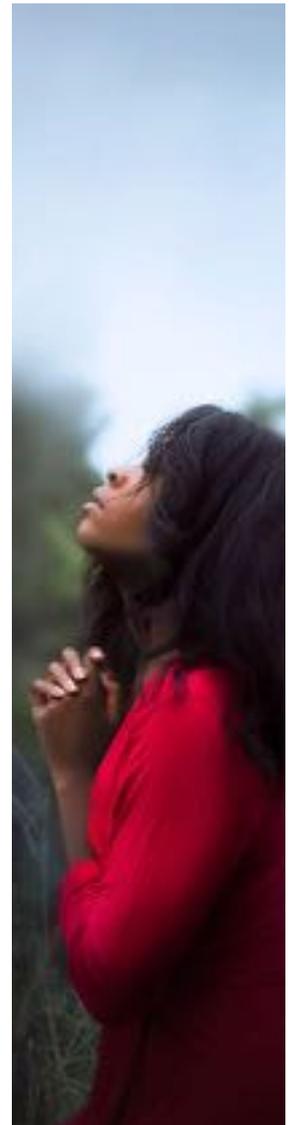
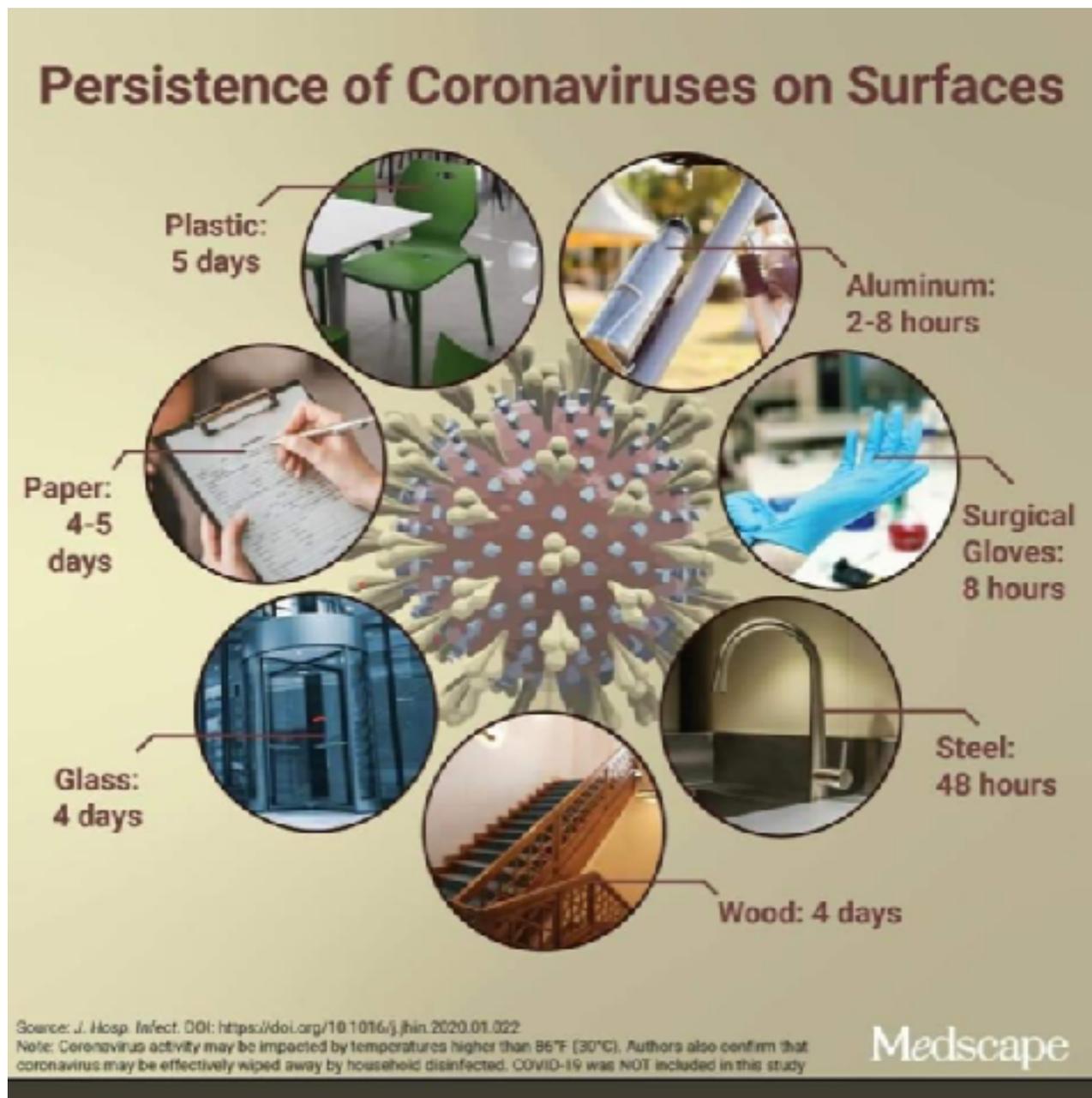


# God's Plan

## for Coronavirus



# Coronavirus



## What is it?

Coronavirus is a zoonotic disease, meaning the virus has been transmitted from animals to humans. The main thing that differentiates coronavirus from other flu pandemics is that it spreads easily and widely.

As symptoms don't appear immediately (and as severely as they did with SARS), coronavirus is harder to identify and isolate early. Many people don't even know they've contracted it and they are spreading it without realising, but this is not thought to be the main way the virus spreads.

The other issue is, coronavirus spreads from person-to-person, transmitted through respiratory droplets when someone coughs or sneezes. The infection can also be contracted by touching a surface or object that has the virus on it, which can spread to the nose or mouth if hands are not washed thoroughly.

Millions of people get flu infections every year, with the majority making a swift recovery without long-term complications.

## Who is most at risk of coronavirus?

- The weak elderly
- The chronically ill and people with weakened immune systems
- Those suffering with diabetes, cancer, and other diseases of the immune system
- Smokers and drug users
- Those taking medications
- The majority of the coronavirus fatalities have been people over the age of 70
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## Symptoms

Symptoms usually appear between two to fourteen days of exposure to the virus. Some people may be asymptomatic (no symptoms at all).

- Fever
- Dry cough
- Shortness of breath or breathing difficulties
- Pneumonia in severe cases

Wet coughs and a runny nose are not symptoms of coronavirus.

# Natural Help with Coronavirus

Coronavirus is not heat-resistant, meaning it will be killed off in an environment of 26 – 27°C and completely disappear if exposed to the sun. Maintaining heat in the body is essential; you can achieve this by drinking hot water, eating 'heating' foods (such as ginger, cayenne pepper, garlic etc).

Keep your immune system strong with a balanced diet including plenty of immune-boosting foods like garlic, ginger, berries and green vegetables.

Cut-out junk food, sugar, coffee, alcohol and smoking as these bad habits have a negative effect on the immune system and can make you vulnerable to infection.  
Support your body with immune-boosting supplements: zinc, antioxidants and vitamins A, C and D.

Stay active and fit as regular movement stimulates your lymphatic system, enabling your immune cells to circulate the body and kill off viruses.  
Keep well-hydrated so your immune cells can function efficiently.

## **Other supplements thought to be useful in the prevention and combat of coronavirus infection include:**

- NAC (N-Acetyl Cysteine),
- Elderberry
- Spirulina
- Beta-glucan
- Glucosamine
- Selenium
- Zinc
- Lipoic acid
- Sulforaphane
- Resveratrol
- Vitamin D
- Turmeric
- Poke root
- Licorice root
- Bifidobacterium
- Bifidum strain probiotics and sporebiotics
- Mullien

# Supplements & Herbs for Immune Health

- **Vitamin C** is an important vitamin for the immune system as it helps us make antibodies and immune cells to protect us against viruses and bacteria. Up your food intake of vitamin C by eating kiwis, citrus, green vegetables, cabbage and sauerkraut. For additional supplementation, the recommended daily dose for adults is between 500 – 2,000 mg. You can take up to 10,000 mg when you're unwell. Be aware that diarrhoea may occur when taking vitamin C at high doses; if this occurs, stop until it subsides and then reduce the dose.
- **Vitamin D** plays a pivotal role in helping our bodies to ward off infection. It helps our T cells (our "soldier" immune cells) to seek out foreign invaders and destroy them. Vitamin D levels tend to dip in the winter months as our sunlight re-exposure decreases. Low vitamin D can make you prone to infection. It's best to get a blood test to check your levels before supplementing. The recommended daily dose for adults is 400 – 800 IU; those with low levels may need to supplement between 1000 – 5000 IU per day.
- **Zinc** is a vital mineral required for over 300 processes in the body, including cell growth and repair. We need zinc for our immune systems to work efficiently. It helps our T cells to do their job and protects our cells from viruses. Adults need between 8 – 11 mg per day, however, up to 50 mg per day may be required where there is immune deficiency or illness. Food sources of zinc include chickpeas, lentils, beans, pumpkin seeds, sesame seeds, cashews and almonds.
- **Probiotics** help to restore gut microflora, especially when there is an overgrowth of bad bacteria which may be contributing to lowered immune system function. Fermented foods like yoghurt can provide a good source. Otherwise a good probiotic is sufficient.
- **Echinacea** is a go-to immune herb for many people and there's a good reason why. Echinacea has immune enhancing and lymphatic properties making it an excellent herb for viral infections. It helps to increase your white blood cell count so your body can fight off infections efficiently.
- **Thyme** is a fantastic antibacterial and antimicrobial herb which is great for clearing catarrh, coughs and sore throats.
- **Elderberry** is indicated where there is a virus due to its immune enhancing and antiviral compounds.
- **Wild Cherry, marshmallow root** and **Mullein** are amazing lung herbs with antitussive and anti-catarrhal properties (to stop you coughing and reduce mucous); both are indicated for dry coughs, pneumonia and influenza.
- Capitalise on free helpful plants such as nettle, red clover and sticky buds, as we enter into Spring.

## Therapies for Relief

- Salt water gargles are perfect for sore throats. Use Himalayan salt as it contains less toxins and more minerals.
- Hot and cold alternating showers strengthens the immune system.
- Hot and cold foot baths.
- Fomentations
- Head saunas/ steam baths. Add 3 - 5 drops of lavender, eucalyptus essential oil to a bowl of steaming water before bed. Lavender is antiviral, antibacterial and sleep-promoting. It also gives mild pain relief. Use a carrier when using citrus, eucalyptus or tea tree essential oils, especially with children and the sensitive elderly, as these oils are quite strong and can cause sensitivity.
- Raw honey, lemon, ginger and garlic in hot water and sip. This immune tea works wonders!
- Onion syrup (you can also do it with garlic or ginger) to relieve nasal congestion and coughs.
- Cut an onion finely and layer with honey in a glass jar. Top with a teaspoon of honey and leave for 3-5hrs.
- Take a teaspoonful as needed. The syrup will keep in the fridge for 3-5 days.
- Get a humidifier at home as central heating dries the air and our mucous membranes. When our mucous membranes are dry, we become more susceptible to pathogens as they can pass through the membranes easier.
- Open your windows where possible.

## Hygiene

- It's imperative you wash your hands, especially after being out in public or in contact with others. Wash your clothes too and take a shower.
- Ensure your home is clean, inside out.
- Use cleaning alcohol or dettol on suspected surfaces as they are both known to kill viruses.

# Grow Your Own Food

Grow your own food while there's time and sunlight! It's lots of fun for all and teaches amazing principles of God's watch care.

- Potatoes
- Pumpkins
- Carrots
- Corn
- Greens
- Onions
- Garlic
- Beans
- Tomatoes
- Radish
- Edible flowers like nasturtiums and pansies for colour and cheer

# Stock up (not hoard)

Stock up on necessities such as:

- Rice
- Beans
- Pulses
- Flour
- Yeast
- Onions
- Garlic
- Ginger
- Sunflower seeds
- Olive oil
- Honey
- Oats
- Pasta
- Black strap molasses
- Tissues of all kinds
- Plant based milk

# Trust in God

Don't panic and don't stress, God IS in control.

## Stress & Your Immune System

When we're stressed, the immune system's ability to fight off antigens is reduced. That is why we are more susceptible to infections. The stress hormone corticosteroid can suppress the effectiveness of the immune system (e.g. lowers the number of lymphocytes).

May God empower you to sing and bless His name. Shouting abroad His wondrous works and soon return. Let not your hearts be troubled.

**1 Peter 5:10** But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you.

**Proverbs 16:3** Commit thy works unto the LORD, and thy thoughts shall be established.

**2 Corinthians 4:8-9** We are troubled on every side, yet not distressed; we are perplexed, but not in despair; **9** Persecuted, but not forsaken; cast down, but not destroyed;

**Philippians 4:6-7** Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. **7** And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

**Isaiah 26:3-4** Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. **4** Trust ye in the Lord for ever: for in the Lord Jehovah is everlasting strength:

**Daniel 10:19** And said, O man greatly beloved, fear not: peace be unto thee, be strong, yea, be strong. And when he had spoken unto me, I was strengthened, and said, Let my Lord speak; for thou hast strengthened me.

**Psalms 119:73** Thy hands have made me and fashioned me: give me understanding, that I may learn thy commandments.

# God's Plan: The Laws of Health

## Godly trust

"Trust in the LORD with all thine heart; and lean not unto thine own understanding, in all thy ways acknowledge Him, and He shall direct thy paths." Proverbs 3:5,6 "Delight thyself also in the LORD; and He shall give thee the desires of thine heart. Commit thy way unto the LORD; trust also in Him; and He shall bring it to pass." Psalm 37:4,5

## Open air

Your cells thrive on oxygen. Sickness, hates oxygen. Not all air is rich in oxygen. For oxygen-rich air, visit nature regularly, keep windows open at all times, and breath from your diaphragm, filling up your lungs, and breathing out completely.

## Daily exercise

Good health requires good blood; good blood requires good circulation. Exercise helps the circulation of blood. Go for a 20 minute walk after every meal. Do more rigorous exercise on an empty stomach (one hour before eating, or at least two hours after).

## Sunlight

"Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun." Ecclesiastes 11:7. Sunlight is essential for our health and overall well-being. It is necessary for bone growth, enhances mood, balances hormones, stimulates the immune system, helps the heart and circulation, and aids in waste elimination.

## Proper rest

In the night the body repairs and cleanses itself, the health of the immune system is maintained, and the brain is restored. The most important hours of sleep are between 9pm and midnight. Eating within 3 hours of sleeping disturbs the sleep. The average adult needs 8 to 8 1/2 hours of sleep.

## Lots of water

Over 75% of your body is water. All your body functions need water, and with everything you do you use and lose water. Without adequate amounts of water the kidneys can't do their work of filtering the blood, the blood can't flow freely, and waste can't be eliminated properly. Drink lots of pure water throughout the day, about 8-9 glasses or approximately 2 to 2.5 litres.

## Always temperate

Temperance is abstaining from all that is harmful, and being moderate in that which is good. Temperance is part of the fruit of the Spirit, so we can only be temperate as we ask to be filled with the Holy Spirit and let Him rule over our hearts and minds.

## Nutrition

Our cells are formed by what we eat. When we are hungry, we shouldn't just fill our stomachs with bulk, which makes us feel full and energised for only a short time. In stead, we should eat nutritious foods, which nourish our cells and help them function optimally. Unrefined foods are most nutritious. Make sure your meal is made up of fresh fruits or vegetables, carbohydrates (grains or starches) and protein (nuts, seeds or beans). Don't mix fruits and vegetables. Eat regularly, leaving 4-5 hours between meals (not eating in-betweens). The stomach takes 4 hours to digest a meal (2 hours for fruits only), and needs an hour to rest and be ready for the next meal.

**Psalm 119:73** It is good for me that I have been afflicted; that I might learn thy statutes.



## For more information...

Let us keep one another in prayer and look out for each other. Should you need more information, or how to implement some of the remedies, please contact us on **07769907307**, **advice@medicalmissionary.org.uk**, **www.missionarygroup.org.uk**