

Keep Yourself Safe & Strong

Wash your hands often with soap and water for at least 20 seconds.

Wear a mask when you're going out and put it on properly.

Stay home as much as possible.

Then, follow these simple steps to boost your immune system:



1. Trust in God

In moments like, this it is very easy to feel overwhelmed and stressed. Stress makes you more susceptible to diseases. Trust in God and seek ways to cope with stress.

2. Sunlight

The need for sunlight for all living creatures has been emphasized for many years. Every living thing in our world depends on the sun. The Vitamin D produced in our bodies by the the exposure to the sun helps our system fight infections and diseases.



3. Rest

We need a full night of sleep of at least 6-8 hours to allow our bodies to go through the daily cleanse and restoration needed. Only after this process is our body ready to face the day, and fight the exposure to viruses or other elements. Give your body a resting chance.

4. Water

Did you know that when you are thirsty you are already dehydrated? Water has the function to hydrate us, but also to cleanse us. We need at least 8 large glasses of water per day. Pure water.

5. Fresh Air

Without air we can only live for a few minutes. There is no way to over emphasize our need for fresh air. Many viruses and bacterias can not survive where oxygen is abundant. Open your windows. Take a daily walk outside breathe in the fresh wonderful air God has gifted us.



6. Exercise

Turn that daily walk outside into a daily exercise routine. Exercise lengthens our lives. Exercise increases oxygen and lowers stress.

7. Nutritional Food

The food we eat will either help our bodies fight diseases or make us more sick. God gave us a wonderful diet at creation of plants, fruits, and grains (Gen1:29). As our Maker, I believe He knows exactly what is best for us. Fill your plate with what is natural, simple, and healthful. Eat a variety of fruits and vegetables daily, and let your body do the rest.

8. Temperance

Similarly to food our lifestyle can help or hurt our health.

Temperance is essential to good health. Having, in moderation, the things that are good, and completely eliminate those things that hurt us (e.g.: fatty food, alcohol, drugs, tobacco, etc).

