



## Optimizing Health and Boosting Immunity

The recent developments with COVID-19 have made all of us acutely aware of the importance of maintaining a healthy lifestyle. For many, this is a call to wake up from our zombie-like state and see what we are really doing, make better choices and make the most of this precious life. There are some key messages embedded within the circumstances and energies occurring at this time.

### **Message # 1: Now Is the Time to Take Charge of Your Health!**

There is no better time to make positive changes in caring for our health. We are concerned about the serious health consequences of getting COVID-19 and are proactive in taking preventative measures. This is a good thing. However, consider how we often neglect making the daily choices that would have a positive impact on our health and immune system. For example, a healthier diet, regular exercise, quitting smoking and other addictions, and taking care of our emotional health all have immediate and long term positive effects. Sure, it is important to

do our best to not get COVID, but there is so much more we can do for our health. Start taking those small steps that have REAL, lasting and proven positive results. It is more important now than ever to make those choices. Optimum health leads to an optimum immune system which is the best holistic prevention of disease. Start with one thing at a time and celebrate each small step at a time.

### **Message # 2: True Empowerment and Security is found in Humility and Trust!**

Let us bring awareness to our reaction to current events. Notice how some of us went to a place of fear, even doomsday feelings. Our ego loves to try to feel in control by over thinking. The irony is that this attempt to feel secure ends up being the primary source of fear and dread. Being aware of what is happening is not the same thing as endlessly obsessing and speculating about what *might* happen. Humility can go a long way to cultivate a sense of serenity, while still being open to new information. Try it out right now. Tell yourself, "There are many things that I do not know for sure, such as what will happen in the future, and I am totally okay with that. I have the humility to Trust that Higher Powers have my best interest at heart." Not only do you feel better, but you are now more likely to attract and discern which information is true and useful. You will now be repelled by fear-mongering and negative energy rather than being unconsciously attracted to it.

### **Message # 3: Wake Up! – Don't Take Life for Granted**

Now Is the Time! Knowing that our life has a limited timespan makes it special. What are we here for? What are YOU, specifically, here for? What is your life's purpose? Whether it is spiritual awakening, better family relationships, making a difference in the world, overcoming a limiting fear or addiction, or making healthier choices, many of us allow the day to day routine to obscure the importance of our truest purpose.

It is so easy to come to the end of life without ever having truly or fully pursued our life purpose. It is no coincidence that many people facing the end of life are more committed to spiritual awakening, which is simply opening to a Reality beyond the world of appearances. The older we get the more imminent is our transition from this physical incarnation. Moreover, we have had more time to

consider what is most important and, by this time, we would see the importance of looking beyond this physical life. No matter what age we are, we can all benefit from facing death, at least vicariously.

## **Practical Steps**

**Preparing our own meals** has multiple advantages and provides practical value on many levels. Beyond the health benefits of choosing healthy ingredients, knowing what is actually in the food we consume, and preparing it in a sanitary environment, there is the benefit of placing our loving intention into the preparation of the food. This loving energy fortifies our body and energies in powerful ways.

Next, let's look at the practical steps that we can take to dramatically reduce our risks.

## **Boosting Immunity**

There are two basic categories of herbs used for immune enhancement. One supports the overall health of our immune system and the other triggers the immune system to actively resist and eliminate infectious agents. The first type can be taken on a long-term basis to enhance overall immunity. Examples of this are mushroom mycelium, Reishi and Maitake mushrooms, Astragalus, Tumeric (Curcumin), Beta 1,3 Glucan, and natural vitamin C from Camu Camu and Amla berries and Acerola cherries. Always get certified organic or wildcrafted when possible. The second type should be taken only if there are signs or symptoms of infection (preferably at the very first signs of infection) and for relatively short periods of time, usually from 1 to 7 days. Examples of this are the Chinese Medicine formula called Yin Chiao, raw ginger and the Western herbs Echinacea and Elderberry.

For the absolute highest quality supplements, I recommend The Synergy Company. <https://www.thesynergycompany.com/> (I have no affiliation with this company except having used their products for many years.)

## **Probiotics**

A probiotic supplement and ingesting food-based products containing probiotics, such as sauerkraut, is essential. Sauerkraut is superior to other food-based probiotics, especially in terms of protecting against infections, because it does not have sugar or dairy.

In addition to the commonly known benefits of probiotics, prebiotics provide the essential fertile ground for probiotics to flourish and thrive. Here is an inspiring video of Dr. Zack Bush, the founder of Restore (name changed to Ion Biome):

<https://www.youtube.com/watch?v=aLaVutWXju0>

## **Vitamin D**

Vitamin D plays an important role in immunity. Most of us require supplementation to achieve ideal levels. Blood testing is required to determine what level we each have. Most functional medicine doctors recommend a level of 60 to 90 ng/ml.

## **Super Green Powder**

Green superfoods also support our overall health and immune system. The best product in this department is Pure Synergy Superfood. This is a very inspired and integrated product that contains spirulina, chlorella, grass juices, Chinese and Western herbs, a protective mushroom blend and more! It is potent, so remember to start slowly. Start with 1 teaspoon and gradually build up to the recommended dose of 1 tablespoon. Alternatives would be pure Barley Grass Juice powder or super green powders from Amazing Grass.

## **Fish Oil**

Fish oil is also useful in controlling inflammation which reduces the chance of infection and helps to maintain overall health. Studies have shown that fish oil may improve symptoms of depression, ADHD and prevent mental decline associated with aging. Always get fish oil supplements that are IFOS certified.

## **Stay hydrated!**

Drinking enough water supports ALL cell functions which helps all of the systems and organs of the body including the immune system. Electrolytes work in conjunction with hydration and are essential for proper cellular function. For a very pure form of electrolytes, consider Dr. Berg's Electrolyte Powder.

## **The Emotional and Spiritual Component**

This factor may be the most important to healthy immunity, even more so than taking all the right supplements. Therefore, I recommend doing things that bring a sense of Trust and Well-Being. Fear is a low vibration that makes us more

susceptible to developing any type of disease including being “infected” by the collective human fear.

Pure Awareness, Source Energy (awareness of aliveness in the body free of thought) and experiences of Beauty and Gratitude raise our vibration to that of Love and Trust which lights up the body's energy field and fortifies immunity. Many of us are intellectually very knowledgeable about this but forget to ACTUALLY PRACTICE this on a daily basis. Any practice, activity (or non-activity) that calms the mind or, better yet, places attention on a life force or awareness that is inherently peaceful, potent and Loving will greatly enhance immunity. **The main thing is that we actually do it on a consistent basis.**

Examples are: Placing Attention On Body Aliveness; Breathing Meditation; Prayer – e.g. asking for Strength, Courage and Clarity; Surrendering to the Divine; Walking; Listening to Guided Meditations; Yoga; Doing art, or a creative project; Doing *any* task in Presence, such as cleaning the house; Spending time in Nature.

**Hygienic Practices** There are already clear guidelines from the CDC, State Department of Health and other agencies delineating proper hygienic practices, such as frequent hand washing and social distancing. I would just like to add something else that may be helpful.

Cleansing the Nostrils: *Xlear* is a product that you can use to clear your nostrils. Viruses can lodge in the nostrils and stay there for hours before infection occurs. Periodically cleansing the nostrils may prevent infection. You can carry it with you and use it before and after being in a place where you might be exposed. It is available in most drug stores and online.