

CHAPTER 8

IS YOUR IMMUNE SYSTEM PREPARED? COVID-19, INFLUENZA, BIRD FLU, EBOLA, EVERY OTHER, AND ANY FUTURE PANDEMICS

We are fearfully and wonderfully made. Our Creator has designed us with a robust immune system capable of overcoming any bacterial or viral invasion. While we will likely never be able to fully comprehend all the intricate science behind the human body's design, we have been supplied with all we need to know encapsulated in a few profoundly simple health laws. When we concentrate on providing all the basic needs of our bodies, in obedience to the Creator's instructions, we will be blessed with good health no matter what bacteria or viruses are on the attack.

WHAT IS A PANDEMIC?

Let's take a closer look at what a pandemic is. It is when a disease spreads extensively throughout the world. It does not mean that the disease itself gets more severe; but that the same disease shows up over a large area, across many countries, affecting many people. We currently have a pandemic of diabetes; it is not worse the farther it goes, just more extensive. The reason it is spreading is not because diabetes is becoming more virulent, but because more and more people everywhere are adopting unhealthy diets and lifestyles. The word pandemic recognizes the extent of the spread of a certain condition, but does not necessarily imply a worsening of the condition. Fight, yes, we must, but not the "pandemic". It is the underlying cause that we must concentrate on, and as we will see, knowing what we are fighting will empower us instead of keeping us paralyzed with fear.

The reason for a disease to reach pandemic proportions is the weak immune systems of the people. As whole communities of individuals embrace unhealthy diets and lifestyles, contrary to the laws of their being, their bodies

cannot function as designed and become susceptible to rapid deterioration. This provides the perfect environment for disease to flourish.

The reason for the rapid spread of any pandemic disease is the weakened immune systems of the people.

Remember that "disease" is the manifestation or symptom of illness, not the cause. It shows that one or more of the laws of health have been neglected or broken. "Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system."¹

When, at any time, we are told there is a pandemic, we can apply this simple prescription, and make it our priority to do so. As we become intelligent about how our bodies were created to overcome disease, we can follow the simple, clear health instructions step by step with confidence, resist fear, and help others by empowering them with the same knowledge.

WHY SO MANY MODERN PANDEMICS?

Why are there so many pandemics and other disasters in modern times? The Bible tells us, "Nation shall rise against nation, and kingdom against kingdom: And great earthquakes shall be in divers places, and famines, and pestilences; and fearful sights and great signs shall there be from heaven.... And

COVID-19, Influenza, Bird Flu, Ebola, And Other Pandemics: Is Your Immune System Prepared?

then shall they see the Son of man coming in a cloud with power and great glory.” (Luke 21:10,11,21). Pestilences are just one of the many signs of the times, drawing our attention to the imminent return of Jesus Christ.

Pandemics can also come when there is a neglect or disregard of God’s specific instructions in regard to health and morality. “Alas for all the evil abominations of the house of Israel! for they shall fall by the sword, by the famine, and by the pestilence.” (Ezekiel 6:11-13; see also 1 Chronicles 21:1,14; 2 Chronicles 7:13-14; Exodus 15:26). It is important to realize that disease can be a blessing in disguise, because it calls us to examine ourselves to see if we have done anything wrong. (see 1 Corinthians 11:28-31, and Deuteronomy 28:58-61).

Disease can be a blessing, calling us to
self-examination, and to correct
wrong health habits.

PREPARING THE IMMUNE SYSTEM

We need not wait for the declaration of a pandemic to start building a strong and robust immune system.

How can one prepare their immune system for exposure to a pandemic such as bird flu, COVID-19, smallpox, Ebola, or any and every future pandemic?

God wants to protect us and keep us all healthy during a pandemic and He clearly outlines our individual roles. We have a personal responsibility to conscientiously obey His instructions for ourselves. Obedience to His commandments related to health as well as morality, is key to avoiding sickness. “If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought

upon the Egyptians: for I am the LORD that healeth thee.” (Exodus 15:26).

What steps can we take to make sure we keep well or recover if we do fall ill during a pandemic?

“Natural means, used in accordance with God’s will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to some simple remedy. We ask to be kept from the pestilence that walketh in darkness, that is stalking with such power through the world; we are then to cooperate with God, observing the laws of health and life. Having done all that we possibly can, we are to keep asking in faith for health and strength. We are to eat that food which will preserve the health of the body. God gives us no encouragement that He will do for us what we can do for ourselves. Natural laws are to be obeyed. We are not to fail of doing our part.”

“We cannot disregard the laws of nature without disregarding the laws of God. We cannot expect the Lord to work a miracle for us while we neglect the simple remedies He has provided for our use, which, aptly and opportunely applied, will bring about a miraculous result.”²

God wants to protect us and keep us
healthy during a pandemic and He
clearly outlines our role.

The importance of personal responsibility in prevention has been recognized by thinking people in key positions who have spoken out on these issues, “When Lord Palmerston, Premier of England, was petitioned by the Scottish clergy to appoint a day of fasting and prayer to avert the cholera, he replied, in effect, ‘Cleanse and disinfect your streets and houses, promote cleanliness and health among the poor, and see that they are plentifully supplied with good food and raiment, and employ right sanitary measures generally, and you will have no occasion to fast and pray. Nor

COVID-19, Influenza, Bird Flu, Ebola, And Other Pandemics: Is Your Immune System Prepared?

will the Lord hear your prayers, while these, his preventives, remain unheeded.”³

Here is yet another example of a wise government official calling attention to personal responsibility in the maintenance of public health. Rupert Blue, MD, surgeon general during the 1918 flu pandemic suggested: “Avoid needless crowding; smother your coughs and sneezes; your nose not your mouth was made to breathe through; remember the three Cs, clean mouth, clean skin, and clean clothes; food will win the war, help by choosing and chewing your food well, wash your hands before eating, don’t let the waste products of digestion accumulate; avoid tight clothing, tight shoes, tight gloves; seek to make nature your ally not your prisoner, and when the air is pure, breathe all of it you can—breathe deeply.”⁴

The more closely we follow God’s health rules before the onset of the pandemic the better He is able to preserve us during it.

Let’s take a moment to familiarize ourselves with the following eight natural remedies. This is a simple list and should be easy to recall to memory when needed. “Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies.”⁵ Don’t underestimate the effectiveness of these remedies because of their simplicity. It is in practicing these simple health virtues that a strong immune system is developed, and disease is averted. Naaman expressed great disappointment when Elisha’s approach to his healing was not grand and impressive. “Naaman was wroth, and went away, and said, Behold, I thought, He will surely come out to me, and stand, and call on the name of the LORD his God, and strike his hand over the place, and recover the leper.” (2 Kings 5:11). Nonetheless, when Naaman finally submitted to God’s instruction, the simple

healing method prescribed by God brought healing that filled Naaman with gratitude.

HOW THE BODY FIGHTS OFF A VIRAL ATTACK

Let’s look at what science has unearthed of the mechanisms by which God made the body to fight off an infectious attack. Not that God’s remedies won’t benefit a person without a scientific understanding of how they work, but for those for whom this is new, or are not yet acquainted with God’s healing ways, validation that these remedies do work can be reassuring.

When a virus reaches the lungs there is an initial exponential growth in the number of viruses. The first line of defense is our natural killer cells. When they go to war, it is evidenced by a rise in interferon, which is experienced as “flu-like” symptoms. At that point the viral numbers drop off exponentially, but not to extinction. Before the infection is completely eradicated and we are completely freed from the disease, our immune system’s B-cells must act their part and produce viral-specific IgA antibodies to kill off the remaining viruses. If our immune system is strong and all the parts of it are working as they normally should the infection can be conquered.

Now let’s look at how the eight natural remedies strengthen natural killer cells, interferon, B cells, and IgA antibodies. Then we will know how to cooperate with God in preparing our bodies to prevent disease, and if we do get sick, how to speed up the healing process.⁶ Notice that all these health restoring measures from our loving Creator are simple, easy, upbuilding, and pleasant.

FRESH AIR

“In no case should sick persons be deprived of a full supply of fresh air in pleasant weather. Their rooms may not always be so constructed as to allow the windows or doors to be opened without the draft coming directly upon them, thus exposing them to the taking of cold. In such cases windows and doors should be

opened in an adjoining room, thus letting fresh air enter the room occupied by the sick. Fresh air will prove far more beneficial to sick persons than medicine, and is far more essential to them than their food. They will do better and will recover sooner when deprived of food than when deprived of fresh air.”⁷

Fresh air abounds in negative ions which activate natural killer cells and significantly reduce the number of airborne disease-causing life-threatening microbes.⁸

The negative ions found in fresh air activate natural killer cells and significantly reduce the number of airborne disease-causing microbes

In 1918, when the hospitals were full, tents were set up on the lawns for the additional patients. Guess who survived the 1918 flu pandemic the best? You guessed it, the people sleeping outdoors in tents.⁹ This led to the establishment of what became known as the very effective “open-air” hospitals.

This is well documented in the following scientific article. “The H1N1 ‘Spanish flu’ outbreak of 1918–1919 was the most devastating pandemic on record, killing between 50 million and 100 million people. Should the next pandemic prove equally virulent, there could be more than 300 million deaths globally. The conventional view is that little could have been done to prevent the H1N1 virus from spreading or to treat those infected; however, there is evidence to the contrary. Records from an ‘open-air’ hospital in Boston, Massachusetts, suggest that some patients and staff were spared the worst of the outbreak. A combination of fresh air, sunlight, and scrupulous standards of hygiene appears to have substantially reduced deaths among some patients and infections among medical staff.”¹⁰

Make every effort to get outdoors into the fresh air at every opportunity. Plan to take work and leisure outdoors. Set up an office on

the verandah, take a laptop outdoors, check email sitting in the sun, set up an outdoor laundry station, and if nothing else position work by an open window. Have the windows open day and night to allow for fresh, healing air. If it is cold, put on more clothes, or even a hat, rather than shut the windows completely.

The quality of the air one breathes is of great importance. It has been said, “There is health in the fragrance of the pine, the cedar, and the fir. And there are several other kinds of trees that have medicinal properties that are health-promoting.”¹¹ Time spent outdoors in the fresh air is associated with a significant increase in natural killer cell numbers and activity.^{12,13}

On the other hand, bad air quality is detrimental to the immune system and makes us susceptible to disease.

High levels of air pollution, common to cities, increase the risk of respiratory virus infections and pneumonia.¹⁴

Being exposed to Formaldehyde, phenol and organic chlorohydrocarbons, encountered in new building construction, remodeling, and new furnishings seriously diminishes the number and function of natural killer cells.¹⁵

Mold exposure in water-damaged buildings reduces natural killer cells and leads to lung-damaging inflammation. Living in a home with mold problems increases the risk of respiratory symptoms and infections.¹⁶

“Every form of uncleanness tends to disease. Death-producing germs abound in dark, neglected corners, in decaying refuse, in dampness and mold and must. No waste vegetables or heaps of fallen leaves should be allowed to remain near the house to decay and poison the air. Nothing unclean or decaying should be tolerated within the home. In towns or cities regarded perfectly healthful, many an epidemic of fever has been traced to decaying matter about the dwelling of some careless householder. Perfect cleanliness, plenty of sunlight, careful attention to sanitation in every detail of the home life, are essential to

freedom from disease and to the cheerfulness and vigor of the inmates of the home.”¹⁷

SUNLIGHT

“And God said, Let there be light: and there was light. And God saw the light, that it was good:” (Genesis 1:4).

The more we study sunlight the more we know we have to learn. We may never be able to explain all the benefits of sunlight, but what science has found so far is amazing. For example, viruses have the ability to stop our bodies from producing its own natural antiviral agent—interferon. Sunlight blocks the ability of the virus to do this and protects and guards our bodies from this dangerous attack.¹⁸

In studies of the varied types of sun rays, infrared and ultraviolet have been found to be especially beneficial.

To obtain Vitamin D, twenty minutes a day out in the sun two to three times a week with at least 25% of one’s skin exposed to the sun, without the use of sunblock is equivalent to ingesting about 10,000 IU of vitamin D, which is all one needs.

Exposure to direct and even indirect sunlight through clothing is immensely beneficial. When one feels the warmth from the direct infrared rays or receives the indirect light reflected off greenery, like when sitting in the shade of a tree, the body’s intra-mitochondrial melatonin levels are boosted reducing cellular inflammation and decreasing one’s risk of a pandemic disease.¹⁹ Infrared also improves microcirculation at the cellular level in the blood vessels.^{20, 21}

The ultraviolet rays kill pathogens, including viruses,²² and increase vitamin D levels. When sunlight interacts with cholesterol in our skin it changes it into pre-vitamin D, which boosts the

immune system to fight pandemic pathogens. During COVID-19, high vitamin D levels were associated with two-thirds fewer infections, one-half as many cases that progressed to become severe, and one-third less deaths.²³

Sunlight increases the number of circulating immune cells. In one study, exposure to natural sunlight for one hour a day for 12 days, significantly increased the number of circulating immune cells, and the beneficial effects continued for two additional weeks.²⁴

“Life in the open air is good for body and mind. It is God’s medicine for the restoration of health. Pure air, good water, sunshine, the beautiful surroundings of nature--these are His means for restoring the sick to health in natural ways. To the sick it is worth more than silver or gold to lie in the sunshine or in the shade of the trees.”²⁵

If the sunlight produces vitamin D, why would we need supplements? How much sunlight does one need to avoid having to take supplements? Twenty minutes a day out in the sun two to three times a week with at least 25% of our skin exposed to the sun, without the use of sun-block is equivalent to ingesting about 10,000 IU of vitamin D, which will meet a person’s needs.²⁶

Yet we are told that we need to protect ourselves from sunlight. And while it is true we don’t want to burn, sunlight has many benefits not realized by people who hide indoors or slather themselves with sunblock lotion. People will find that when they follow the recommendations of not eating processed foods, especially fats, that they will be able to tolerate more sun without burning.

“Invalids too often deprive themselves of sunlight. This is one of nature’s most healing agents. It is a very simple, therefore not a fashionable remedy, to enjoy the rays of God’s sunlight and beautify our homes with its presence. Fashion takes the greatest care to exclude the light of the sun from parlors and sleeping rooms by dropping curtains and closing shutters, as though its rays were ruinous to life and health. It is not God who has

brought upon us the many woes to which mortals are heirs. Our own folly has led us to deprive ourselves of things that are precious, of blessings which God has provided and which, if properly used, are of inestimable value for the recovery of health. If you would have your homes sweet and inviting, make them bright with air and sunshine. Remove your heavy curtains, open the windows, throw back the blinds, and enjoy the rich sunlight, even if it be at the expense of the colors of your carpets. The precious sunlight may fade your carpets, but it will give a healthful color to the cheeks of your children. If you have God's presence and possess earnest, loving hearts, a humble home made bright with air and sunlight, and cheerful with the welcome of unselfish hospitality, will be to your family, and to the weary traveler, a heaven below."²⁷

ABSTEMIOUSNESS / TEMPERANCE

"Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!" (Ecclesiastes 10:17).

"True temperance teaches us to abstain entirely from that which is injurious, and to use judiciously only such articles of food as are healthful and nutritious."²⁸

"A healthy experience demands growth, and growth demands that careful attention be paid to the laws of nature, that the organs of the body may be kept in a sound state, untrammelled in their action. There is great need that temperance in all things be taught and practiced. Tobacco and liquors of all kinds becloud man's reason and place him below the brute creation. These things must be strictly avoided."²⁹

This bears out in what we observe. Smokers have a one-and-a-half times higher risk of catching a respiratory tract infection and are 70% more likely to miss work because of illness.³⁰ Chronic alcohol consumption has been shown to suppress the activity of natural killer cells.³¹ Taken together, the effect of alcohol

and tobacco is multiplied, suppressing natural killer cell activity to a much greater degree.³²

"And only food of the most wholesome character should be used; for we are built up from the food we eat. That which we place in the stomach becomes flesh and blood, and we can make our blood impure by eating meat and other injurious articles."^{Ibid.}

Temperance is saying "no" to the harmful and "yes" to the moderate use of things that are health-promoting.

Intemperance can involve both the amount and quality of food eaten. Overeating and obesity impair natural killer cell activity, while caloric restriction—eating less food—has been shown to restore the immune system's responsiveness.³³ Caloric restriction can be easily achieved by replacing processed foods with more fresh fruits and vegetables in their natural state. Amazingly, caloric restriction, to 60% less than what one would normally eat, increases natural killer cell numbers fourfold and their activity twofold.³⁴ Imagine that! Eat less and have four times more cellular warriors that are twice as energetic!

Even when people are getting older and their immune system is predictably declining, caloric restriction while preserving nutrition keeps up the number and function of the natural killer cells to that of younger people. When it comes to fighting infections, they need not be disadvantaged because of their age.³⁵

Judicious fasting (skipping the evening meal, fasting one day a week, or doing a three day fast once a month) can also have a positive effect on the immune system for fighting infection.³⁶

A little considered danger to be aware of in the practice of temperance is that of being constantly on electronic devices. Electromagnetic fields that surround such send signals to certain viruses to begin to grow. They also increase a person's body inflammation

COVID-19, Influenza, Bird Flu, Ebola, And Other Pandemics: Is Your Immune System Prepared?

making them more susceptible to getting sick during a pandemic.^{37,38}

Another little thought of, but significant lifestyle factor is regularity. Conscientiously maintaining consistent scheduled times for meals and sleeping, improves a person's immune system. On the other hand, shift work, changing or skipping mealtimes, or bedtimes, weakens the immune system considerably and is a major contributing factor in chronic disease. Schedule disruptions promote a pro-inflammatory state that increases the odds of acquiring a pandemic disease.^{39,40}

"God in His mercy has given His people light through His humble instrument that in order to overcome disease they must deny a depraved appetite and practice temperance in all things."⁴¹

REST

People must not allow trivial things to delay their bedtime otherwise they will pay for it physically, mentally and emotionally. Seldom do people connect this cause-and-effect relationship, and even more seldom reform as a result; they do not understand the true importance of having regular sleep times.

Studies reveal that people who sleep well have significantly better immune function than people with insomnia.⁴²

To illustrate the effects of missing sleep, one study showed that mice who were sleep deprived just one night, getting only one hour of sleep instead of the usual 8, greatly increased their likelihood of contracting the flu.⁴³ With the practice of going to bed on time and having a full night's rest the immune system is better prepared to protect from disease.

What one does before bedtime also has an impact, "Make it habit not to sit up after nine o'clock. Every light should be extinguished. This turning night into day is a wretched, health-destroying habit, and this reading much by brain workers, up to the sleeping hours, is very injurious to health. It calls the blood to the

brain and then there is restlessness and wakefulness, and the precious sleep, which should rest the body, does not come when desired."⁴⁴

Light at night disrupts the production of the powerful anti-inflammatory and immune-boosting hormone melatonin, which is necessary to fight infection.⁴⁵

Rest or restfulness encompasses more than just taking a break or sleeping. Rest and relaxation also includes mental and spiritual rejuvenation. "Come unto me, all ye that labour and are heavy laden, and I will give you rest." (Matthew 11:28).

Observers of the Biblical weekly rest were found to have higher plasma levels of immune-stimulating antioxidants.

Interestingly, in a study of whole-body inflammation, researchers discovered a group of individuals who had unusually high antioxidant levels. Upon further investigation, they identified the people with higher immune-stimulating antioxidants as Seventh-day Adventists who observe the weekly rest according to the Bible Sabbath. "Of course", people may be thinking, "they are all vegetarians". Not so. Among those Seventh-day Adventists studied, those who were vegetarian had a greater advantage with even higher levels of immune-stimulating antioxidants.⁴⁶

EXERCISE

"Walking, in all cases where it is possible, is the best exercise, because in walking, all the muscles are brought into action.... There is no exercise that can take the place of walking. Want of exercise causes the bowels to become enfeebled and shrunken. Exercise will strengthen these organs that have become enfeebled for want of use. The circulation of the blood is greatly improved by the act of

COVID-19, Influenza, Bird Flu, Ebola, And Other Pandemics: Is Your Immune System Prepared?

walking. The active use of the limbs will be of the greatest advantage to invalids.”⁴⁷

During COVID-19, patients with a sedentary lifestyle had a 250% greater risk of hospitalization and death. Those who consistently met the physical activity guidelines of 150+ minutes per week of exercise, were two-and-a-half times less likely to die of COVID-19.⁴⁸

In one study, moderate exercise was associated with a significant reduction in the risk of upper respiratory tract infections.⁴⁹ On the other hand, over-fatigue increases the risk of illness.⁵⁰ Moderation is the key to good immune-boosting physical activity. Running marathons^{51,52} and engaging in intense competitive sports have been shown to compromise the immune system, weakening one’s resistance to disease.⁵³

Another aspect to consider when exercising is proper clothing. It is fashionable to have bare arms and legs while exercising; people believe this helps reduce overheating but the effect is to disrupt the circulation. Perfect health depends on perfect circulation. The arms and the legs need to be protected against chilling. When their temperature matches that of the torso where the internal organs are, the blood flows evenly to all parts of the body. When they are colder, their blood vessels tighten up, reducing blood flow. This increases the work of the heart and increases blood pressure. Even in hot weather, the answer is not to take off clothing, but to wear loose, light-colored clothing. Sufficiently protecting the arms and legs from cold helps prevent inflammation and congestion of the lungs and brain.^{54,55,56}

“Perfect health depends upon perfect circulation. Special attention should be given to the extremities, that they may be as thoroughly clothed as the chest and the region over the heart, where is the greatest amount of heat. Parents who dress their children with the extremities naked, or nearly so, are sacrificing the health and lives of their children to fashion. If these parts are not so warm as the body, the circulation is not equalized. When the

extremities, which are remote from the vital organs, are not properly clad, the blood is driven to the head, causing headache or nosebleed; or there is a sense of fullness about the chest, producing cough or palpitation of the heart, on account of too much blood in that locality; or the stomach has too much blood, causing indigestion.”⁵⁷

The clothing should fit comfortably without obstructing the circulation of the blood or natural respiration of the lungs. “Clad in this way, we can take exercise in the open air, even in the dew of morning or evening, or after a fall of rain or snow, without fear of taking cold.”^{58,59}

Exercise is especially vital for those getting older. Being physically fit helps keep the immune system young.⁶⁰

PROPER DIET

“We are composed of what we eat. In order to make a good quality of blood, we must have the right kind of food, prepared in a right manner.”⁶¹

We will be discussing dietary dangers associated with fat, dairy, sugar, salt, protein, and the benefits of vitamins, fiber and immune-boosting foods. One of our first considerations must be to avoid any food that could compromise our immunity.

Let’s start with the importance of temperance in regard to the fats we include in our diets. People tend to eat too much fat overall, and the fats that they do consume are largely of the unhealthy type, and they don’t come from the best sources.

For example, even health-conscious individuals unintentionally adopt high-fat diets like keto or low-carb, eat fish, take fish oil supplements, and use highly processed oils in home cooking or in hidden store-bought processed foods, which result in compromised immune systems.

It is very important to get good fats from good sources, such as nuts, seeds, and avocado, and also to avoid any animal fats or

COVID-19, Influenza, Bird Flu, Ebola, And Other Pandemics: Is Your Immune System Prepared?

processed plant oils. Fats are best consumed as packaged by our Creator, as such they are far less likely to raise cholesterol levels, get oxidized, or go rancid.

In one study a high-fat diet reduced natural killer cell activity by 79%, while a healthy processed-oil-free, low-fat diet caused no reduction in natural killer cell activity.⁶²

Not all fats are created equal. For instance, high-cholesterol diets (such as the Western diet) depress natural killer cell activity to one-fourth of their usual activity.⁶³

Contrary to popular belief, fish oil has been observed to impair immune function and also delays the clearance of viruses from the lungs.⁶⁴

Beware also that the body converts excess sugar (including refined carbohydrates) into fat in the body.

A sweet tooth is a real problem when trying to combat a pandemic illness. Mice fed a diet containing sucrose (table sugar) had significantly lowered immune cell responsiveness.⁶⁵ Sugar consumption weakens the ability of the immune system to destroy pathogens. When eating no refined sugar or refined processed carbohydrates for 12 hours, each white blood cell can destroy 14 bad bacteria apiece, but when someone consumes 24 teaspoons of sugar, the equivalent of two 12oz (355ml) soft drinks, the white blood cells are so compromised that they can only eliminate one bad bacterium each.⁶⁶

Salt is also hazardous to the immune system. The Western diet is overabundant in salt, which poses various health risks. Physiologically the body's need for salt is less than one-fourth teaspoon per day. The average American consumes around 2 teaspoons a day, which is eight times as much. A high salt diet suppresses the white cells' infection-fighting ability.⁶⁷ High-salt foods include canned/tinned products, processed cheeses and meats, chips, boxed cereals, processed tomato products, and soups, just to name a few. Read all labels; even better yet, avoid processed foods.

Contrary to popular belief, a high-protein diet is not healthy and has been shown to compromise the immune system. An animal-protein based diet, which commonly contains 25% protein, hampers natural killer cell function, whereas a plant-based diet, which has just 5% protein, enhances natural killer cell activity.⁶⁸ For more information about the effect a high protein intake has on the body, see our chapter on osteoporosis.

Soybeans are an excellent source of plant protein. Soy has strong antioxidant properties and is a potent immune stimulant that has shown benefits not only for respiratory tract infections but also for cancer.⁶⁹

Dairy milk, and especially milk protein, is immunosuppressive, decreasing natural killer cell activity, and can also significantly increase the risk of cancer.⁷⁰

I had a friend in high school who put himself on a largely raw food diet that made him as strong as an ox. His diet consisted mainly of fresh fruit, vegetables, sprouts, nuts, and seeds, along with a few cooked items like beans, grains and potatoes. I talked to him not long ago and he said that in the last 25 years since being on this diet, he has not had a cold, flu, or any other respiratory tract infection even once.

Fresh fruits and vegetables have been shown to be antibiotic, antiallergic, tumor-protective, anti-inflammatory and stimulating to the immune system.

Science has shown that fresh fruits and vegetables are antibiotic, antiallergic, tumor-preventive, anti-inflammatory and stimulating to the immune system.⁷¹ In one study, consumption of a largely raw food diet reduced pancreatic cancer risk by 72%.⁷² What's more, study after study has revealed that people on plant-based diets have significantly higher intakes of antioxidants than omnivores (who eat both plant and animal products) — 300%

higher vitamin C, 247% higher vitamin A, 313% higher vitamin E, 120% more copper.⁷³ Compared with omnivores, people on a plant-based diet have significantly higher blood concentrations of vitamins A, C, and E, and their natural killer cells are twice as active.⁷⁴

Now let's consider some individual food items with remarkable health-giving properties. Remember the old saying, "An apple a day keeps the doctor away"? It's true—eating five or more apples per week improves lung function, increasing the amount of air inhaled by 138 ml with every breath.⁷⁵ What's more, apples contain phytochemicals that inhibit viruses.⁷⁶ One of these phytochemicals is quercetin, which has been shown to protect the lungs from damage caused by respiratory tract infections. It is also found in onions, green leafy vegetables, and some varieties of beans.⁷⁷

"An apple a day keeps the doctor away"--five or more apples per week significantly improves lung function.

Garlic has long been recognized as a potent immune stimulator. In one study, garlic reduced respiratory tract infections amongst communal living individuals (without social distancing) by 63%.⁷⁸ It is reported that during the 1918 flu epidemic, 20 people in one area ate raw garlic daily with their meals; none of the 20 contracted the flu.⁷⁹ When people are healthy, with no symptoms of disease, there is no need for social distancing or quarantining, garlic keeps them well.

Grapes contain a phytochemical called resveratrol that strongly inhibits the replication of viruses within cells, thus improving survival rates.⁸⁰

Well-nourished people remain resilient during a pandemic. Many people consume a calorie-rich, but nutrient-poor diet. A nutrient-deficient diet has been shown to significantly depress natural killer cell activity and numbers.⁸¹ People have many substitutes for a nutritious diet, such as vitamin preparations,

enriched foods, smoothies, etc. See our chapter: "What About Juicing?" Many of these not only fail to nourish the body, but can cause it to break down with disease.

A vitamin A-rich diet increases natural killer cell numbers and function and improves IgA-producing B-cells.⁸² Remember that IgA is critical for eradicating viruses from the lungs, which is especially significant for the elderly.⁸³ Vitamin A pills have not proven to be as helpful as eating nutritious natural foods. People who have been taking vitamin A as a supplement have been shown to have an increased risk of death from lung cancer and heart disease.⁸⁴ Good natural sources of vitamin A include paprika, bell pepper, sweet potato, carrot, kale, spinach, winter squash (pumpkin), cantaloupe, and broccoli.

Supplements have not proven to be as helpful to the immune system as eating nutritious natural foods.

Vitamin E-rich natural foods are effective at helping the immune system reduce the number of viruses in the lungs and also help prevent the loss of appetite and weight loss associated with viral illnesses. What's more, vitamin E helps lower lung-damaging inflammation.⁸⁵ It is usually the inflammation that starts the downward spiral that ends in death. Vitamin E pills, man's substitute for God's nutrition, have not proven as helpful as just eating good food. On the contrary, they can increase one's risk of diseases like cancer.⁸⁶ Foods rich in naturally occurring vitamin E include sunflower seeds, almonds, flaxseed, wheat germ, olives, and pine nuts, to name a few.

Vitamin C, as found naturally in foods, is hugely helpful in prevention. It increases lung macrophage function and helps reduce the number of viruses in the lungs.⁸⁷ It can relieve or even prevent respiratory tract infection symptoms, whether taken before or after the onset of symptoms.⁸⁸ Vitamin C is a potent antioxidant, reducing damage to infected

COVID-19, Influenza, Bird Flu, Ebola, And Other Pandemics: Is Your Immune System Prepared?

lungs.⁸⁹ It is best taken in the form of food because it is more bioavailable (more readily used by the body) than when taken as a supplement.⁹⁰ Avoid Vitamin C supplements as they are often made from toxic mold.⁹¹ Vitamin C-rich foods include strawberries, bell peppers, chives, red cabbage, broccoli, pineapple, oranges, peas, kale, cauliflower, and lemons. Lemons also contain limonene, which is immune-stimulating, anti-inflammatory, and antiviral.⁹² A great way to add vitamin C to the diet is to start each day with the juice of half a lemon in warm water upon rising. Lemon juice is the only recommended addition to pure water between meals. It can also be substituted in all the recipes to replace harmful fermented ingredients like vinegar and sour cream. See recipes on our website northernlightsheltheeducation.com/pages/Recipes.html for delicious salad dressings, cashew creams and more.

Folate is important for the immune system; it improves lymphocyte numbers and natural killer cell function.⁹³ Time and again, it has been shown that pills are not the answer—nutritious food is. Naturally occurring folate in food is a much healthier option than supplements.⁹⁴ Man's substitute for folate in pills or additives in food, is often the chemical folic acid, which significantly increases the risk of cancer.⁹⁵ Foods high in folate include arrowroot, wheat germ, peanuts, sunflower seeds, spinach, lentils, pinto beans, and parsley.

Selenium is vital in full recovery for an infection-damaged respiratory tract. Selenium increases natural killer cell activity by 70% while protecting the lung tissues from inflammation.⁹⁶ During the COVID-19 pandemic, a diet high in selenium reduced cases 10-fold⁹⁷ and improved survival rate,⁹⁸ while insufficient selenium levels significantly increased the death rate.⁹⁹ Lung tissues damaged by infection recover more quickly if one is not deficient in this important element.¹⁰⁰ Foods high in selenium include

Brazil nuts, mixed nuts, sesame seeds, wheat, sunflower seeds, and wheat germ.

Another nutrient necessary for both natural killer cell numbers and function, is zinc.¹⁰¹ High zinc levels reduced COVID-19 recovery time by two-thirds. COVID-19 patients with high zinc levels only took 8 days to recover, while zinc-deficient cases took an average of 25 days.¹⁰² Zinc has direct antiviral action, balancing the immune responses, ensuring that cellular immunity is not overwhelmed by inflammation. Foods high in zinc include wheat germ, pumpkin seeds, sesame seeds, wheat bran, pine nuts, wild rice, and cashews.

Concentrate on a nutrient-dense diet of fresh fruits, vegetables, nuts, seeds, legumes and whole grains.

Copper helps the immune system by increasing the supply of antibodies and the effectiveness of natural killer cells to deal with viruses.¹⁰³ Copper is best obtained from Spirulina, seaweed, sesame seeds, soybeans, sunflower seeds, and mixed nuts, except peanuts.

Magnesium is an important nutrient that helps moderate inflammation. When magnesium stores are sufficient, the body is much better prepared to combat inflammatory pneumonia.¹⁰⁴ Magnesium can be readily obtained from rice bran, wheat bran, pumpkin seeds, soybeans, flaxseed, Brazil nuts, and sesame seeds.

Turmeric, a common seasoning in grocery stores, is a good source of vitamin C, and is widely used in India for the treatment of inflammation. It is an antioxidant and inhibits several inflammatory cytokines responsible for lung damage in viral pneumonia.^{105,106}

Elderberry has been shown to have significant antiviral action,¹⁰⁷ reducing coronavirus numbers by one thousand-fold.¹⁰⁸

Astragalus and Licorice,¹⁰⁹ stimulate natural killer cells,¹¹⁰ and have anti-viral activity.¹¹¹ Chameleon plant (*Houttuynia cordata*)

COVID-19, Influenza, Bird Flu, Ebola, And Other Pandemics: Is Your Immune System Prepared?

stimulates lymphocytes to fight viruses.¹¹² Chinese cedar (*Toona sinensis* Roem) inhibits viral replication.¹¹³ *Echinacea purpurea*, a plant originally used by Native Americans to treat respiratory infections, has been shown to increase the natural killer cell's ability to kill viruses by nearly 100%.¹¹⁴

Making tea out of pine needles is beneficial for its antioxidant phytochemicals,^{115,116} like vitamin C,¹¹⁷ and for its alpha and beta pinene, which stimulate natural killer cells.¹¹⁸

Charcoal binds viruses. It also reduces inflammation by adsorbing excess inflammatory mediators.

Just an aside; another good measure at the very onset of a cold is the use of charcoal. Charcoal binds viruses.¹¹⁹ It also reduces inflammation by adsorbing excess inflammatory mediators.¹²⁰

Drink one to two teaspoons of activated charcoal powder per glass of water. Sip it slowly and let it coat the throat. This can be repeated every two to four hours if symptoms persist.

If everyone were to personally adhere to this original fresh food diet, a pandemic could not find a foothold to even begin, much less spread, because everyone would be pandemic-resistant.

Let's summarize the foods a person may want to eat in preparation for the next pandemic. Important vegetables to consume include garlic, onions, carrots, kale, spinach, and broccoli. The fruits to concentrate on are apples, strawberries, grapes, and citrus. Mixed nuts are very valuable; Brazil and pine nuts are especially good. Seeds are also indispensable; have on hand some sunflower, sesame, and pumpkin seeds. Nuts and seeds are best eaten raw rather than roasted and salted. Other

foods to concentrate on include soybeans, wheat germ and turmeric.

What the science we have been quoting is actually describing can be found in Genesis, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." "and you will eat the plants of the field." (Genesis 1:29; 3:18 (NIV)).¹²¹

THE USE OF WATER

Very few people understand the real importance of drinking enough water.

"Thousands have died for want of pure water and pure air who might have lived. And thousands of invalids, who are a burden to themselves and others, think that their lives depend upon taking medicines from the doctors. They are continually guarding themselves against the air and avoiding the use of water. These blessings they need in order to become well. If they would become enlightened and let medicine alone, and accustom themselves to outdoor exercise and to air in their houses, summer and winter, and use soft water for drinking and bathing purposes, they would be comparatively well and happy instead of dragging out a miserable existence."¹²²

Consequences of dehydration include constipation, urinary tract and respiratory infections, delirium, renal failure, electrolyte imbalance, hyperthermia (cannot tolerate warm weather), and longer time for wound healing, just to name a few.¹²³

Other uses of water include bathing as well as hot and cold treatments. "Most persons would receive benefit from a cool or tepid bath every day; morning or evening. Instead of increasing the liability to take cold, a bath, properly taken, fortifies against cold."¹²⁴ Taking a cool bath (64°F/18°C) before going out in cold weather stimulates the immune system. It augments white blood cell response to cold exposure and increases natural killer cell activity.¹²⁵ The way I practice this particular bit

COVID-19, Influenza, Bird Flu, Ebola, And Other Pandemics: Is Your Immune System Prepared?

of scientific information is by ending every bath or shower I take, with a so-called cold clamp—one minute of cold shower or mitten rub all over. This closes the skin pores to keep the heat regulated. This is an excellent preventive measure that stimulates the immune system and increases natural killer cells.¹²⁶

If I feel the onset of a cold, flu, or other respiratory tract infection, I head for the shower. I set the faucet as hot as I can stand and shower until I feel my internal temperature rise. I learned to detect this rise by using a thermometer a couple of times until I could correlate the temperature with the way I was feeling. When the desired small rise in body temperature is achieved, I switch to cold, as cold as possible, for one minute. I repeat the process one or two more times and then jump in bed for about half an hour, or go to bed for the night. This is usually sufficient to recover good health.

Ending every bath or shower with a so-called cold clamp is an excellent preventive measure that stimulates the immune system.

Another use of water in respiratory tract infections and bronchitis is steam inhalation combined with eucalyptus oil. Steam inhalation therapy has been shown to improve breathing symptoms and oxygen levels,¹²⁷ and eucalyptus has anti-inflammatory, antioxidant, bronchodilatory, antiviral and antimicrobial effects.^{128, 129}

Directions: Bring water to a boil. Lean over the hot water, keeping your face far enough away to prevent getting burned. Roll a piece of newspaper into a cone shape and use it to direct the steam from the pot to your nose and mouth, **or** make a steam tent by draping a small bath towel over your head and the kettle or pan with the hot water. For added effect apply one or two drops of eucalyptus oil to the paper cone, or to the water, if using a steam

tent. Breathe the steam for up to twenty minutes.

TRUST IN DIVINE POWER

The relationship between health and spirituality has only recently caught scientific attention. Spirituality, meaning trusting in God, has been shown to strengthen the function of the immune system.¹³⁰

How do we trust God? By surrendering ourselves unreservedly to Him—all our lives, relationships, possessions, hopes and plans, praying continually for guidance, waiting calmly and expectantly for His solutions to every problem. The one great benefit of trusting God is the relief that comes from not having to manage stress-provoking circumstances in our own strength.

Physiologically, this reduction in psychological stress can be seen in decreased stress hormone levels, increased killer cell activity and increased IgA levels,¹³¹ which results in fewer illnesses, including respiratory tract infections,¹³² quicker healing from disease and overall superior health.

“When the gospel is received in its purity and power, it is a cure for the maladies that originated in sin. The Sun of Righteousness arises, ‘with healing in His wings.’ Malachi 4:2. Not all that this world bestows can heal a broken heart, or impart peace of mind, or remove care, or banish disease. Fame, genius, talent—all are powerless to gladden the sorrowful heart or to restore the wasted life. The life of God in the soul is man's only hope.

Trusting in Divine power leads to better mental health that helps boost the immune system.

“The love which Christ diffuses through the whole being is a vitalizing power. Every vital part—the brain, the heart, the nerves—it touches with healing. By it the highest energies of the being are roused to activity. It frees the

COVID-19, Influenza, Bird Flu, Ebola, And Other Pandemics: Is Your Immune System Prepared?

soul from the guilt and sorrow, the anxiety and care, that crush the life forces. With it come serenity and composure. It implants in the soul, joy that nothing earthly can destroy,—joy in the Holy Spirit,—health-giving, life-giving joy.”¹³³

When we make the Lord our guide, we can claim His promise, “Because thou hast made the LORD, which is my refuge, even the most High, thy habitation; There shall no evil befall thee, neither shall any plague come nigh thy dwelling.” (Psalms 91:9-10). We can make the Lord our “refuge” and “habitation” by trusting Him and practicing His good health advice. “If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.” (Exodus 15:26).

Trusting in Divine power leads to better mental health that helps boost the immune system. Poor mental health, as exhibited in depression, is associated with a reduction of natural killer cell activity and a suppression of B-cells.¹³⁴ A life without trusting in God leaves behind a history of regrets that leads to depression. Add alcohol to depression and the negative effect on natural killer cell function is multiplied.¹³⁵

“Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings—as much a duty as it is to pray. If we are heaven-bound, how can we go as a band of mourners, groaning and complaining all along the way to our Father’s house?”¹³⁶

There are a lot of ways that a lack of trust in Divine power exhibits itself in poor psychological and physical health. A lack of a sense of humor, worrying about daily problems, and experiencing negative emotions can significantly decrease IgA levels.¹³⁷ Holding on to bad feelings like anger and resentment create stress and lead to exhaustion and

immunosuppression. Being angry for just five minutes can significantly reduce IgA levels for up to five hours.¹³⁸

MORE BLESSED TO GIVE

Trusting in Divine power leads naturally to wanting to help others. Science has found that mortality is significantly reduced when individuals provide support to friends, relatives, neighbors and/or their spouses. Surprisingly, being a recipient of support did not improve mortality.¹³⁹ This emphasizes what we have always known that, “It is more blessed to give than to receive.” (Acts 20:35). In another study, people who volunteered the most had 63% less mortality compared to those who volunteered very little. While going to church has been found to have health benefits, volunteering at church has been found to further reduce mortality by 60%.¹⁴⁰ So, find somebody to bless today!

“When human sympathy is blended with love and benevolence, and sanctified by the Spirit of Jesus, it is an element which can be productive of great good. Those who cultivate benevolence are not only doing a good work for others, and blessing those who receive the good action, but they are benefiting themselves by opening their hearts to the benign influence of true benevolence. Every ray of light shed upon others will be reflected upon our own hearts. Every kind and sympathizing word spoken to the sorrowful, every act to relieve the oppressed, and every gift to supply the necessities of our fellow beings, given or done with an eye to God’s glory, will result in blessings to the giver. Those who are thus working are obeying a law of heaven and will receive the approval of God. The pleasure of doing good to others imparts a glow to the feelings which flashes through the nerves, quickens the circulation of the blood, and induces mental and physical health.”¹⁴¹

THE FEAR FACTOR

It is only natural to want to avoid illness and death. Satan works through fear of illness and death, to enslave us. By contrast, Jesus came to release us from this imprisonment of fear. "Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil; And deliver them who through fear of death were all their lifetime subject to bondage." (Hebrews 2:14,15).

Fear causes panic. It makes people irrational so that they will accept counterfeit solutions, contrary to God's commands, and good common sense. Fear drives people to accept man's solutions over God's solutions. God gave us reasoning powers and wants us to use them, "Come now, and let us reason together, saith the LORD:" (Isaiah 1:18). God is not the source of fear. "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." (2 Timothy 1:7). "Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness." (Isaiah 41:10). We can go to God with our fears. "There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love." (1 John 4:18). When under stress, people need to remember to put their trust in God. He is the only one who can give peace that passes all understanding.

Satan works through fear of illness and death, to enslave us. By contrast, Jesus came to release us from this imprisonment of fear.

While fear may arise from the fact that many people could die during a pandemic, and the symptoms can become very uncomfortable or even severe, we must remember that with God there are no incurable diseases. We must

trust God and apply His natural remedies right away, at the very onset of any disease, instead of believing that nothing can be done, and becoming paralyzed by fear and hopelessness. Given the right conditions, the disease process can be halted and reversed by strengthening the immune system.

Fear drives many to accept the violation of their God-given right to medical self-determination. People should never be required to take a medical intervention against their conscience, whether it is conceived as for their own good or for the sake of someone else. If one person has an adverse reaction, or even dies from the recommended or mandated treatment, that is one person too many. The idea that some have to be sacrificed in the interest of developing herd immunity is a misconception. The herd is made up of individuals, and what is bad for one individual in the herd is bad for the others, and the whole herd suffers. Please see the chapter entitled "Mandatory Healthcare: Does God Care?" for a more in-depth discussion of this topic.

We must trust and obey God, "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).

Satan has a myriad of substitutes that he wants us to trust instead of God. The Egyptians in the scripture Exodus 15:26, represent those who place their confidence in remedies that are devoid of God's blessing. Of these remedies, Jeremiah says, "For they have healed the hurt of the daughter of my people slightly, saying, Peace, peace; when there is no peace." (Jeremiah 8:11). Counterfeit remedies only treat symptoms. Counterfeit remedies do not bring healing. They only mask the symptoms and give the illusion that they help, but in reality, the immune system now has a double burden having to deal with the poisonous substance as well as the disease. All remedies should be evaluated by comparing them with what scripture says, as to whether or not they bear God's blessing, "To the law and to the

testimony: if they speak not according to this word, it is because there is no light in them.” (Isaiah 8:20). There are myriads of modern counterfeits that clamor for our trust in the most unexpected places and under the most mysterious or obscure names. In Revelation, the drug counterfeits are called sorceries, “for by thy sorceries [the Greek word used here is for pharmacy, “pharmakeia”] were all nations deceived.” Revelation 18:23. If we do not want to be deceived, we need to put our full trust and confidence in our Creator and Sustainer and not in any counterfeit. While people involved in propagating these counterfeit treatments may be genuine, and well meaning, we must carefully evaluate every recommendation. And while we respect their position, we need to follow the revealed will of our Father, who is our Creator and Maker, who knows how we are put together, how we function, and what is for our best good.

“There is a way that seemeth right unto a man, But the end thereof are the ways of death” (Proverbs 14:12).

Let us look at the differences between God’s preventive measures and man’s counterfeit substitutes. The first striking difference is that while God’s ways are hardly sought out, and therefore not well known or implemented, man’s counterfeit substitutes are generally popular, socially accepted, embedded in many cultures and vehemently promoted, guarded, enforced and defended. We will discuss social distancing, vaccinations and mask wearing as examples.

SOCIAL DISTANCING

God instituted quarantine for the sick, not social distancing for those who are well and have no symptoms, “All the days wherein the plague shall be in him he shall be defiled; he is unclean: he shall dwell alone; without the camp shall his habitation be.” (Leviticus 13:46).

Quarantine is isolating the sick to contain the disease from spreading that they have been diagnosed with—a loving separation, not shunning, but providing loving care for the separated, by appointed people. Social distancing is really social isolation. People deprived of healthy social interaction and physical touch die younger, have more chronic diseases, suffer more depression and die more readily, even when there is no pandemic, and much more during a pandemic.¹⁴²

The conditions during pandemics naturally tend to loneliness and isolation, as people avoid contact for fear of catching or transmitting the disease. This natural tendency can be exacerbated by social distancing mandates. Loneliness and isolation have been shown to result in poorer immune responses. The lowest immune function is found in people with the smallest social networks and the highest levels of loneliness. Loneliness is also associated with elevations in cortisol, which is an immunosuppressive hormone.¹⁴³ The perfect remedy God has prescribed for loneliness and isolation is to be a part of His family. “God setteth the solitary in families.” (Psalms 68:6). We were created for fellowship. Healing comes in fellowship. This is why regular fellowshiping is so beneficial. God knows our needs and He provides for them. “If we walk in the light, as he is in the light, we have fellowship one with another.” (1 John 1:7). There is no better place to experience love than amongst those who love God, and come together in church fellowship. This is God’s way; His obedient children need not be afraid of one another.

For those who are well, the ones who have no symptoms, the Bible clearly states what to do during a pandemic. They are to go to the meeting place to pray that God will avert the pandemic pestilence (2 Chronicles 20:8-9). “If I shut up heaven that there be no rain, or if I command the locusts to devour the land, or if I send pestilence among my people; If my people, which are called by my name, shall humble themselves, and pray, and seek my

face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.” (2 Chronicles 7:13-14). This is only for those who are well, the sick must stay home. “Command the children of Israel, that they put out of the camp every leper, and every one that hath an issue, and whosoever is defiled by the dead: Both male and female shall ye put out, without the camp shall ye put them; that they defile not their camps, in the midst whereof I dwell.” (Numbers 5:2-3)

During COVID-19 God’s healthy people were forbidden to assemble at churches.

The quarantining of healthy asymptomatic people comes into direct conflict with the Bible which requires a “holy convocation”, especially during a pandemic.

The quarantining of healthy asymptomatic people is in direct conflict with the fourth commandment which requires a “holy convocation” meaning public assembly, on the Sabbath day (Leviticus 23:3). This is clearly spelled out in Hebrews 10:25, “Not forsaking the assembling of ourselves together as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.” The Greek word here for “assembling of ourselves together” is *episunagōgē*; which is like saying, “at the synagogue” or “church”. God knows that during the pandemic His children will be tempted to stay away from public meetings, both because of the fear of the disease and also because of fear of the authorities and their mandates. Disruption of such social rhythms results in a weakening of the immune system.¹⁴⁴ Notice the passage also says that we should especially be careful to meet, “so much the more, as ye see the day approaching.” This is speaking of the day of Christ’s second coming. Pandemics are a sign of our Lord’s soon return, as mentioned above in Luke

chapter 21. Therefore, if there is a pandemic, then the day of His appearing is even nearer, thus meeting together is even more imperative.

Remember the Devil wants to control people through fear. If we find ourselves fearing, this should be a signal to go and spend more time with God. “For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.” (2 Timothy 1:7).

Does the Bible give counsel on how to fulfil our duty to meet safely? Yes, thank God! He not only commands, but He provides direction and ability. First, the sick are to stay quarantined at home. Second, we are to gather the leaders and pray for health and safety during the assembly, trusting God to prevent an outbreak, “And I have given the Levites as a gift to Aaron and to his sons from among the children of Israel, to do the service of the children of Israel in the tabernacle of the congregation, and to make an atonement for the children of Israel: that there be no plague among the children of Israel, when the children of Israel come nigh unto the sanctuary.” (Numbers 8:19)

What if, in disregard of God’s express command, we stay home? When Moses requested that Pharaoh let Israel go and assemble in the wilderness, according to God’s command, he urged its importance with, “lest he fall upon us with pestilence,” (Exodus 5:3). Staying home then, according to the Bible, we are more likely to get the pestilence.

VACCINATION

What about vaccination, is it a blessing from God? Is it God’s choice, or a disregard for His revealed will? Is it one of those things that seems right unto a man but the end thereof are the ways of death? Let’s see what the rationale is behind vaccinations, explore its true origins and effects, and where it fits with the Bible.

According to Wikipedia: “Vaccination is the administration of a vaccine to help the immune system develop immunity from a disease.

COVID-19, Influenza, Bird Flu, Ebola, And Other Pandemics: Is Your Immune System Prepared?

Vaccines contain a microorganism or virus in a weakened, live or killed state, or proteins or toxins from the organism. In stimulating the body's adaptive immunity, they help prevent sickness from an infectious disease."¹⁴⁵

God shares in Leviticus 15:1-15 that any contact with disease defiles and makes a person unclean. For example, if one comes in contact with the body fluids of someone who is sick, they become defiled and unclean (Leviticus 15:8). In Leviticus 5:2-6,17 each such defilement and uncleanness is categorized as an iniquity or sin, for which they would be required to offer a blood atonement. Disease originated with sin, it defiles you. The path of sin once entered upon, whether ignorantly, through deception, or willfully, leads to suffering, "and sin, when it is finished, bringeth forth death." (James 1:15). Thus, disease contamination is a serious matter. How serious? In today's terms, we would say it is a salvational issue, bearing upon whether you will be saved or lost. God, in His mercy, has provided an atonement whereby you can be cleansed from the defilement of sin and disease, but willful transgression is called presumption and is very perilous.

Now, I want to pause here to reassure you, that you are only accountable before God if you understand. "Jesus said unto them, If ye were blind, ye should have no sin: but now ye say, We see; therefore your sin remaineth." (John 9:41). If you have taken or have been given a vaccination in the past, not knowing the ramifications, God is merciful. We are told, "And the times of this ignorance God winked at; but now commandeth all men every where to repent:" (Acts 17:30). In other words, God covers you with His grace during your times of ignorance, when you participated in things that damaged your health. In the Old Testament there were sacrifices for sins of ignorance (Numbers 15:28). But once you know the truth it is presumptuous to go against God's expressed will, "Therefore to him that knoweth to do good, and doeth it not, to him it is sin." James 4:17. There is forgiveness in Jesus, even

if you sinned presumptuously, but not all the consequences may be averted. "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap." (Galatians 6:7). Moreover there is the verse Psalm 103:10 that says, "He does not deal with us according to our sins, nor repay us according to our iniquities". So pray for mercy and commit your case to Him who judges righteously.

In Numbers 19:20, failure to repent and receive an atonement for the sin of defilement results in being "cut off" from the congregation. In today's terms, we would say it is a test of fellowship, deciding whether one can continue to be a member of God's body, the church.

It is God's will for us to be healthy. In love, He gives crystal clear commands against exposing ourselves to disease.

But are our unchanging God's original Old Testament health statutes still applicable today? Isaiah 66:15-17 reveals that, at the time of the destruction of the wicked by fire in the very end, those who are still, "eating swine's flesh, and the abomination, and the mouse, shall be consumed together, saith the LORD." The health statute that they will have violated is, "And the swine, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you. Of their flesh shall ye not eat, and their carcase shall ye not touch; they are unclean to you." (Leviticus 11:7-8). This clearly reveals that God's health laws, which include prohibiting contamination with disease will never be repealed. God never changes. "And there shall in no wise enter into it any thing that defileth, neither whatsoever worketh abomination, or maketh a lie: but they which are written in the Lamb's book of life." (Revelation 21:27). We need a pure body to be prepared for Jesus' second coming. "And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body

be preserved blameless unto the coming of our Lord Jesus Christ.” 1 Thessalonians 5:23.

In the New Testament, Paul is not silent on this issue. He warns us not to touch an unclean thing, “Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you,” (2 Corinthians 6:17). He also warns that if we defile ourselves it will lead to our total destruction, “Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.” (1 Corinthians 3:16-17).

The whole idea of vaccination is fraught with contradictions. Vaccination is taking some part of a defiling disease and injecting it via a needle into our God-given, God-sustained body. It is a wonder how man ever came up with such an idea so contrary to God’s commands regarding dealing with diseases. To dare to inject an unclean and defiling (Leviticus 5:3), loathsome (Psalms 38:7), evil (Psalms 41:8) disease potion into a human being made in the image of God, to claim that it would protect or even make them healthier is a total affront to God, in opposition to what He had plainly stated. Contemplate what Job says, “Who can bring a clean thing out of an unclean? not one.” (Job 14:4). Paul condemns the wicked who say, “Let us do evil, that good may come” (Romans 3:8).

History reveals that vaccination finds its origins in the dark mystical spiritualistic practices of Chinese traditional medicine where it weighs in on the yin or negative side of the yin-yang energy balance in the expectation of magnifying the Yang or positive side of the balance.

This is just the philosophy under which vaccination originated. History reveals that vaccination (or variolation, as it was first

called), finds its origins in the dark mystical spiritualistic practices of Chinese traditional medicine where it is rooted in the universal ch’i energy philosophy, and weighs in on the yin side of the yin-yang energy balance. “Treatment of disease in Satan’s system is an act of attempting to rebalance the energy.”¹⁴⁶ Vaccination, as a yin element is considered dark or negative, but supposedly brings about light or health in the yang element. Variolation was originally carried out by inhalation of disease matter into the lungs, because they consider the lungs to be a yin organ, and they believe that treating them benefits the positive yang element, thereby producing a good outcome.

Later, when skin inoculations replaced vaccine inhalation, Chinese vaccinators deliberately applied their potions at the meridian points of acupuncture with the idea in mind that this plan would yield more powerful energy-based outcomes.¹⁴⁷ I specifically cite these facts to reveal the unscientific spiritualistic basis of this diabolical practice. Vaccination is the defilement of our body with a disease in flagrant violation of God’s health statutes and it was designed that way by the enemy of souls.

Despite the scientific evidence that proves the dangers of vaccination, relatively few make the effort to study into it and become aware of the side effects. It has been scientifically proven, but not publicized, that all vaccinations have serious side effects. Most would be shocked to realize that receiving the Hepatitis B vaccine increases a person’s odds of acquiring multiple sclerosis by 420%, systemic lupus erythematosus by 810%, and rheumatoid arthritis by 1700%.¹⁴⁸ It may come as a surprise that receiving the measles, mumps and rubella (MMR) shot, a common childhood vaccination, significantly increases the risk of acquiring chronic autoimmune inflammatory arthritis.¹⁴⁹ During the COVID-19 pandemic, those who had been vaccinated with a yearly flu vaccination increased their odds of acquiring COVID-19 by 36%.¹⁵⁰

God requires us to maintain the body He has given us in good health according to His divinely revealed health statutes and to shun Satan's deceptive counterfeits. God tells us that we need to have a personal knowledge of how to preserve the health of our bodies: "That every one of you should know how to possess his vessel (body) in sanctification and honour;" (1 Thessalonians 4:4). And why is this? It is so that we, "...shall be a vessel unto honour, sanctified, and meet for the master's use, and prepared unto every good work." (2 Timothy 2:21). He will hold us accountable for any damage we consent to have done to our body. "For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad." (2 Corinthians 5:10). Our commission is, "...glorify God in your body, and in your spirit, which are God's." (1 Corinthians 6:19-20). God does not want us to betray this sacred trust into the hands of the enemy.

WEARING OF THE MASK

Another preventive measure initiated by man, but not supported by the Bible, is the wearing of masks. But instead of being protective, in reality, this measure actually increases the risks associated with a pandemic disease. Even for doctors, science does not support their use. Surgeons and nurses performing surgery are required to wear disposable face masks presumably to prevent them from causing wound infections by passing germs from their noses and mouths into the patients' wounds. A review of scientific trials found no clear evidence that wearing disposable face masks reduced the number of surgical wound infections.¹⁵¹ What's more, these masks become colonized with pathogens and become a health hazard spreading disease to the patient.¹⁵² It also reduces the surgeon's ability to do his best work. Within the first hour of wearing a mask the surgeon's pulse rate increases and blood oxygen levels drop. This

compromises his ability to do the best that he is capable of, because his mind cannot work as sharply and his hands cannot be as precise. One slip of the hand, and a life may be sacrificed.¹⁵³ When I used to perform joint replacement surgery, our attire included what we referred to as a space suit, which included a circulation fan to maintain oxygen levels for the surgeon.

In the Bible, to contain the spread of leprosy, lepers were required to have a covering for their mouth, "he shall put a covering upon his upper lip, and shall cry, Unclean, unclean", (Leviticus 13:45). Covering the face or wearing a mask by people who are not leprous is never recommended in God's Word. By contrast, false prophets and deceivers, who had been exposed as having no message from God used to cover their lips, (and only their lips, not prohibiting their free breathing through their nose) to show their shame. (Micah 3:7).

Wearing a mask increases social isolation, creates fear, impedes communication, both because it muffles the voice and hides facial expressions that show emotions and intent. It also increases immunosuppression, disease spread, depression, and raises the pandemic death toll.^{154,155} Masks can hinder children's normal development and cause psychological symptoms including anxiety and stress together with causing concentration and learning problems.¹⁵⁶

**Masks literally suffocate the wearer,
reducing blood oxygen levels.**

Will wearing a mask protect me? God designed our faces to be exposed to fresh air and sunshine, and not to be smothered under a covering. The nose and mouth were created as organs of elimination for poisonous metabolic by-products like carbon dioxide, pathogens, toxins, and debris, and to receive fresh oxygen into the body. Masks literally suffocate the wearer, reducing blood oxygen levels. **Covering**

COVID-19, Influenza, Bird Flu, Ebola, And Other Pandemics: Is Your Immune System Prepared?

our airways with a mask forces us to rebreathe bacteria, viruses and toxins that can cause pneumonia, bronchitis, respiratory distress and a deadlier case of the prevailing pandemic or many other life-threatening diseases including cancer.¹⁵⁷ Fresh air has 0.04% carbon dioxide; wearing masks more than 5 minutes increases the inhaled carbon dioxide levels anywhere from 1.41% to 3.2%. This causes brain function to deteriorate¹⁵⁸ (increasing the risk for Alzheimer's) and suppresses the immune system. Without a fully functioning immune system, we are more likely to end up hospitalized or even dead. Mask-wearing produces the opposite of the desired effect, instead of helping a person stay safe, and stopping the pandemic's spread, in reality it makes people more susceptible to disease, exacerbates its severity, and prolongs the pandemic's course.¹⁵⁹

"For the wisdom of this world is foolishness with God. For it is written, He taketh the wise in their own craftiness." (1 Corinthians 3:19)

SUMMARY

- Do all that can be done naturally to boost the immune system.
- Be prepared to help others.
- Eat a variety of nutritious foods, comprised largely of vegetables, fruits, beans, nuts, seeds and whole grain products.
- Practice temperance in all things; abstain from harmful substances such as sugar, alcohol, smoking, and saturated fats; use only moderately that which is good (for example healthy salt).
- Follow Biblical guidelines for pandemic preparedness and management.
- Drink lots of water.

- Exercise regularly in the open air and sunshine.
- Get plenty of rest.
- And, most importantly, keep the communication open with your heavenly Father and participate in Christian assembly to pray about the pandemic in unity with others.

For further information, see the chapter entitled, "How Can I Apply Healthy Principles in My Daily Life". It has a sample daily schedule and a blank schedule that one can personalize. When filling in the blank form, one will need to add these points that are specific to pandemic preparedness under the appropriate sections:

Line (7 and 14) Herbal teas (depending on choice or availability): turmeric, astragalus, pine needle and echinacea.

Line (8 and 15) Meals/fasting: incorporate all the dietary advice in this chapter and consider fasting for a few meals or even a few days as mentioned under "ABSTEMIOUSNESS".

Line (19) Hydrotherapy: hot and cold showers. If sick, fever baths may be helpful.

Line (21) Charcoal poultice: if sick, a chest charcoal poultice overnight, or over any spot of pain or fever.

"Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God." (Psalm 42:11).

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COVID-19, Influenza, Bird Flu, Ebola, And Other Pandemics: Is Your Immune System Prepared?

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