



Bibleway Health Camp 2020

2nd to the 9th of August 2020



There are practical things you can do naturally to prevent getting sick due to contracting Corona Virus (Covid19).

1. **Stress** - Do not allow Paranoia over Covid19 to dominate your life, this creates unnecessary stresses. Become wiser to handle the situation. A persistent negative outlook as a result of the C19 pandemic, the emotions, and reactive thinking common in depression— insecurity, fear, helplessness, loneliness, hopelessness, lack of social support, and unhealthy suppression of these feelings erodes both the ability of the NK cells and killer T-lymphocytes to destroy viruses and cancer cells. —not only depress the mind but the immune system as well.

Stress reduces the ability of NK cells to make interferon, a chemical that substantially decreases viral replication. Stress produces homocysteine, which can cause liver damage and interferes with the vitamin B6 supply stored in the liver. Vitamin B6 is vital for the optimal performance of the immune system. Copper, is required for the production of Interleukin 2, which is an antiviral antibody. Homocysteine may interfere with the body's production of Nitric Oxide (NO). Nitric Oxide stimulates the Immune system and helps to suppress/kill Microorganism - Detrimental.

However, people who focus on a problem-solving thinking mode improve their NK activity. Harbor the thoughts of confidence, openness, social support, effective coping skills, self-discipline, trust, faith, and a will to survive. Think positively by applying the recommendations found in this document. Those who used these recommendations experienced positive results.

2. **Avoid Immune Suppressors** – Please take the time to understand the role of Nk cells. Natural killer (NK) cells, as well as killer-T lymphocytes, are specialized immune cells that destroy viruses and cancer cells. They release chemical bullets that perforate the protein coating of microorganisms. Although different signals actuate these two immune cells, they must be optimally functioning to protect us from super viruses. For this reason, it is crucial not to do anything that would compromise the health and performances of the NK and T Lymphocytes cells. Please avoid the following immune suppressors.

Refined sugar is an immune suppressor and encourages inflammation that fuels chronic complications of viral infections. Two tablespoons full of refined sugar can weaken the immune system up to 20% and could, therefore, only able to destroy about 20 harmful organisms within half an hour. Imagine how much weaker the immune system becomes if more amount of sugars are consumed? Refined sugar also creates an acidic environment in the body, which is the most conducive environment for viral multiplication. Refined sugar also

Alcohol - Avoid drinking alcohol because it suppresses natural killer cell activity by reducing the antiviral effect of interferon 1 while increasing inflammation. The interferon's role is to interfere with the replication of viruses.

Smoking - increases one's risk for influenza and coronavirus. Do not expose yourself to second-hand smoke.

Coffee - Avoid drinking coffee as it may negatively impact lymphocytes' performances.

3. **Hygiene** - The first line of defense against viral infection is to wash your hand correctly with soap and clean water. Often wash hands for about 30 seconds. Pay attention to the areas between fingers, around thumbs, and wrists. Use paper towels to turn off the spigot. Use alcohol-based hand sanitizers; however, this does not substitute the proper hand washing. Cover your mouth and nose during a cough or a sneeze with a tissue. During viral epidemics, be cautious about shaking hands and hugging people with anyone. Instead, greet with a wave of your hands. This protects people from the unbeknownst spreading of viruses. Touching your face with unwashed hands is not hygienic. Wear a facial mask to avoid infection from anyone who sneezes or coughs in public. Sanitize or disinfect cell phones, keyboards, elevator buttons, and doorknobs as necessary but not in paranoia.

4. Drink Pure Water

Dehydration must be avoided at all costs. It causes the sodium level to rise in the body; as a result, the red blood cells, and white blood cells agglutinate; this leads to oxygen deficiency, which weakens the performance of the NK cells, T lymphocytes, and the rest of the immune system components to efficiently defend the body against the harmful virus. The recommended water formula is 37ml x the body weight in Kg. Suppose the person's weight is 60kg, we multiply that with 37ml, and the result is 2.2 L.

www.bibleway.de

Disclaimer

Bibleway does not provide medical advice. The content of the document are for general informational purposes only. The content is not intended to be substitute for professional medical advice, diagnosis, or treatment. Reliance on any of the information provided on the document is solely at your own risk. Individual medical needs are very different; you should not assume that the information on the document concerning certain recommendation for immune enhancement will apply to you. Rather, you should evaluate your medical condition and make treatment decisions based upon consultation with your physician.

Register Now!

+49 (0) 9352 6040

Fax: +49 (0) 9352 604 250

lohrammainf@gmail.com

info@michelhotel-lohr.de