



Bibleway Health Camp 2020

2nd to the 9th of August 2020



9. Natural immune booster tea

Tea 1

10grams of Wormwood
300ml water

Instruction: Steep it in boiling water for 30 minutes.

Tea 2

1 head of onion
1 head of garlic
3cm fresh ginger
20grams fresh turmeric root (optional)
10g Echinacea
400ml Water

Instruction: Steep it in boiling water for 30 minutes.

Tea 3

10g Astragalus
3g Licorice root powder
300ml Water

Instruction: Steep it in boiling water for 30 minutes.

10. Exercise to boost Viral Killers

Regular, moderate exercise stimulates the Immune system.

Caution: the excessive strenuous exercise may impair the function of the Immune System.

Optimal exercise may enhance the function of NK Lymphocytes. Exercise may accelerate the clearance of toxins from the Lymphatic system. The Lymphatic System does not have a "pump" akin to the Heart - Exercise helps to activate the Lymphatic System.

1. We advise exercise using a trampoline (big or small both work).
2. A simple running in place or marching in place for 30 minutes.

Therefore, exercise ultimately plays a significant role in combating coronavirus infection.

11. Improve blood circulation!

If you do not have a neurological or circulatory disorder, severe anemia, or a blood vessel disorder, contrast showers are an excellent way to propel dormant immune cells into active service against any bacterial or viral infections.

Following is the instruction on how to do the water therapy.

Do an alternating hot and cold shower, as tolerated, in a warm bathroom: do three exchanges.

First Hot shower; 6 minutes and cold for 30 seconds;

Second hot shower; 7 minutes and cold 1 minute.

Third hot shower; 8 minutes and cold 2 minutes.

What are the effects of Hot and cold showers on our immune system?

Hot Water – Immersion induces an acute cytokine response such as interleukin-6 (IL-6), as well as increase in the plasma concentrations of IL6 and the amount of total T lymphocytes (CD3), T helper cells (CD4), T suppressor cells (CD8), activated T and B lymphocytes.

Cold Water –immersion therapy increase the monocytes, lymphocytes with expressed IL-2 receptors (CD25), plasma tumor necrosis factor alpha content was induced. An increase in the plasma concentrations of some acute phase proteins, such as haptoglobin and hemopexin. Increase in the plasma concentrations of IL6 and the amount of total T lymphocytes (CD3), T helper cells (CD4), T suppressor cells (CD8), T and B lymphocytes (HLA-DR).

12. Sleep

Optimal quantities of sleep enhance the function of the Immune System. Optimal amounts of sleep about eight hours are required for the optimal function of NK Lymphocytes (Natural Killer Cells). Recommended time to go to bed is 2200: Human subjects who are deprived of sleep in the laboratory exhibit reduced NK Lymphocyte activity by almost 30%.

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