

To continue the conversation this month on Immunity:

Everyday Activities to boost your Immunity



1. **Go for a walk.** If you don't have a physical job during the day, make sure you are getting about 150mins/week in exercise and physical activity. I'll even include gardening and time outside playing with the kids and grandkids. Let's get moving. The sunshine gives fuel for Vit D production that helps with immune and brain health. The American population, in general, is very depleted in Vitamin D. 15 mins of sunlight a day is recommended without sunscreen.
2. **Get fresh air.** Take off the mask and fill your lungs with some good fresh air. Oxygenate the lungs and improve your health through breathing. If you live in town, go find a hiking/biking path, or a bench if needed, and walk among the trees. Open up the windows in your house occasionally to "air it out" as grandma used to say. Hepa filters are good but fresh air is better.
3. **Get dirty.** Go get dirty. Some of the healthiest people I know are farmers and those that work outside in the dirt. It's proven to be great for Gut health, therefore your immune health. It has bacteria and virus' that help boost our systems believe it or not. Who knew?
(www.Livingclean.com/absence-dirt-damaging-health. www.littlethings.com/dirt-health-benefits)
4. **Managing stress: Rest and unplugging.** Know when to turn off the TV, computer and cell phones AND sometimes people. They all demand our attention to some degree. Our body and brain can only take so much. Sit on your front porch more often and listen to the birds, and kids playing. Give your body a break and get off the hamster wheel for a while. It has great potential to even lower blood pressure. "A calm and peaceful and tranquil heart is life and health to the body, but passion and envy are like rottenness to the bones." Proverbs 14:30
5. **Relationships and Physical touch.** Touch is very important to our physical and mental health. It lowers blood pressure, heart rate and stress hormones. It stimulates the production of killer T-cells that help fight disease within the Immune system. Go hug your family and maybe even a friend.
6. **Forgive one another.** Ephesians 4:27 "and do not give the devil an opportunity to lead you into sin by holding a grudge, or nurturing anger, or harboring resentment and bitterness." Studies have found that the act of forgiveness can reap huge rewards for your health, lowering the risk of heart attack; improving cholesterol levels and sleep; and reducing pain, blood pressure, and levels of anxiety, depression and stress. Chronic anger and bitterness increases that stress hormone, cortisol. www.hopkinsmedicine.org/health/wellness-and-prevention/forgiveness-your-health-depends-on-it. Matthew 6:12, teaching the disciples to pray He said "pray in this way, forgive us our debts AS we forgive our debtors." It's a command. Our choices will come with repercussions if we choose not to. Forgiveness comes with great freedom not only physically but mentally as well.
7. **Time with God.** It's been shown that those that spend time in reading of scripture and prayer are generally healthier people, physically and mentally. They recognize that there is a greater

“Being/God” in charge. The devil’s playground really is our mind. Be intentional in filling it with Truth of His Word. (Switch on your brain. By Caroline Leaf)

8. **Be an optimist and smile.** Optimists are generally more content, happier and healthier people. They certainly rebound from disease faster and more efficiently. Retrain your brain to see the “glass as half full”. It can be done and it is worth the effort. (www.health.harvard.edu/heart-health/optimism-and-your-health)
9. **Smile.** Proverbs 15:13 says, “A heart full of joy and goodness makes a cheerful face...”.
10. **Laugh.** A good belly laugh not only burns calories but is good for the heart and boosts longevity. In a study pessimists had a 42% higher rate of death than optimists. Laughing works by lowering our fight or flight hormone, cortisol. Optimisms works down to the cellular level of our bodies. www.health.harvard.edu/heart-health/optimism-and-your-health. The wise words of King Solomon once again, “A happy heart is good like a medicine and a joyful mind causes healing...” Proverbs 17:22

It’s intriguing to me all the details of our God designed bodies that will be affected by our actions mentally and physically. Smiling, laughing, good relationships with touch and forgiveness have all been shown powerful effects on our bodies.

Eating well and taking common sense care of your health doesn’t cost much. It’s just commitment on the front end. NO MORE EXCUSES. Let’s take care of ourselves and help encourage one another to do the same. Let’s keep the Doctor’s available to treat the sick.

Galatians 6:9 “Let us not grow weary or become discouraged in doing good, for at the proper time we will reap, if we do not give in.”

- Juanita
For the Faith and Health Initiative