

How to Improve Your Immune Function So It Can Fight Its BEST!

How to Have a Healthy Spiritual Immune System

How to Maximize Your Chances for Weight Loss Success

Broccoli and Why You Want It



Home Cures That Work

As the holiday season winds down and the calendar switches to a new year, it's natural to take stock of where you are and what you can improve in your life. It's no surprise that many people have the same resolutions every year: exercise more, eat healthier, lose weight, or learn something new. Most people try to become a better version of themselves to find higher levels of happiness. As if being happy isn't enough of a reward in itself, it turns out that happy people also live longer.

Here are some of the most effective ways to ensure that the new year is your happiest yet.

Naturally support your immune system. The immune system fights an abundance of harmful organisms and toxic chemicals found in food, water, and air. And, it needs proper support in order to function its best. We offer a 5-step plan for optimal immune function.

Eat multiple servings of colorful fruits and vegetables high in vitamins C, A, and phytonutrients that support the immune system. Choose more leafy greens and cruciferous vegetables like broccoli.

Practice positive affirmations. Your life is what you say and think. Self-affirmation activates neural reward pathways in the brain, which makes us feel good, which in practice turns into extraordinary results.

Feed your spirit daily. Just like you feed your physical body every day, your spirit needs nourishment, too. We all need to take time to feed our souls with uplifting ideas, inspiration, and hope for a better tomorrow. Doing this allows us to connect our souls to God. Nature, prayer and meditation are also ways to connect with the divine.

In a nutshell, you can start your journey to happiness in the new year with positive affirmations, plenty of greens, daily spiritual development, and use natural substances to support your immune system. Make these a part of your daily life throughout the year — it will change your world around!

For your health,

Cheryl Ravey, Editor
Home Cures That Work

AUTHORS



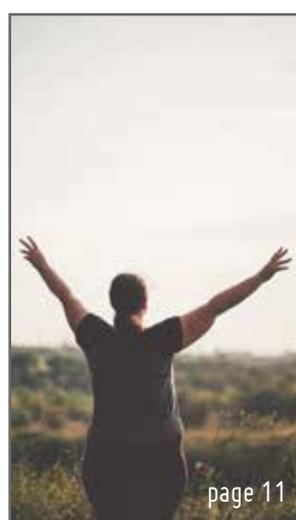
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04 HOW TO IMPROVE YOUR IMMUNE FUNCTION SO IT CAN FIGHT ITS BEST!

The immune system is a complex network of cells, tissues, and organs that protects your body from pathogens. Think of it as a personal shield to protect you from harmful organisms, toxins and viruses that can have a negative effect on your health. Your immune system needs proper support in order to function its best. Here are a few ways to support and boost your immune system naturally.



08 BROCCOLI AND WHY YOU WANT IT

Whether eaten steamed, raw, or roasted, broccoli adds a boost of nutrients to your diet and takes less than 5 minutes to whip up. And new research suggests even more health benefits to broccoli beyond its current list of advantages.



13 HOW TO MAXIMIZE YOUR CHANCES FOR WEIGHT LOSS SUCCESS

Repeating positive phrases brings healing. They also help people stick to their health goals, such as weight loss. Visualize and affirm what you want to be true, not necessarily how you feel in the moment. The idea is to create the reality you desire through affirmation and positivity. We include some statements you should try...

13 HOW TO HAVE A HEALTHY SPIRITUAL IMMUNE SYSTEM

Want a healthier body and improved stress levels? Learn the importance of spiritual health. It turns out that, in fact, whether we follow a moral compass has a huge effect on our immediate and future wellbeing. Free yourself from spiritual traps for a new kind of life, more full of love, more full of health and more full of potential.

IMMUNE SYSTEM BOOSTERS



GET ENOUGH SLEEP



STAY HYDRATED



GET HEALTHY FOOD



EXERCISE



STRESS RELIEF



PROBIOTIC SUPPLEMENT

by Dr. Scott Saunders, M.D.

HOW TO IMPROVE YOUR IMMUNE FUNCTION SO IT CAN FIGHT ITS BEST!

The recent virus event(s) has made everyone start thinking about their immune system. Some are getting a vaccine to try to increase immunity to the virus. Others are trying to use vitamins and minerals to improve their immune function so they don't get sick. It is a good idea for us to review the immune system to get a good idea of how to improve it.

Life is messy. Our existence creates waste. No matter where you go, there is a need to clean up. I clean my house. I mop the floor. I get out all the spider webs, and bugs. I clean the toilet and scrub the shower. The kitchen must be cleaned a lot. People make waste like urine and feces, but there is also a lot of microscopic waste like skin cells that are left all over. They say 25% of house dust is skin cells... yuck!

The inside of the body is just as messy and must be cleaned continuously. Many different cells and organs do the cleaning. The liver cleans up the toxic chemicals. The spleen cleans the particulate matter out of the blood. Our immune cells do most of this! These cells are amazing!

Types of Immune Cell Functions

Macrophages – clean up dead or infected cells and debris. They are not specific, they just look for junk, but must be activated by T-cells or neutrophils. Macrophages eat up, digest tired old cells, and spit out the amino acids and fats so they can be recycled. When antibodies bind to proteins that are not needed macrophages then eat them and recycle the amino acids.

T-cells – bind to infected cells and kill them by punching holes in them. Each T-cell is specific to a single virus or invader.

B-cells – make antibodies to bind to invaders outside of cells; they are also specific to that infection.

Antibodies – are proteins that bind to specific viruses or waste floating freely to mark it for clean-up by the macrophages.

NK cells – Natural killer cells do not need to recognize a specific invader. They will kill everything that is not healthy. Healthy cells have proteins on the outside that tell the NK cell not to kill it. When a cell becomes senescent, cancerous or infected with a virus, it stops making those proteins, so the NK cells take it out, and leave the carcass for macrophages to clean up.

Neutrophils – These are the white blood cells that make pus. They can be either specific to a certain pathogen, or non-specific by just knowing that it is “not one of us.” They also make a lot of signals to T-cells, B-cells, and macrophages to “come and help!”

Beyond these, there are other types of cells, for example, some that cause allergies.

Our cellular immunity (T-cells, neutrophils, and macrophages) can take out the infected cells before they become virus factories. Vaccine immunity only gives antibodies. This is why natural infection is so much better than vaccine immunity. Those with natural infections have lifetime immunity whereas vaccines that only produce antibodies may only last a few months.

Autoimmune diseases – We think of these soldiers of ours turning against their own people. Autoimmune disease

is “friendly fire.” We are fighting against ourselves. Actually, there is a natural response to the clean-up processes that suppress inflammation, but chronic stress and deficiencies can allow inflammation. Moreover, we have excess of some proteins being made that must be cleaned up by the immune system, causing us to make more antibodies against ourselves. It's simply a cleaning process.

Stress – Short-term stress activates the immune function of all cells allowing healing and repair. However long-term stress causes more suppression of immune response.[1] Stress has the most far-reaching effect on immune function. Stress suppresses the cellular immunity and increases antibodies, allowing autoimmune disease. What's more, it decreases NK cell function, allowing cancer to grow because there is more suppression of T-cells.

There are simple ways to manage stress. For example, controlled breathing helps induce the relaxation response, which improves immune function. Meditation also has a greater effect than diet.[2]

Nutrients for a Stronger Immune System[3]

Vitamin D[4] Keeps the immune system from overacting. It prevents autoimmune disease. It stops the excessive “cytokine storm” that causes the lungs to fill with fluid in SARS-CoV-2 infections. Vitamin D status is the most important factor in preventing serious complications of infection.[5] Vitamin D binding protein is macrophage activating factor – allowing the macrophages to clean up debris.

Zinc is necessary for T-cell function. Those who were deficient in zinc in the

Middle East died of infections by age 25.[6] Zinc is a common deficiency, especially in men.

Garlic. A high quality, 12-week study in 146 people found that supplementing with garlic reduced the incidence of the common cold by about 30%. Garlic improves the function of macrophages and NK cells to prevent both infections and cancer. [7]

Probiotics have multiple immune effects. The bacteria in our intestines regulate the immune system to a great degree. They have been shown to help prevent allergies, eczema, and viral infections, as well as improving the response to vaccination. [8] The chemicals produced by these bacteria decrease inflammation in the entire body.

Prebiotics help to grow the good probiotics. “What you feed is what you get.” If you feed the good bacteria with fiber from fruit, vegetables, mushrooms, nuts, seeds, and whole grains, you will get more of the anti-inflammatory bacteria in the intestines.[9]

Vitamin C helps the neutrophils to kill invaders, and the macrophages to clean up the mess. Low levels of vitamin C increases the risk of viral infections. When there is a current infection, much more vitamin C is needed.[10] In the 1950s Dr. Cathcart showed that high doses of vitamin C could stop a virus, but not kill it.[11] He used vitamin C to “bowel tolerance,” meaning until the person got diarrhea. He found that “bowel tolerance,” or the ability to absorb vitamin C increased two to five times during an acute infection.

Mushrooms have multiple different immune effects. There is one direct effect of activating macrophages, allowing them to clean up after an infection.[12] They also provide prebiotics for the intestines,

allowing good bacteria to decrease the inflammatory response.[13] Mushrooms contain beta glucan, which is great for respiratory infections, decreasing the length and strength of symptoms.[14] They have also been shown to decrease cancer risk, and even improve cancer treatment.

Ginger has been used for centuries to help fight infections and prevent cancer. The active ingredient increases the NK cell function to get rid of senescent, infected, or cancerous cells.[15]

PLAN for Improved Immune Function:

1. Exercise regularly, not too much. Excess exercise causes inflammation.
2. Manage stress, don't over-extend yourself. Do meditation and controlled breathing.
3. Get plenty of sleep – at least 7 hours for an adult. Go to bed by 10pm.
4. Diet:
 - Make your own food.
 - Eat a colorful, well-balanced diet high in fruits and vegetables.
 - Have mushrooms regularly.
 - Use spices a lot, like garlic, ginger, and turmeric.



- Healthy fats – wild-caught fish, flax seeds. Avoid corn, soy, and canola oil.
- Don't smoke.
- Avoid sugar
- If you drink alcohol, drink only once a week.
- Drink plenty of water.

5. Take the following supplements:

- Zinc 100mg per week.
- Selenium 1mg per week.
- Vitamin C 500 to 1000mg per day, increase to 2,000mg three times a day if you get an infection.
- Vitamin D3 10,000 iu per day.
- [Probiotics](#) – take a high-dose probiotic once per week.

The point is that everyone should not run out and get some more supplements to try to have a better immune system. If you are deficient, by all means a supplement is a great idea. The recommendations above are based on thousands of tests I have done and found to be common deficiencies. So, here are the most important things for a strong immune system– in order of importance:

1. STRESS REDUCTION

2. DIET

3. EXERCISE

4. SUPPLEMENTS

A properly-functioning immune system can protect everyone from every infectious disease or cancer. Health is your greatest wealth. It is definitely worth all your efforts to keep your immune system functioning well.



The supplements are important, but not the most important. It is common for people to take a pill and assume they are getting healthy, but health does not come in a pill.

“The desire to take medicine is perhaps the greatest feature which distinguishes man from animals.” ~ William Osler

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BROCCOLI and Why You Want It

If you have children, at some time or another you've probably urged them to eat their broccoli, "Children, eat your trees!"

Then, there's former President George Bush, Sr., who complained, "I do not like broccoli. And I haven't liked it since I was a little kid and my mother made me eat it. And I'm President of the United States and I'm not going to eat any more broccoli."

In spite of former President Bush's aversion to broccoli, it is one of those rare foods that merits the title of superfood.

Cruciferous Vegetables

Broccoli belongs to the elite group of vegetables known as cruciferous or brassica. In general, cruciferous vegetables are rich in vitamins, fiber, and disease-fighting phytochemicals. Some of the more common cruciferous vegetables include:

- Arugula
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Chinese cabbage
- Collard greens
- Horseradish
- Kale
- Mustard greens
- Radish
- Rutabaga
- Kohlrabi/Turnip

10 Health Benefits of Broccoli

Yet, broccoli stands out even among the cruciferous vegetables as a superfood—and for good reason! We would be hard-pressed to find a more nutrient-dense food on earth.[1] Over 300 research studies have been conducted on broccoli to unveil its special healing properties—especially its ability to prevent cancer.[2] Even if you would have previously agreed with President Bush, after reading these 10 health benefits of broccoli, you may decide to learn to like broccoli.

1. DETOXES YOUR BODY.

Broccoli uniquely contains three glucosinolate phytonutrients in a special combination that support all three steps of the detoxification process: activation, neutralization, and elimination.[3]

2. HELPS PREVENT AND FIGHT CANCER.

Due to broccoli's distinctive combination of antioxidant, anti-inflammatory, and detoxification components it can lower your risk of cancer and fight existing cancer cells. This is especially true in the case of breast, pancreatic and prostate cancer.[4] As little as ½ cup per day can provide these cancer-fighting benefits.[5]

3. LOWERS CHOLESTEROL.

When steamed, broccoli's fiber-related components bind together with bile acids in the digestive tract and help lower cholesterol.[6]

4. BALANCES LEVELS OF VITAMIN D.

One of the issues with our chronic vitamin D deficiency is keeping our vitamin D metabolism in balance when we take large supplemental doses of the vitamin. The benefit of this superfood is that Broccoli's high levels of vitamins A and K neatly address this issue.[7]

5. REDUCES INFLAMMATION.

Broccoli reduces inflammation in the body in at least two ways. First, the isothiocyanates (ITCs) coming from the glucosinolates found in broccoli reign in the body's inflammatory response mechanism. Second, an over-active inflammatory system is often the result of a lack of omega-3 fat in the diet. Broccoli provides a great natural source of omega-3 fats.[8]

6. GOOD FOR YOUR GUT.

Broccoli can help protect the digestive system from gastritis, ulcers, and stomach cancer due to the protection it offers against the bacterium *Helicobacter pylori*—a very common cause of bacterial infections.[9]

7. HELPS PREVENT BIRTH DEFECTS.

Broccoli contains an abundance of folate, the B vitamin that is essential for preventing birth defects like spina bifida. Deficiency in folate may be the most common deficiency in the world—solved by eating broccoli.[10]

8. REDUCES RISK OF CATARACTS.

The phytochemical carotenoid antioxidants lutein and zeaxanthin that are also plentiful in broccoli are known to lower the risk of cataracts and promote eye health. [11]

9. BUILDS HEALTHY BONES.

A cup of broccoli not only contains 41 mg of calcium, but 79 mg of vitamin C as well. The vitamin C promotes the absorption of calcium. The vitamin K in broccoli also contributes to bone health and aids in the clotting of blood.[12]

10. DECREASES RISK FOR HEART ATTACK AND STROKE.

Full of flavonoids, carotenoids, folate, potassium, and vitamins C, E and B6, broccoli is well-equipped to help prevent heart disease.

How to Select and Prepare Broccoli

Purchase organically grown broccoli that has a dark green, sage or purple-green

color. If the florets are yellow, pale green, or limp they are old, or too mature—don't buy them. If leaves are present, they should be fresh looking and not wilted.

At home, store broccoli in a plastic bag or container in the refrigerator for up to 10 days. Do not wash before refrigerating as this will promote spoilage.[13]

You can enjoy broccoli raw or cooked. The recommended method for cooking is steamed (not sitting in water). Steaming maximizes flavor and nutritional value, although you can stir-fry it on low heat as well for as short a time as possible to ensure nutrient retention. Boiling broccoli in water will leech out many of its nutrients.[14]

Tip: sometimes when enclosed, broccoli can give off the unpleasant odor of sulfur. This is not harmful. To remedy this and to stimulate enzyme activity, simply slice the broccoli and let it sit for a few minutes before eating or cooking.[15]

Cut florets into quarters to produce even cooking throughout. The stems and leaves are also delicious and nutritious. Steam the broccoli for just 5 minutes. Some people find cruciferous vegetables bitter. Adding salt will counter the bitter taste.

Recipes

Simply enjoy broccoli florets steamed and serve with butter and your favorite spices.

For a colorful and healthy medley, steam both broccoli and cauliflower florets together and serve with butter and season with salt and pepper. You can also add broccoli florets to a salad or soup.

Beef and Broccoli[16]

Ingredients for four servings

- 3 tablespoons organic cornstarch (or arrowroot)
- ½ cup water
- 2 tablespoons water
- ½ teaspoon garlic powder
- 1 lb. boneless round steak or 1 lb. charcoal chuck steak, cut into thin 3-inch strips
- 2 tablespoons olive oil
- 4 cups broccoli florets
- 1 small onion, cut into wedges
- 1/3 cup Braggs liquid aminos
- 1 teaspoon ground ginger
- 2 cups hot cooked brown rice or quinoa

Directions

1. In a bowl, mix 2 tablespoons cornstarch, 2 tablespoons water and garlic powder until smooth.
2. Add beef to the mixture and stir in to coat the beef.
3. In a large skillet, add 1 tablespoon olive oil and stir-fry beef over low heat until cooked, but still tender. Remove beef from skillet and keep warm.
4. In the skillet, stir-fry broccoli and onion in the remaining oil for 4-5 minutes.
5. Return the beef to the skillet with the broccoli.

6. Combine liquid aminos, ginger, 1 tablespoon cornstarch, and ½ cup water until smooth.

7. Cook and stir for 2 minutes.

8. Serve over rice or quinoa.

Healthy Broccoli Salad[17]

Ingredients for 6 to 8 servings

- 1 head of broccoli
- 6-8 slices cooked bacon crumbled
- ½ cup chopped red onion
- ½ cup raisins
- 8 oz. organic sharp cheddar cheese, cut into very small chunks
- 1 plain greek yogurt
- 2 tablespoons white vinegar
- ½ cup halved cherry tomatoes
- Salt and freshly ground black pepper
- Stevia, to taste (optional)

Directions

1. Remove leaves and tough part of broccoli stalk and wash broccoli.
2. Cut the florets and stem into bite-size pieces and place in a large bowl.
3. Add the crumbled bacon, onion, raisins, and cheese.
4. In another small bowl, combine the

remaining ingredients for the dressing and stir well.

5. Add the dressing to the salad and toss gently.

Broccoli is one of those versatile vegetables that goes with practically any meat, and any meal. You can even mix leftover broccoli into your scrambled eggs for breakfast—yum!

See if you can come up with three unique ways to serve broccoli in the coming week. Try your recipes and let us know what you think of them.

Oh, and while you're enjoying the fresh taste of broccoli, remember all the amazing health benefits of this superfood you're experiencing!

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How to Maximize Your Chances for Weight Loss Success



EVERYTHING YOU SEE around you was first an idea in the mind of one individual who got his mind, body and spirit involved in the process of giving life to his idea. There are universal laws we must abide to in order to manifest whatever it is we want to do, have or be. Here are two things you must start doing to trigger the law of attraction. It's a matter of Mind Over Body.

Visualize Your Victory: If you can see it, you can have it!

Visualizing the way you want to look and feel is important for your success in shedding weight and building muscle tone.

Close your eyes and visualize yourself achieving your desired goals. You may not feel completely comfortable doing this at first and the images may not be entirely clear. That's okay, because the more you practice the clearer they will become. Try to picture the same images every day, adding more detail as you become more familiar with the process. Think of yourself as the lead actor in a movie you are projecting on the screen of your mind. Make sure that when you are doing this, you give an Oscar-winning performance!

Positive Affirmations: The more you say it, the more you see it!

Positive affirmations are simple and effective. They are you being in conscious control of your thoughts. They are short, powerful statements. When you say them or think them or even hear them, they become the thoughts that create your reality. They help you move closer to your goals.

Here are a few simple rules to remember when you're creating positive affirmations for yourself.

- Always use the present tense. You want your mind to know that what you affirm has already happened.
- Be absolutely positive. Use as many positive verbs as you can.
- Be emotionally involved with your affirmations.
- Write them down so that you will remember them. Keep them short and specific.
- Personalize them by using your name.
- Repeat them as often as possible in order to imprint what you are affirming on your subconscious mind.
- Create a habit by setting aside a specific time for doing your affirmations each day.
- Believe that what you say is actually happening. The more you are able to believe, the stronger your affirmation will be.

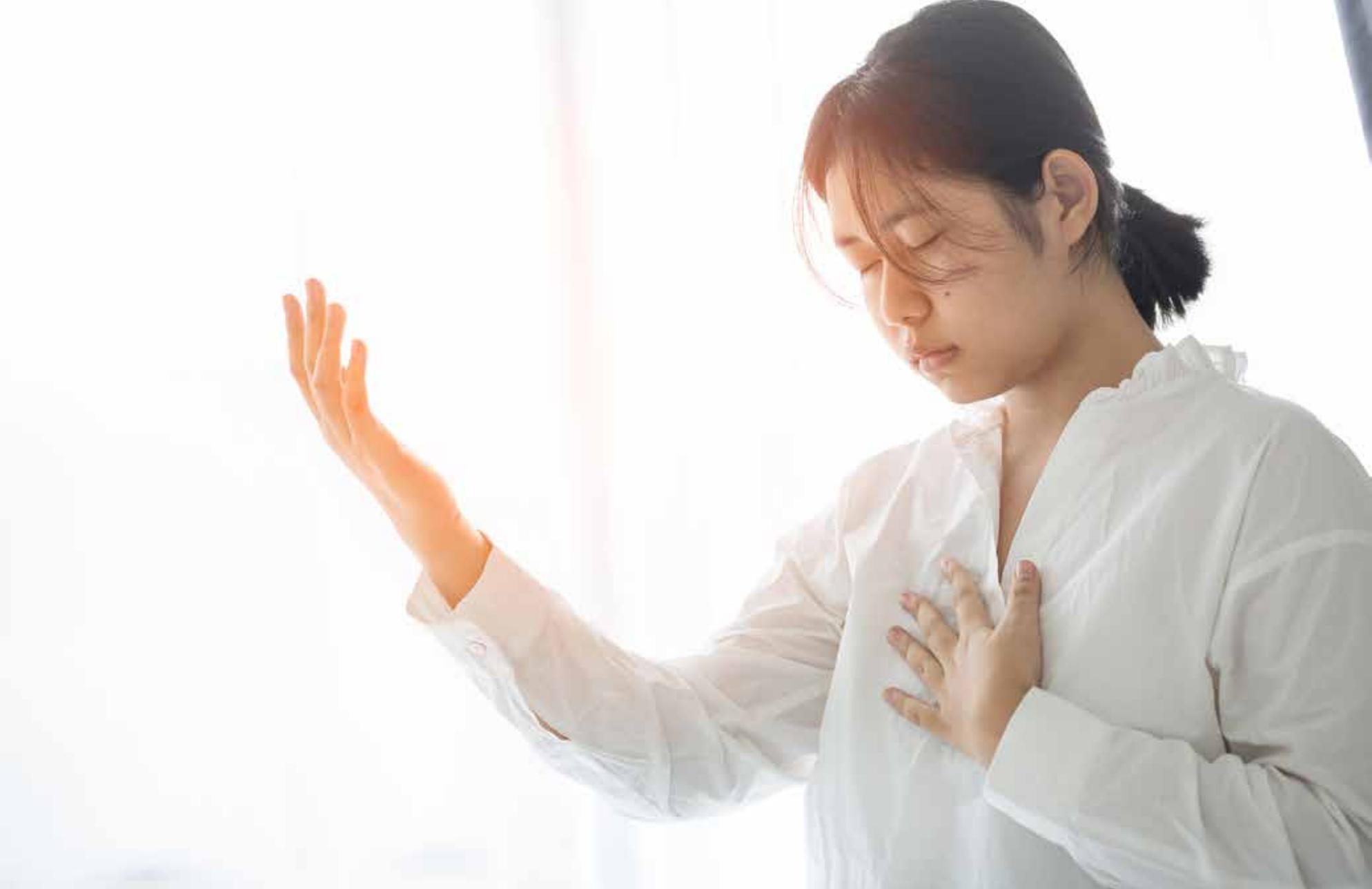
Repeat each affirmation you choose three times with feeling, and trust that with practice everything in your life will gently fall into place for your highest good. Take a moment to let go of all your limitations and allow your heart's desires to be created.

Here are some examples of Powerful Affirmations:

- I have the power to control my health.
- I deserve to be fit now.
- I am ready, willing and deserving to be fit.
- I adopt healthy behaviors.
- I focus on my form while I exercise.
- I respect and appreciate others who are fit.
- I am guided by my true core desire.
- I am strong, lean, and beautiful.
- I am losing the unwanted weight surely and smoothly.
- I am strong, intelligent, and handsome.
- I am in control of my health and wellness.
- I have abundant energy, vitality, and well-being.
- Health and vitality flows into my veins.
- I am healthy in all aspects of my being.
- I am maintaining my ideal weight.
- I am burning fat easily.
- I am fit, healthy, and happy.

Positive affirmations such as these interrupt the subconscious negative belief patterns that can zap your health and happiness, and help you reclaim it.





HOW TO HAVE A HEALTHY SPIRITUAL IMMUNE SYSTEM

ON JULY 2, 2014, Louis Zamperini, a great American hero, died at age 97 in Los Angeles. Louis Zamperini was an Olympic runner for the US, but that's not primarily what he's known for. Instead, he is most remembered as a WWII veteran who survived--not only 47 days on a tiny rubber raft in the Pacific--but also his capture and endurance in a Japanese prisoner of war camp known as Execution Island.

In 2010, author, Laura Hillenbrand

published the story of Louis Zamperini in the book, *Unbroken*. On Christmas day, 2014, the movie *Unbroken* will be released in theaters across the nation. View the *Unbroken* trailer here.

Louis Zamperini's story is one of the most inspiring I've ever read. He's the kind of person you want to be like. Yet, few of us will ever have to contend with the rigors of survival at sea or endure the horrors of a prisoner of war death camp. By contrast, we might even feel ashamed at the relatively puny things that we struggle with by comparison. Yet,

these things are so common in life and they can destroy us if we're not prepared for them.

Our culture today seems to be preoccupied with physical health and well-being. It is noble to desire and drive towards maintaining good health. But many of the struggles, trials, suffering, and even our own foibles can undermine our health regardless of how well we eat or how much we exercise.

Holistic health--the health of the whole person: body, mind and spirit--involves

far more than mere physical health. And failure to attend to our spiritual well-being can cause great harm to our physical and mental health.

There is a strong link between our spiritual health and our physical and mental health. Consider the following words of wisdom:

“A heart at peace gives life to the body, but envy rots the bones.” -- Proverbs 14:30[1]

“Gracious words are a honeycomb, sweet to the soul and healing to the bones.” -- Proverbs 16:24

“A cheerful heart is good medicine, but a crushed spirit dries up the bones.” -- Proverbs 17:22

For the remainder of this article, I'd like to focus on our spiritual health.

Diseases of the Spirit

The diseases of the spirit are different in kind than those of the mind or body. But the diseases of the spirit are no less destructive and even deadly. I see two general kinds of diseases of the spirit.

1. INTERNAL DISEASES OF THE SPIRIT

Internal diseases of the spirit are those spiritual diseases to which we are pre-disposed. We find ourselves falling victim to these diseases at times even when we sincerely desire to avoid them. Some of these diseases of the spirit include: anger, rage, envy, jealousy, bitterness, unforgiveness, hate, self-centeredness, and self-indulgence.

We can categorize those diseases as sin. We have all been infected with the sin disease. We inherited it from our parents and they from theirs and so on. No one had to teach us to do wrong. We are inclined to do so even though we might detest it and seek to remove it from our lives.

“Who can say, ‘I have kept my heart pure; I am clean and without sin?’” -- Proverbs 20:9

For instance, if we harbor bitterness toward someone who has harmed us--no matter how trivial or serious--and we withhold forgiveness from them, we are harming our own health. Someone has said, “Refusal to forgive others is like taking poison ourselves while hoping the offending person will die.”

In 1950, Louis Zamperini returned to Japan to seek out his tormentors from his POW camp days and forgive them. Louis later wrote, “I think the hardest thing in life is to forgive. Hate is self-destructive. If you hate somebody, then you're not hurting the person you hate; you're hurting yourself. It's a healing, actually, it's a real healing...forgiveness.”

But when we allow these diseases to take root in our lives and grow like cancer, we become “carriers” of these diseases infecting others around us.

2. EXTERNAL DISEASES OF THE SPIRIT

External diseases of the spirit are attacks on our person that come from outside of us. These can include all kinds of hardships, sufferings, and circumstances beyond our control. Examples of an external attack on our spirit might be the diagnosis of a physical disease like cancer, experiencing a traumatic natural

disaster, or a being hit by a drunk driver. Mere physical or mental health is insufficient to get us through some of these trials that come our way. We need to be armed with spiritual vitality as well.

Sometimes these external assaults on our spiritual health can result in a flare up of the internal diseases of the spirit. For instance, something as minor as a flat tire can set us off into a rage, making everyone around us “pay” for what happened to us.

The physical and emotional stress and discord that such a diseased response causes has far-reaching effects on our health and that of others. This is why it's so important that we cultivate spiritual health.

It's important for us to recognize that while we cannot necessarily control whether we had that flat tire, We are truly “diseased” when we think that the event itself is the cause of our response. It's up to us to respond to those situations in a healthy manner.

Symptoms of Spiritual Illness

Symptoms of these spiritual sicknesses can include any or all of the following:

- Apathy about life in general
- An attitude that “It's all about me!”
- Idolatry--living for and ascribing ultimate worth to something or someone who is less than divine. For instance, there's nothing wrong with pursuing a great career. But when we live solely for that career and allow it to define who we are, such action is debasing

and demeaning of God and us. Think of how puny it would be to merely refer to Louis Zamperini as an Olympic runner. Instead, look at what God did in his life and through him for others! You are much, much more than that which your career defines you as.

- Lack of a moral compass--our conscience can become twisted and perverted. We need a higher standard.
- No lofty purpose for living. Viktor E. Frankl, Nazi concentration camp survivor wrote, "Those who have a 'why' to live, can bear with almost any 'how'."
- Repeating sin patterns like anger, selfishness, lying, deceit, gossip, etc.

Removing the root cause of spiritual illness

Before talking about building up our immune systems, we need to ensure that we are taking steps toward eliminating the root cause of spiritual disease instead of merely dealing with symptoms. Sin, or going our own way away from God, is the root cause of all spiritual disease.

All of us sin and have sinned-- But God, out of His great love for us, sent His Son Jesus to pay the penalty of our sin on our behalf and reconcile us to Himself.

God asks us to believe Him and accept His gracious gift and free mercy. He extends us forgiveness through Christ. The question is whether we will humbly receive His free gift or spurn and reject Him.

Boosting our Spiritual Immune Systems

Once we have dealt with the root cause of our spiritual sickness, we can begin to focus on boosting our spiritual immune system. Let me offer three ways to do this:

1. DEVELOP A HEALTHY SPIRITUAL MINDSET.

God made this very simple for us. Developing a healthy spiritual mindset begins and ends with trusting that God loves you unconditionally--period! With the knowledge that He loves you, love Him back and love others. This prescription is not necessarily easy, but it is simple. Following this prescription leads to a life filled with peace and joy. We also arrive at the end of life knowing that we've left a legacy for others. We've made a difference.

2. DEEPEN YOUR RELATIONSHIP WITH GOD.

Get to know Him and His character and allow Him to transform you. We get to know Him better by engaging in practices like reading the Bible (His Word), praying (conversation with Him), spending time alone with Him in solitude, worshiping Him, etc. It is by spending time with Him that He changes us. For in His presence we cannot remain unchanged. As we spend time with Him, we take on God's character. We become more loving, patient, gracious, merciful, kind, just, truthful, faithful, etc.

3. SPEND TIME WITH SPIRITUALLY HEALTHY PEOPLE.

This is important for several reasons. First, we become like those with whom we spend time. Second, the whole is greater than the sum of its parts. That is, we can accomplish more with others and often

we cannot do what we need to do alone. Third, the nature of the changes that God wants to bring about in us are chiefly relational. We cannot grow relationally apart from the input and help of other people. We spur each other on toward love and good deeds.[2]

On the flip side, the Scripture warns, "Do not be misled: bad company corrupts good character." [3] We have to approach this strategy in all humility, however, knowing that we all sin. But there's a difference between someone who is seeking to abandon their sin and another person who gives themselves to their sin with abandon.

Surround yourself with people who are pursuing relationship with God and actively cultivating their spiritual health. And reach out to those in love and care who do not yet seek or love God.

What are you doing to ensure your spiritual health? Vibrant health is so much more than a healthy mind and body. Take the steps today outlined in this article to boost your spiritual immune system!





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OUR MISSION

We help people experience vibrant, amazing health through natural healing remedies.