

...continued from cover

video chat, and connect through online group interactions.

As we stay home, it's important to create a routine. Our routine needs to include:

- **Chores:** These are the daily tasks that keep our environments clean and our bodies fed.
- **“Occupation”:** An “occupation” includes working from home or volunteer work. If we are not able to work from home, we need to choose a project, like: gardening, cleaning out the garage, or learning something new. Learning something new is great for our brains, it releases dopamine, a natural feel-good chemical. There is a wealth of free classes, books, and instruction on various projects online.
- **Exercise:** It is important to include regular exercise: walking, hiking, cycling, or stretching. There are many online exercise apps for all levels of fitness that can be downloaded and done at home. Exercise releases endorphins that are great for our mental and emotional well-being.
- **Entertainment:** And finally, it's important to do something enjoyable every day. This can take the form of reading, watching a movie, listening to music, cooking, or video conferencing with colleagues, family, and friends. This is a time we can learn something we've

always wanted to learn and didn't have time to.

Be kind to yourself as you continue to adjust to this unusual

life event. Avoid isolating. Remember that connecting with friends and loved ones keeps us from feeling lonely. Ask for help if you need it. Remember to create a routine that includes chores, work, projects, exercise, and activities that bring joy into your life. Remember that we have a loving God who will get us through this. ○○○



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UPLIFT

Farmington Seventh-day Adventist Church Newsletter
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We'd love to hear from you!

General Comments/Questions:
Church@FarmingtonAdventist.net

To submit a letter to the editor for consideration in a future edition of the newsletter, please email Editor@FarmingtonAdventist.net. Letters should include the writer's full name, address and home telephone. Only the writer's first name and city will be published. The editor reserves the right to edit letters for purposes of clarity and space.

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Growing With God

Many understand the need for a personal relationship with God. How many of us have said, if only I had a little more time I could set some quality time aside to spend with God? Christ, our great example, would often take this time with His Heavenly Father. In Luke 5:16 (NKJV), when talking about Christ, it says “So He Himself often withdrew into the wilderness and prayed.” In the beginning of His ministry He withdrew for 40 days into the wilderness and during His ministry there were many times He stayed up all night spending time with His Father.

I have thought how it would be nice to be able to take some time off to just study, pray, and renew my spiritual life. Many of us now have this time. We are no longer going out as much. Many are not working or traveling to work and so there is much more time available. It is said that “When life gives you lemons make lemonade.” Covid 19 is one sour lemon indeed. Let's take this terrible situation and make at least some good come out of it by becoming closer to God than we have ever been before.

“So that they should seek the Lord, in the hope that they might grope for Him and find Him, though He is not far from each one of us;” Acts 17:27 (NKJV).

“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you” Matthew 7:7 (NKJV).

May we all grow ever closer to God, *Pastor Robert Harvey*

UPLIFT

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2020 SPRING EDITION

How to Survive Social Distancing

○○○ Frances Wagner, M.S. L.M.H.C.

Any time we go through a significant life change we face an adjustment period. We may feel anxious, sad, disoriented or depressed. This is normal. It's important to recognize our feelings and not berate ourselves for feeling out of sorts. It is helpful to ask ourselves, What am I the most anxious about? We may be worried about our health, or the health of our loved ones. We may be worried about running out of supplies or food. It is easy to let our minds focus on the worst possible outcomes and become very anxious and afraid.

Dealing with the pandemic is very stressful, but we can decrease our anxiety in the following ways.

- **Limit our media intake.**
Watching the news everyday increases our anxiety.
- **Focus on opportunities.**
When our minds focus on the threat brought by the coronavirus,

we can balance negative thoughts by reflecting on the potential opportunities this experience brings, like reading a good book, talking to a friend, and having more time to spend with God.

- **Be faithful in doing what we can.**
We can take stock of what we can control and find a sense of certainty by doing things like: washing our hands, social distancing, exercising and getting enough sleep.

One of the most challenging experiences we are facing as a result of the coronavirus is the stay home policy and social distancing. We are hardwired to be social. Social interaction keeps us physically and mentally healthier. The longer we stay home from work, school, and our normal activities the lonelier we may feel. The best thing we can do is reach out to family, friends, and neighbors. We can call people, schedule times to

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Practical Approach to the Prevention and Treatment of COVID-19

○●○ Drue Wagner, MD, MS

We all are very aware that our first line of defense against COVID-19 is to avoid exposure with “social distancing”; no handshakes, frequent handwashing, not touching our eyes, nose or mouth, and wearing a mask in public places.

Public Health experts project that 40-70 percent of the world’s population will become infected with this very contagious virus. Fortunately, 80% of those who contract the virus will recover well without needing to be hospitalized.

With the majority of Americans hunkered down at home, hoping to avoid exposure to COVID-19, there are many things you could be doing RIGHT NOW to optimize your immune system—to avoid getting the disease if you are exposed—and minimize the chances of being one of the 20% that will need hospitalization.

Vital health principles you want to incorporate immediately are:

1. **ADEQUATE SLEEP:** 7-8 hours per night is critical. Sleep deprivation makes a person more prone to

infection and less able to develop strong immunity. Talk with your doctor if you are experiencing insomnia!

2. **EXERCISE:** Walking greatly improves circulation and activation of your immune system. Walk at least 10-20 minutes after each meal.



3. **NUTRITION:** A plant-based, whole foods diet is best. Fruits, vegetables, whole grains, beans, nuts, and seeds are what your body needs to build strong immunity. Sugar is especially harmful to the immune system, reducing the activity of the white blood cells that fight infection. Avoid desserts, soda pop, and fruit juices. Avoid snacking between meals.

4. **WATER:** Be sure to stay well hydrated, drinking 8-10 glasses of water per day. Start taking hotter showers and ending with cold water. This will boost circulating white blood cells.

5. **SUNSHINE:** Get as much sunshine as you can, but don’t rely on this for your critical Vitamin D needs. Vitamin D protects against respiratory viruses by many different mechanisms. In our latitude, especially this time of year, you need to supplement with Vitamin D3; 3,000 to 5,000



IUs is a good dose range.

6. **AVOID TOXINS:** Refrain from using alcohol, drugs and nicotine. Cigarette smoke exposure increases the expression of the “ACE-2” receptors in the lungs—increasing their numbers. COVID-19 attacks the body by binding to these receptors!

7. **FRESH AIR:** We need to breath fresh air daily to keep our immune systems healthy. Open your bedroom window at night and keep fresh air circulating in the home during the day.

8. **TRUST IN GOD:** We are spiritual beings and optimizing spiritual health is part of optimizing physical health. If you have neglected your spiritual health, this is the perfect time to renew your relationship with your Creator. Give Him your anxiety, your fears, and your hopes. He is the Great Healer.



If you develop symptoms of COVID-19 infection, and if you apply lessons learned from the 1918 Influenza pandemic*, what you do for the subsequent seven days is critical and could save your life!!

1. Isolate yourself to your bedroom on complete bedrest, except to shower and use the bathroom.
2. Double down on all of the above health promoting measures. Strictly avoid all junk food, especially sugar. Sugar depresses your immune function.
3. Start vigorous Hydrothermal Therapy** as soon as possible. Hydrothermal Therapy’s goal is

to induce a hyperthermic state (102 to 103 degrees Fahrenheit) for 15-20 minutes. This results in a “fever-like” immune response. Repeat 1-3 times daily for several days.



4. Eat three times per day with at least 4 hours between meals and no between meal snacks—just water. This optimizes digestion and improves healing potential.
5. Stay in bed for 2-3 days (maybe even as long as 5 days) after you have “recovered”. The risk of relapse is real and could be more serious the second time. Studies of COVID-19 have shown that the viral load remains elevated, even after apparent recovery. Your immune system still needs time to recover and make the antibodies necessary to destroy the remaining viruses. You are still able to infect others during this time.
6. If you develop shortness of breath or chest discomfort, you need to go to the hospital for further evaluation and treatment.

*Hutchinson Seventh-day Adventist Seminary 1918 pandemic protocol. <https://dryoungberg.com/wp-content/uploads/2020/04/Northern-Union-Reaper-p.2-Hutchinson-MN-1.pdf>

**There are many excellent video demonstrations of Hydrothermal Therapy, also known as Hydrotherapy, available on YouTube. Dr. Wes Youngberg has excellent demonstration videos posted on his website as noted below.

Sources:
 - Roger Seheult, MD (<https://www.MedCram.com>), Updates 46 & 47
 - Wes Youngberg, DrPH, MPH, CNS, FACLM (<https://dryoungberg.com/immune-protocol-for-prevention-and-management-of-viral-exposure-or-infection-%ef%bb%bf/>)
 - Neil Nedley, MD (<https://www.youtube.com/watch?v=C8BICluLG8c>)

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Peace

○●○ Wes Wagner (farmer.ww@hotmail.com)

Peace is contentment with what is, which requires a disciplined way of thinking such as acknowledging and expressing gratitude for the constant blessings we are enjoying but might be taking for granted; like the sun, rain or the air we breathe.

Finding peace comes from what we focus on. In fact, this idea comes to us from centuries past (circa 745-685 BC) when Assyria, the greatest terror of the world, assumed Jerusalem’s easy defeat. But the prophet said, “You [God] will keep him in perfect peace, whose mind is stayed on You, because he [that’s us] trusts in You.”¹

That’s not just any kind of peace; a nap, floating on the lake or soaking up the sun. It is perfect peace; peace no matter what.

How is that possible? Peace in time of despair; really? Yes, absolutely! Peace comes when we trust the authority over us to do well by us and trust comes from experiencing God’s benefits time and time again.

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me **when you seek me with all your heart.**”² (emphasis added).

In its darkest hour, Israel did this: “Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.”³ And then one night before Assyria attacked, the angel of the Lord killed 185,000 Assyrian men of valor. There was no battle.⁴ Perfect peace only comes from trusting God no matter what.

¹ Isaiah 26:3 NKJV | ² Jer. 29:11-13 NIV | ³ 1 Pet. 5:6-7 NIV | ⁴ 2 Chron. 32 & 2 Kings 19

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Sneaky Spinach Smoothie

○●○ Linda Eastman



Berries are loaded with antioxidants, vitamins, minerals and fiber, making them one of the healthiest foods on the planet. Chia seeds are the richest plant source of omega-3 fatty acids and have more calcium ounce for ounce than most dairy products! Chia also contain all nine essential amino acids required to make them a complete protein. It is hard to find a vegetable richer in Vitamin K than spinach so sneaking some into your smoothies is a good choice for bone health. Now get out that blender and get started!

Whiz up in a blender:

- 1 banana
 - 1 cup blueberries or strawberries
 - 1 cup coconut or almond milk
 - 1 handful of spinach
 - 1 tablespoon chia seeds
- Sweeten to taste with stevia or agave syrup (optional)