

# Fortifying Our Immune Systems for Winter

Those of you who take the *Daily Mail* may have seen therein, on 15<sup>th</sup> July, the prognostication by Patrick Vallance that flu [and RSV] may be serious problems this winter, because so few people have immunity due to the lockdowns [as reported in the UK Column News, 19:07:21].

So lockdowns weaken our immunity. Well, there's something we didn't know 🙄

Mr. Vallance may have continued with some essential advice on how to fortify our immune systems against the various winter flu and cold viruses: I don't know, as I don't read the *Daily Mail*, but maybe you will find the following helpful...

Foods good for strengthening our immune systems are obviously of primary importance, as is exercise, fresh air, and plenty of sunshine. We haven't had as much sun this summer (thus far) as the Lord so graciously gave us during the Spring and Summer of 2020, so supplements may also be necessary for many of us as we go into the winter - especially vitamin C, vitamin D3, and zinc.

Daily vitamin D3, with vitamin K2 (uploads vitamin D), and magnesium (activates vitamin D), is fundamental for strong immune systems, as it is a lack of vitamin D from the sun in winter that is a main factor making us, in the Northern hemisphere, so vulnerable to winter adenoviruses, coronaviruses, rhinoviruses, etc.

Maintaining high zinc levels is also vital, as zinc inhibits viral entry and replication in cells. Zinc is taken with vitamin C and a zinc ionophore (aids zinc into cells) such as green tea (epigallocatechin gallate), quercetin, or clioquinol.

**For more info on preparing our immunity now for the autumn and winter, please see:**

<https://www.bayith.org/ComingOutOfLockdownRebuildingOurImmuneSystems.pdf>

<https://www.bayith.org/ABitOfDirt.pdf>

[https://www.bayith.org/Covid19\\_TheNutritionists.htm](https://www.bayith.org/Covid19_TheNutritionists.htm)

[https://www.bayith.org/HealthAndNutrition\\_Nutrition.htm](https://www.bayith.org/HealthAndNutrition_Nutrition.htm)

*May God keep us safe and our immune systems strong in the coming months,  
Elizabeth McDonald  
30 July 2021*

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