

WELLNESS TIPS TO PREVENT ILLNESS

The below prescription is based on the Creator's model of healthcare:

If you are sick with a cough, cold, and/or fever stay home.
Self-isolate. This is no different than any other contagious illness.

- **Pray to God** for his mercy and grace to end the current pandemic. **God is the greatest physician** and **prayer is the best medicine**.
- **We are all responsible for our health.** Our immune system is a gift from God. Stimulate your immune system with:
 - a. drinking 3L of water daily: **Water is Life!**
 - b. **eating a balanced diet** with mostly vegetables and fruits.
 - c. routine **exercise** 30 minutes daily
 - d. **sleep** at least 7–8 hours nightly
 - e. cultivate **love and forgiveness** in your heart.
- **Wash your hands often** and keep hands away from your face. **Wear a mask** if coughing around others or to protect yourself around others coughing.
- **Avoid social media** and the news and replace with healing prayer. A powerful gift we can give to the world reflecting God's love.

Many blessings as we **lead with love!**

