

MARCH 2020 SPECIAL

NEWSLETTER



BATTLING THE VIRUS

Although Covid-19 has turned the world upside down, we needn't fear as long as our immune system is strong and we are otherwise basically healthy. Every individual can strengthen his or her health using simple methods.

In addition to the hygienic measures we all know, we can consciously choose to live a healthy lifestyle, which can optimize our immune system. The gravity of a disease is not only determined by the virus, but also by the immune system's ability to handle it.

NEWSTART PLUS strengthens the immune system, and thereby our general health, in a holistic way and also promotes healing from viral infections.

NEWSTART PLUS

NUTRITION

Avoid overeating and unhealthy foods in general. Eat more fresh fruit and vegetables. Include more fiber in your diet, like fruit, vegetables, whole grains, legumes, garbanzo beans, lentils, and more.

Reduce fat and especially cholesterol, which is found in milk, butter, cheese, eggs and meat. Eat as little meat as possible (especially no pork).

Avoid refined foods, for example, sugar, white flour and white rice, whenever possible.

Eat anti-oxidant-rich foods like fruit (especially berries and plums) and vegetables (especially broccoli, Brussels sprouts, spinach, cabbage, garlic and onions). Garlic contains the highest level of anti-oxidants of all, is antiviral and strengthens the immune system.

EXERCISE

Do 30 minutes of some kind of aerobic exercise outside daily. Cross-country skiing, swimming, jogging, cycling and fast walking are all good examples.

WATER

Drink two to three liters of water daily between meals.

Contrast baths (showers) stimulate the immune system. Alternate three minutes of hot water with 30 seconds of cold. Do this three times, starting with hot and finishing with cold. Rest and stay warm afterwards.

SUNLIGHT

Sunlight is antiviral and the vitamin D we receive from exposure to it is a great immune booster.

FRESH AIR

Out in nature in the fresh air we needn't fear infection from the virus. Spend time outside and air all your rooms at least every two hours. Practice breathing deeply, from your stomach and not shallow chest breathing.

TEMPERANCE

Temperance, or self-discipline, means we should avoid harmful substances like alcohol, tobacco, coffee and chocolate, and enjoy healthy foods in healthy quantities.

REST

Stress and sleep deprivation weaken the immune system greatly. Don't let the virus cause you stress and take the time you need to get to bed on time.

TRUST

Trust in divine power promotes immunity.

In the Bible we read: *"Fear not, for I am with you. Be not afraid, for I am your God. I will strengthen you, yes, I will help you, yes, I will uphold you with my righteous right hand!"* (Isaiah 41:10)

NATURAL MEDICINE

N-ACETYL CYSTEINE (NAC)

In 75% of those who took two of these tablets per day (1200 mg), exposure to the virus produced no symptoms.

NATURAL EMERGENCY MEDICATION

If you come into contact with the virus and accidentally touch your face, you can take a zinc tablet. Zinc is toxic for the virus and destroys it on contact.

NEWSTART

Make a new start in your life. If you want to know more about NEWSTART PLUS, click on the following link:

<https://www.newstart.com/>

Individuals with chronic illnesses are at risk when it comes to the coronavirus. If you suffer from one of these, pluck up your courage and declare war against it with NEWSTART PLUS! Diseases like arteriosclerosis, heart attack, stroke, high blood pressure, high cholesterol, diabetes II and cancer can be reversed in many instances. If you need help implementing these principles, we would love help.

NEWSTART PLUS - PROGRAM

May 10 - 21, 2020

July 5 - 16, 2020

August 16 - 27, 2020

November 8 - 19, 2020

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