



Seek the Lord, rest in Him, and rely only on his faithfulness for peace in this time of turmoil for “surely the arm of the Lord is not too short to save, nor his ear too dull to hear.” Isaiah 59:1 (NIV)



FEAR NOT

John 14:27 (The Passion Translation)

“I leave the gift of peace with you – my peace. Not the kind of fragile peace given by the world, but my perfect peace. Don’t yield to fear or be troubled in your hearts – instead, be courageous!” A gift not taken/opened can never be experienced nor appreciated.

Psalms 23:4 (The Passion Translation – Poetry on fire)

“Lord, even when your path takes me through the valley of deepest darkness, fear will never conquer me, for you already have! You remain close to me and lead me through it all the way. Your authority is my strength and my peace. The comfort of your love takes away my fear.”

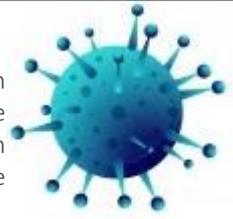
David reminds us in Psalms 34:4 – “Listen to my testimony: I cried to God in my distress and he answered me. He freed me from all my fears!” (The Passion Translation – Poetry on fire)

Cry out to God and you will find peace!



WHAT IS A VIRUS?

Viruses are very simple, they are made up of an outer shell of protein which carries the virus' DNA (or RNA) – the genetic code with the instructions for making new copies of the virus. Some viruses have an extra layer around the shell, but that's about it. A virus can only reproduce by infecting a host cell (i.e. human body cells). Viruses “commandeer” the host cell and use its resources to make more viruses, basically reprogramming it to become a virus factory. Viruses are not considered living, because they can't reproduce without a host.



Many animal and plant species have their own viruses. Bats and pangolins host many different kinds of coronavirus, one of which is believed to be the source of the novel coronavirus that causes COVID-19.

HOW ARE VIRUSES DIFFERENT FROM BACTERIA?

Even though they can both make us sick, bacteria and viruses are very different at the biological level. Bacteria are small and single-celled, but they are living organisms that do not depend on a host cell to reproduce. Bacterial and viral infections are treated very differently due to these differences. For instance, antibiotics are only helpful against bacteria, not viruses.

THE EMPIRE STRIKES BACK

Viruses want in, whether you nick your skin, rub your eyes, not realizing that the doorknob you touched had a cold virus on it, or ate something that maybe wasn't cooked or cleaned as well as it should have been. Thankfully your immune system should know that there's a problem. It reads a tell-tale “fingerprint” of proteins on the surface of cells, so it can tell the difference between your own cells and the cells that shouldn't be there. It releases white blood cells and other chemicals that destroy these threats. Antibodies are one of the key weapons against viruses in our immune system's arsenal – they are molecules made by our white blood cells to fight off invaders and keep us healthy. Each of us has more than 10 billion different kinds of antibodies – that means there are more antibodies inside you right now than there are people in the world. Antibodies bind to viruses, marking them as invaders so that white blood cells can engulf and destroy them.



BOOST YOUR IMMUNE SYSTEM



Immune boosters

Vitamins: A, B6, B12, C, D and E.

Minerals: Zinc, selenium and magnesium.

Herbs: Garlic, astragalus, milk thistle, ginseng, green tea, black cumin and licorice.

Antioxidant-rich foods.

Regular exercise (preferably outdoors).

Enough rest – especially sleep.

Pet owners have lower blood pressure and cholesterol levels.

Positive attitude/outlook.

Plenty laughter.

Immune suppressants

Any substance that depresses your immune system is not something that you want to use.

Smoking and nicotine use are bad for the immune system.

Alcohol depresses the immune system so it's best to drink it in moderation or not at all.

Chronic stress depresses the immune system and increases the risk of many types of illnesses.

Many studies suggest loneliness and social isolation are very detrimental to health.

ALOE FEROX IMMUNE BOOSTERS

Aloe Ferox products that will help to keep your immune system in tip-top shape:



WINTER FIGHTER with Echinacea

Research found that the highly active polysaccharides in Echinacea activate specific cells of the immune system that fight infections. Echinacea will also improve the viability of white blood cells, thus building and maintaining the immune system.

VITAMIN C+ (Ascorbic acid) – Sold out, awaiting stock

Vitamin C is an essential micronutrient. It's a potent antioxidant (fights free radicals in the body) and a cofactor for a family of biosynthetic and gene regulatory enzymes. Vitamin C contributes to immune defence by supporting various cellular functions of both the innate and adaptive immune system. Vitamin C deficiency results in impaired immunity and higher susceptibility to infections. Supplementation with vitamin C appears to be able to both prevent and treat respiratory and systemic infections. Studies have shown that sufficient vitamin C intake can shorten the severity and duration of viral infections and benefit recovery.



WHOLE-LEAF ALOE JUICE

The combined action of the 130 medicinal agents found in the *Aloe ferox* plant boosts the immune system as well as the general wellbeing of the body. In controlled human trials, polysaccharide (present in *Aloe ferox* plants) intake stimulated the immune system in the blood of healthy adults and dampened the allergic response to respiratory inflammatory agents.



BODYBASICS



- Vitamin B6 (pyridoxine) is vital to supporting biochemical reactions in the immune system. Symptoms of vitamin B6 deficiency include depression and weakened immune system.
- Magnesium has a strong relation with the immune system, in both innate and acquired immune response. Magnesium reduces inflammation and helps to keep viral infections at bay.
- Zinc is a mineral that's important to the body in many ways. Zinc keeps the immune system strong, helps heal wounds, and supports normal growth. Zinc has become a popular treatment for the common cold. Some studies have found that zinc lozenges may reduce the duration of colds, perhaps by a day or so, and may reduce the number of upper respiratory infections in children. A 2015 analysis of clinical trials found that oral zinc helps to reduce the length of colds when taken within 24 hours after symptoms start. There is a growing body of evidence that zinc is also a messenger in a variety of cellular activities. Intracellular zinc concentration can be changed by immune-related extracellular stimulation, facilitating better signalling pathways for immune homeostasis and functions.
- Vitamin B12 is a powerhouse. It helps make DNA, nerve and blood cells, and is crucial for a healthy brain and immune system. Your metabolism wouldn't run smoothly without it.

SI-NOSE SPRAY and SI-NOSE DROPS contain the bitter sap of the *Aloe ferox* plant – renowned for its antiviral properties. Limit viral infections by using it for general nasal wellbeing.



**JULY 2020
PRICE INCREASE**

**POSTPONED UNTIL
FURTHER NOTICE!**



SPECIALS

**BEST
OFFER**

Bi-monthly specials have always been scheduled to coincide with the bi-monthly newsletters. This scheduling will change on 1 May 2020, after which the specials will run for just 1 month at a time. This means that there will be 12 specials per year – one for each month.

“Prosper! Reproduce! Fill Earth! Take charge!” [Genesis 1:28](#) (The Message)

“Take charge!” does not only entitle humanity to govern happenings around us but it also places a significant responsibility on everyone to be part of solutions to make our planet great and safe for all inhabitants – human or animal alike.

The nature of plastic, in general, makes it by far the most versatile product known to man, however, plastic has become the #1 waste material across the globe. The neglect to be part of conservation and reduce, reuse and recycle solutions, is evident all around us. It is easy to place the blame on manufacturers of plastic goods but blaming only deflects responsibility. “Taking charge” is the process by which we immerse ourselves in conservation, reduction, reusing and recycling both at home and at work.

Aloe Ferox has made considerable changes over the past decade or so to be part of conservation, reduction, reusing and recycling. A prime example, is the plastic air pocket packing material. It is made from virgin HDPE plastic which can be reused and/or recycled many times over. It is extremely light and contributes no real weight when used as a packing material – less weight means less strain on declining fossil fuels.

“Ultimately though, the responsibility of whether plastic ends up in a landfill or is correctly passed on to a suitable recycler, is up to every consumer.”

Fulfil your created purpose: Take charge and start a reuse initiative or get involved in a reuse/recycling project in your local community. Your contribution matters!