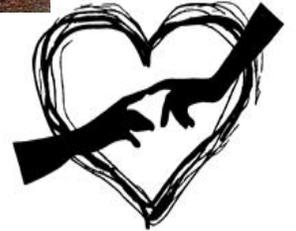




Peace Of Mind Pacific County

Hope Letter #6



Our Bodies Are Excellent at Forgiveness

We can use this opportunity to start nurturing our bodies with healthy food, exercise and rest while we are all forced to stay home. Nutrients needed for a healthy immune system include vitamin C, D, E, A, zinc and Omega 3 fatty acids.



Great sources of vitamin C are strawberries, oranges, tomatoes and mangos. Taking a supplement is extremely beneficial as well. You can't overdose on vitamin C and it's imperative to increase antioxidants, which will decrease oxidative stress. Studies are consistently showing that high doses of vitamin C are very effective in treating illnesses, such as whooping cough and coronavirus.



Vitamin E foods such as avocados, almonds, seeds and olive oil are wonderful at fighting chronic inflammation, neutralizing free radicals and reducing oxidative stress. It helps to prevent cognitive decline and reduces risk of death due to respiratory and cardiovascular disease.

Foods such as red meat, liver, oysters and pumpkin seeds have the wonderful immune boosting nutrient called zinc, which is also vital to reducing the production of inflammatory cytokines.



Increasing sun exposure for a free dose of vitamin D benefits both the innate and adaptive immune response. Vitamin D deficiency increases susceptibility to infection and autoimmunity and was once used to treat tuberculosis before antibiotics were so readily available.

One of the most important vitamins for immune health is vitamin A, as it regulates the healthy production of T cells and the migration of T cells into infected cells. The best source of vitamin A is liver, but can also come from salmon, butter and cheese. Vitamin A is plentiful in melon, squash, spinach and mango for those following plant-based diets.

Decreasing the ratio between Omega-6 and Omega-3 fatty acids (aiming for less than 4:1) will drastically reduce the production of cytokines, which are secreted from immune cells to promote inflammation. The imbalance of these fatty acids in today's standard diet is causing us to have an overactive immune system triggering chronic inflammation. Increasing the intake of Omega-3 fatty acids is fundamental for a *healthy mind* and is *key in fighting depression, memory loss and chronic fatigue*. Cutting out all vegetable oils and using olive oil or coconut oil instead can help to decrease the amount of Omega-6 fatty acids in your diet while creating more of a balance between the two.

Processed sugar is never good. Most believe it is a once in a while treat, but there are so many other ways to fulfill our sweet tooth without using sugar. Sugar is more addictive than opioids; sugar causes cancer and has detrimental affects on our immune system. Vitamin C and glucose love to compete for cell entry. By focusing on a low glycemic diet (less grains, less rice, less bread, less sugar) we will be making sure that the vitamin C we are ingesting is able to get into our cells.



Carrie Rutledge

— used with permission from the author, Carrie Rutledge, nutritionist. Original article published April 10, 2020 in OM Times Magazine. You can see the full article here:

http://community.omtimes.com/profiles/blogs/the-coronavirus-pandemic-and-what-we-can-learn-from-it?xg_source=activity

We salute the teachers and staff of Long Beach Elementary and Ocean Park Elementary for the recent Wave Parades through our communities and positive messages.



Pacific County Asks for Your Help with Survey

SOUTH BEND, WA. – The Pacific County Emergency Operations Center in coordination with Pacific County government officials is conducting a very important survey to gather information about the social and economic impact of the COVID-19 pandemic in Pacific County. We want to know about your experiences during the COVID-19 outbreak. This survey is very user friendly and simply asks you to answer a series of very short questions related to the COVID19 pandemic. Please know that your participation is voluntary. You may choose to skip any question or end the survey at any point. The survey data is subject to public records; however, survey answers are anonymous. This survey does not ask you for any identifying personal information. The deadline for the survey to be complete by is May 25th, 2020. Links to the survey are listed below.

English:

<https://s.surveyplanet.com/2TTk1nNy7>

Spanish:

<https://s.surveyplanet.com/kAS98yY9I7>

These links as well as accurate and up-to-date sources of online information can be found at Pacific County Department of Health & Human Services at <https://www.pacificcountycovid19.com/index.html>

For more information, please contact the Direct Response line at (360) 875-9407 / (360) 642-9407

POMPC coffee hour meets virtually on ZOOM Wednesdays at 1:00 pm.
ZOOM meeting ID:651-369-196.
For conversation options other than ZOOM, please call or text Barbara at 1-360-244-5566.

We have compassion for ourselves as well as others.
- POMPC Principle

Coffee Hour and POMPC Contact: Barb @360.244.5566

OR based Warm Line
1.800.698.2392

WA based Warm Line
1.877.500.9276

Mobile Crisis 1.800.224.2289

Crisis text line "HELLO" to
741741

Teen Link 1.866.833.6546

POMPC
PO Box 708
Ocean Park, WA 98640