

Walking in WELLNESS

— DIGEST —

Where Biblical Wisdom Meets Evidence-Based Wellness

SEPTEMBER 2026

PRESCRIPTION NO. 003

SEPTEMBER WELLNESS PRESCRIPTION

STRENGTHEN YOUR SHIELD

Preparing Your Immune System
for Cold & Flu Season

Build healthy habits now to support your
immune system and protect your body
all season long.

Support your
immune system
before cold and
flu season
begins.

R_x

YOUR PRESCRIPTION: STRENGTHEN YOUR IMMUNE SYSTEM EVERY DAY!

 ZINC POWER	Supports immune response & wound healing	  	Pumpkin seeds, chickpeas, almonds, lean meats
 VITAMIN C	Supports immune cells & antioxidant defense	   	Citrus fruits, berries, kiwi, bell peppers
 VITAMIN D	Supports immune function & inflammation control	   	Salmon, egg yolks, mushrooms, fortified foods
 IMMUNE BOOSTERS	Natural compounds help fight illness	  	Garlic, ginger, turmeric, onions, leafy greens
 HYDRATE & REST	Hydration and quality sleep keep immunity strong	  	Water, herbal tea, 7-9 hours of sleep



SCIENCE BEHIND THE SCRIPTURE

Psalm 91:4 (NKJV)

*"He shall cover you with His feathers, And under His wings you shall take refuge;
His truth shall be your shield and buckler."*

God provides protection for our bodies just as He promises spiritual protection for our souls. Caring for our health through good nutrition, rest, and wise choices allows our bodies to function as He designed them to—strong and resilient.





NURSE'S CORNER

Evidence-Based Health Tips

Your Gut: The Front Line of Your Immune System

Did you know that much of your immune system lives in your gut? Your gut is home to trillions of beneficial microbes that help protect you from harmful germs, support digestion, and even influence your mood.

When your gut is healthy, your immune system works more efficiently. You can support your gut by eating fiber-rich foods (like fruits, vegetables, beans, and whole grains), staying hydrated, getting adequate sleep, managing stress, and including probiotic-rich foods like yogurt, kefir, or sauerkraut in your diet.

A healthy gut helps create a strong shield for your entire body—especially during cold and flu season.



Together in Wellness,
Brianne Taylor, RN, BSN



WELLNESS INSIGHT

Did you know?

LYMPHATIC HEALTH: SUPPORT YOUR BODY'S NATURAL DEFENSE

Your lymphatic system helps move immune cells throughout your body and clears out waste, toxins, and extra fluid. Unlike your heart, it doesn't have a pump—movement keeps it flowing!

Support healthy lymph flow:



Stay hydrated



Move your body



Stretch



Take deep breaths



KITCHEN PRESCRIPTION

Garlic Lemon Chicken Soup



Directions:

Sauté onion and garlic in olive oil. Add carrots and celery; cook 5 minutes. Add broth and bring to a boil. Add chicken, turmeric (if using) and simmer 15 minutes. Stir in spinach and lemon juice. Season to taste. Serve warm and enjoy!

Warm, nourishing, and packed with immune-supporting ingredients!

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 2 carrots, sliced
- 2 celery stalks, sliced
- 6 cups low-sodium chicken broth
- 2 cups shredded chicken
- 2 cups fresh spinach
- Juice of 1 lemon
- 1/2 tsp black pepper
- 1/4 tsp turmeric (optional)
- Sea salt to taste



WELLNESS REFLECTION

What can I do today to better support my immune system and overall health?

Commit to one change you can make this week!



SEPTEMBER WELLNESS CHALLENGE

Strengthen Your Shield Challenge

For 7 days, focus on 5 immunity-boosting habits!

Track your progress:

- ☒ Eat a variety of colorful fruits & veggies
- ☒ Drink plenty of water
- ☒ Get 7-9 hours of quality sleep
- ☒ Move your body for at least 30 minutes
- ☒ Take a Vitamin D & Zinc rich foods or supplement
- ☐ Take a picture of your healthy meal or outdoor walk and inspire others!



COMING NEXT MONTH

October Wellness Prescription

NOURISH YOUR TEMPLE

Fueling Your Body with God's Goodness



YOUR PRESCRIPTION REFILL

Protect Your Sleep

This week, choose a consistent bedtime and give your body the rest it needs to support healthy immune function.



HELPING OUR CHURCH FAMILY HONOR GOD BY FAITHFULLY STEWARDING THE GIFT OF HEALTH.
Until next month, keep walking in wellness.



healthandwellness@truegospelcc.com



truegospelcc.com

