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**To:** <iridology@netzero.net>

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**Subject:** The Value of Giving Thanks

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## Steven Horne's Newsletter

Natural News and Herbal Views



Over 40 years ago, I was living in a basement apartment struggling to make ends meet. I was feeling really down and discouraged and stuck thinking about how bad I had it. But then, I started to think of the millions of people in the world who were worse off than me. I thought about all the people who don't always have enough to eat, or live in substandard housing, or otherwise struggle to have the basic necessities of life. I also thought of the many people who are blind, deaf, crippled, or otherwise handicapped.

I came to the realization that I was extremely blessed. I had a place to live, I was making ends meet, I had food to eat, and I could be much worse off. So I decided, then and there, that I was never going to feel sorry for myself about such things ever again. So, whenever I start to feel down, I've learned to look around and count my blessings. As I begin to thank God for all that I have, that sense that I am blessed returns and it's hard to stay down for very long.

This year, I have many things to be thankful for. I'm glad that I have a job despite all the problems happening in the world right now. I'm thankful I have the money to pay my bills, a home to live in, a wife and family, and all the

freedoms I enjoy. I'm also grateful for the knowledge God has given me in natural healing because it allows me to continue to live a reasonably healthy life without having to use pharmaceutical medicines.

I believe a lot of the unhappiness people experience comes from continually focusing on what they lack, and not on what they have. When you are thankful and have gratitude, what you have becomes more and it invites more blessings into your life. So, if you are feeling unhappiness in your life, consider pausing to reflect on all the things you have and say a prayer of gratitude for each. And the next time you have the fortune to spend time with the people important in your life consider taking the time to thank them and tell them how thankful you are to have them.

I have a thankfulness exercise I like to do. I start off with the general statement, "Thank you God for everything you've given me." Then I start looking around getting specific. I thank God for my home, for hot and cold running water, for food to eat, for clothes to wear, for a car to drive, for the furniture in my home, for my eyes, my ears, my mind, for the knowledge I've received, for sunrises and sunsets.




Once I get started it's easy to keep going. But I don't stop with just the positive things, The scripture urges us to "give thanks in all things." (1 Thess 5:8) So, I thank God for the trials and tribulations I've suffered in life and the lessons I've learned from them. I thank him for the adversity in my life that has humbled me and has led me to rely on him.

I've found that giving gratitude in this manner isn't just a spiritual practice; it's also a healing therapy. If you practice gratitude and thankfulness it shifts your thought processes from the negative to the positive, which will activate your the immune system, help lift your mood, and help you overcome illness and other hard times in life. With all that's going on in the world, it's easy to get caught up in the negative, but if you practice gratitude for all that is good, you'll find that you'll feel blessed, even when times are difficult.

So, the next time you are feeling down and discouraged I hope you'll remember this message and give thanks, no matter how little you have.

**Stay Healthy This Cold and Flu Season**



Every winter there's an increase in the number of people who get viral diseases like colds and flu. The number of cases typically starts rising in early December, peaks in January and February, and then drops back off in March. Why is this so?

In the past people ascribed these illnesses to being exposed to cold weather. That's why these viral infections are often called colds. Even today some people think that getting cold will cause them to catch a cold, but it really isn't cold weather that causes the cold and flu viruses.

Today we view these diseases as being caused by exposure to viruses. However, there aren't more viruses in the wintertime than there are at other times of the year. Viruses, like bacteria and fungi, are always present in the environment. So, cold and flu season occurs because something happens during these winter months that makes people more susceptible to infection. In other words, something reduces the effectiveness of their immune system.

The cold and flu season appears to be associated with seasonal variation in nutrition, that is, people have lower levels of important nutrients necessary for immune function. The primary nutrients that appear to be involved are vitamin D3 and vitamin C. Many people experience lower levels of these nutrients during the winter and herbs are necessary to stand off viral diseases.

So, it's possible that taking these and other immune-boosting nutrients and herbs during the winter months will help you avoid the cold and flu season entirely. In fact, these same supplements can fortify your body against viral infections all year long. After introducing you to these nutrients and herbs, we'll offer practical suggestions for appropriate levels of supplementation. These supplements can also help you recover faster if you do get sick.

**Understanding Viruses**

To understand the role nutrition plays in preventing and overcoming viral infections, you need to understand the nature of these infections. Viruses are very different than bacteria, fungus, one-celled microbes and parasites. These other organisms are cellular, which means they are composed of cells that make them living organisms which metabolize nutrients, grow, repair themselves, and reproduce.

Viruses don't have any of these characteristics of living organisms. They are not cells; they are pieces of genetic material (DNA or RNA) wrapped in membrane. You can't kill viruses because they were never really alive to begin with. And like any piece of organic material they are inert and decompose fairly rapidly outside of a living cell.

Although viruses can't metabolize or reproduce, they can be reproduced. For this to happen, a virus has to 1) get into your body, 2) attach to your cells, 3) penetrate cell membranes and enter those cells, and 4) hijack cellular functions so they can be copied. Unless they successfully do all four of these things, they can't harm you. That's where your immune system enters the picture.

**How the Immune System Deals with Viruses**

The immune system seeks to block all four of these vital activities. First, the mucus secreted by your mucous membranes acts as a physical barrier to trap viruses, along with foreign bacteria, fungi, and particulate matter like dust and pollen. It flushes these irritating substances away by sneezing, coughing, or otherwise expelling them. It also contains antibodies that allow immune cells to identify and destroy them.

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Your guide to better health the natural way.  
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The latest issue of *Sunshine Sharing*, [Staying Healthy This Cold and Flu Season](#), is now available. Pick up a package and share with your friends and customers how the immune system deals with viruses, herbs and nutrients to boost natural resistance and immunity and how to fight infections naturally.

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