

Dr. Don Colbert: COVID-19 Only a Foretaste of Plagues to Come

Many people, including renowned family practice doctor Don Colbert, believe the COVID-19 pandemic serves as only a foretaste of worldwide health crises to come. And as an MD, Colbert believes this is the perfect “wake-up” call for remind people of the urgent need to protect their health.

Dr. Colbert says people must build up their immune system if they are to stay healthy through any future pandemics which could follow the COVID-19 crisis of 2020. In his new book, [*Pandemic Protection*](#), Colbert says we must adhere to what the Bible says to avoid disaster in the coming days.

“What I’m trying to do is teach people how to get their immune system strong because we are fearfully and wonderfully made,” Colbert told Dr. Steve Greene on a recent episode of *Greenelines* on the Charisma Podcast Network. “It is absolutely amazing how God has created our immune system to fight viruses, bacteria and cancer cells.

“But then, I also tell people that prevention is worth a pound of cure. Yes, we must practice safe measures like hand washing and hand sanitizer and wearing a mask when we’re out in public, as well as some social distancing. But we must combine those key things with the right diet with the right nutrients, decreasing our stress and improving our sleep, and fasting, because fasting is absolutely critical for us as part of the diet. Fasting keeps our immune system charged. Exercise is so important, so I tell people to increase their activity. In my book, I’ve included some very simple things that are proven scientifically to help boost our immune function.

“The late John Paul Jackson gave us an amazing prophecy years

ago about this thing he called the 'perfect storm' that the world is headed for. And COVID-19 is only the beginning. There's another wave coming. You read Revelation chapter six and it talks about the four horseman and it talks about the pale horse of death. A quarter of mankind will die with these plagues. COVID-19 was only a forerunner of plagues to come."

For more about Dr. Don Colbert's thoughts on COVID-19 and future pandemics, [listen to the entire podcast](#).

Order Dr. Colbert's book, [Pandemic Protection](#).