

What You Need to Know About the COVID Vaccine

Before a rocket launches, engineers and scientists have to make sure that it is “all systems go.” Likewise, if you are considering the COVID vaccine, you should think about your baseline health.

Does your body have all the nutrients it needs so that all of your systems are functioning at an optimal level?

Did you know that the medications that you are currently taking can steal nutrients out of your body?

We need to ask ourselves: Are we healthy?

Innate and Acquired Immune Responses

Innate versus acquired immune response plays a key part in your overall health.

Innate refers to what you were born with, whereas acquired immunity is developed over a person's lifetime, usually in response to a foreign substance. Other factors include things like where you live. Do you live in the city or the country? Are you younger or older? How is your mindset? Are you a hopeful person, or do you tend to worry? Even your family and friends can have a profound impact on your life, outlook and overall health.

Personal Decision Based on Your Health

The desired result in this case needs to be a personal, well-thought-out decision based on your health.

The mRNA vaccines are different because, unlike a flu vaccine, you are not given a small amount of the COVID virus. You are given genetic instructions to make unique spike proteins that

will hopefully create an antibody. One of the goals of the vaccine is that your body will have a “memory” of what to do and be able to duplicate the process again if needed.

This Episode

In this episode, topics discussed include:

- Flu vaccine vs. COVID vaccine.
- The need for two shots.
- The question of the vaccine’s ability to change DNA.
- The question of salt and sugar in the vaccine.
- The efficacy, or ability to produce a desired result, of the vaccine.

For more, listen to *Healthcare’s Missing Link* on the Charisma Podcast Network. {eoa}

Read articles like this one and other Spirit-led content in our new platform, CHARISMA PLUS.