

The Encourager

Churches Helping Churches and People Helping People

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What is The Encourager?

The Encourager is a publication giving words of encouragement and hope to the community in these difficult times.

The world has been impacted by COVID-19 in a way that could

not be envisioned.

As people adjust to cope with major life changes, the articles in *The Encourager* will share relevant information to use.

Scriptures will be included to

provide encouragement, hope, and comfort.

If you are interested in additional copies, or if you would like to contribute articles, please contact the editor.

Vitamins and Minerals

Do vitamins and minerals impact our health?

Vitamin D: An estimated one billion people worldwide have low levels of vitamin D, and **41.6 % of American adults are deficient.**

This number increases to 69.2% in Hispanics and 82.1% in African-Americans. This is important, since vitamin D helps keep your immune system strong. <<https://www.healthline.com/nutrition/vitamin-d-deficiency-symptoms>>

ScienceDaily reports, "A new study has found **an association between low average levels of vitamin D and high numbers of COVID-19 cases** and mortality rates across 20 European countries". <<https://www.sciencedaily.com/releases/2020/05/200507131012.htm>>

An article published in The National Center for Biotechnology Information entitled, *Evidence That Vitamin D Supplementation Could Reduce Risk of Influenza and COVID-19 Infections and Deaths*, reports, "To reduce the risk of infection, it is recommended that

people at risk of influenza and/or COVID-19 consider taking 10,000 IU/d of vitamin D3 for a few weeks to rapidly raise 25(OH)D concentrations, followed by 5000 IU/d. The goal should be to raise 25(OH)D concentrations above 40-60 ng/mL (100-150 nmol/L). For treatment of people who become infected with COVID-19, higher vitamin D3 doses might be useful". <<https://pubmed.ncbi.nlm.nih.gov/32252338/>>

Vitamin K2: The article, *The Vitamin D and Vitamin K2 Connection: Understanding the Mechanisms, What to Test, and How Much D3 and K2 to Take*, says, "**If you're taking Vitamin D, it is critical that you consider Vitamin K2 supplementation**". The article further says, "Vitamin D controls the absorption of calcium into the blood. Vitamin K2 controls where that calcium ends up. Over-supplementation of vitamin D3 without ample vitamin K2, leads to problems of excess calcium". <<https://info.dralexrinehart.com/articles/vitamin-d-and-vitamin-k2-benefits-connection>>

Vitamin C: The article, *Chinese Medical Team Report Successful Treatment Of Coronavirus Patients With High-Dose Vitamin C*, reports "the Shanghai Medical Association (SMA) in China has published a consensus on the comprehensive treatment of coronavirus disease. Based on the study of more than 300 clinical patients and developed by 30 experts in the treatment of new coronavirus pneumonia, **it recommends high-dose vitamin C for even light infection with the virus**". <<https://www.dr-rath-foundation.org/2020/03/chinese-medical-team-report-successful-treatment-of-coronavirus-patients-with-high-dose-vitamin-c/>>

Zinc: In an article posted March 17 on NJ.com, **the CDC recommends vitamins A and D, as well as zinc, to help boost immune system function.** Zinc in particular "helps people resist infectious diseases," while vitamin D "helps the immune system resist bacteria and viruses." <<https://www.cdc.gov/nutrition/micronutrient-malnutrition/micronutrients/index.html>> <<https://www.nj.com/shopping-deals/2020/03/where-to-get-vitamins-and-zinc-supplements-during-coronavirus-pandemic.html>>

Food shortages: Sprouting

"For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places. All these are the beginning of sorrows" (Matthew 24:7-8). As stated, a widespread

food crisis will be one of the indicators of this era. **An unprecedented famine is imminent as we already see food shortages begin to cripple the U.S.**

An estimated worth \$5 billion of fresh fruits and vegetables have

already been wasted, according to the Produce Marketing Association, as **farmers plow ripe crops** back into the soil as a result of the Coronavirus lockdown. <<https://www.google.com/amp/s/thehill.com/business-a-lobbying/business-a-lobbying/493252-fresh-produce-goes-to-waste-as-coronavirus-wrecks%3famp>>

American's largest dairy cooperative, Dairy Farmers of America, estimates **3.7 million gallons of milk is being dumped out daily.** <<https://www.google.com/amp/s/www.cnbc.com/amp/2020/05/02/coronavirus-devastates-agriculture-dumped-milk-euthanized-livestock.html>>

The U.S. has the largest number of **meat and processed food plants being forced to close due to Covid-19 outbreaks totaling in 180 plants nationwide.** <<https://www.google.com/amp/s/amp.theguardian.com/environment/2020/may/11/chaotic-and-crazy-meat-plants-around-the-world-struggle-with-virus-outbreaks>>

The Chairman of Tyson Foods stated **millions of pigs, chickens and cattle will be euthanized, because of closing slaughterhouses,** limiting supplies at grocery stores. <<https://www.google.com/amp/s/mobile.reuters.com/article/amp/idUSKCN2292YS>>

On May 4th, nearly one-fifth of Wendy's restaurants were sold out of beef products, including burgers, according to analysis by the financial firm Stephens. "It is widely known that beef suppliers across North America are currently facing production challenges," a Wendy's spokesman said. <<https://www.google.com/amp/s/www.nytimes.com/2020/05/05/business/coronavirus-meat-shortages.amp.html>>

"We talk about this lasting until July or through August. It'll be a tough summer," said Vincent Pacifico, president of Vista Food Exchange, one of the largest meat wholesalers at the Hunts Point Cooperative Market in the Bronx. <<https://www.google.com/amp/s/nypost.com/2020/05/10/coronavirus-meat-shortages-could-last-through-summer/amp/>>

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"Surely the Lord GOD will do nothing, but he revealeth his secret unto his servants the prophets." (Amos 3:7) Christians do not have to be blindsided by what Apostle Paul refers to as "perilous times". As children of God, we can have confidence in our Heavenly Father who will guide us in exactly the preparations we should make.

DIY growing food with sprouting

Sprouting is a 5,000 year old method of soaking and germinating seeds, nuts or grains. They become a nutrient dense superfood full of beneficial enzymes, vitamins and amino acids. They are easy to grow at home on a kitchen counter with plain water, and require no elaborate equipment.

The most common seeds used to grow sprouts are:

- Alfalfa
- Broccoli Seeds
- Red Clover Seeds
- Lentils
- Mung Beans Pumpkin seeds
- Pumpkin Seeds
- Sunflower Seeds
- Chia Seeds

Supplies to Grow Sprouts

There is equipment specifically designed for sprouting, like sprouting trays, which make sprouting easier and allow for more growth at once, but all that is really needed are:

- A wide-mouth quart size or half gallon size mason jar
- A Sprouting lid or a piece of cheese cloth and a rubber band
- or a piece of cheesecloth and a rubber band
- A bowl or box to help the jar stand upside-down at an angle

- Organic Sprouting seeds

Step-by-step

1. Wash hands well and make sure that all equipment is clean and sterile.

2. Pour one type of seed into the jar. Use about 1 teaspoon of small seeds like alfalfa or broccoli or 1/4 cup of beans and lentils (for a quart size jar).

3. Cover with 1 cup of filtered water and put lid or cheesecloth over the jar.

4. Allow to soak for up to 12 hours. It is often easiest to do this at night and soak overnight.

5. In the morning, strain off the water. This is easily done with a sprouting lid. If you are using a cheesecloth, strain through a fine strainer and return to jar.

6. Rinse well with filtered water and drain again.

7. Place upside down at a slight angle so that excess water can drain off and air can get in. I find a dish rack or medium size bowl is perfect for this.

8. Re-rinse the sprouts several times a day with filtered water, returning to the tilted position each time.

9. You should see sprouting in a day or two and most sprouts are ready to harvest in 3-7 days.

10. When done sprouting, rinse thoroughly in cool, filtered water and store in a covered container in the fridge for up to a week. <<https://wellness-mama.com/36686/grow-sprouts/>>

With fear and uncertainty gripping the world, Believers can be certain of God's provisions as we embark on this exciting biblical age that will culminate in the glorious return of the Lord Jesus Christ! "and who knoweth whether thou art come to the kingdom for such a time as this?" (Esther 4:14).

We can help each other!

Churches helping churches and people helping people:

Goods for Goods* *Services for Services* *Goods for Services

In these difficult times, we are looking to set up a network of churches helping churches and people helping people. If you have a skill to provide or items you would like to barter or exchange, please contact us! **You may call us at 518-272-6679 or email us at info@redemptionchurch.net.**

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