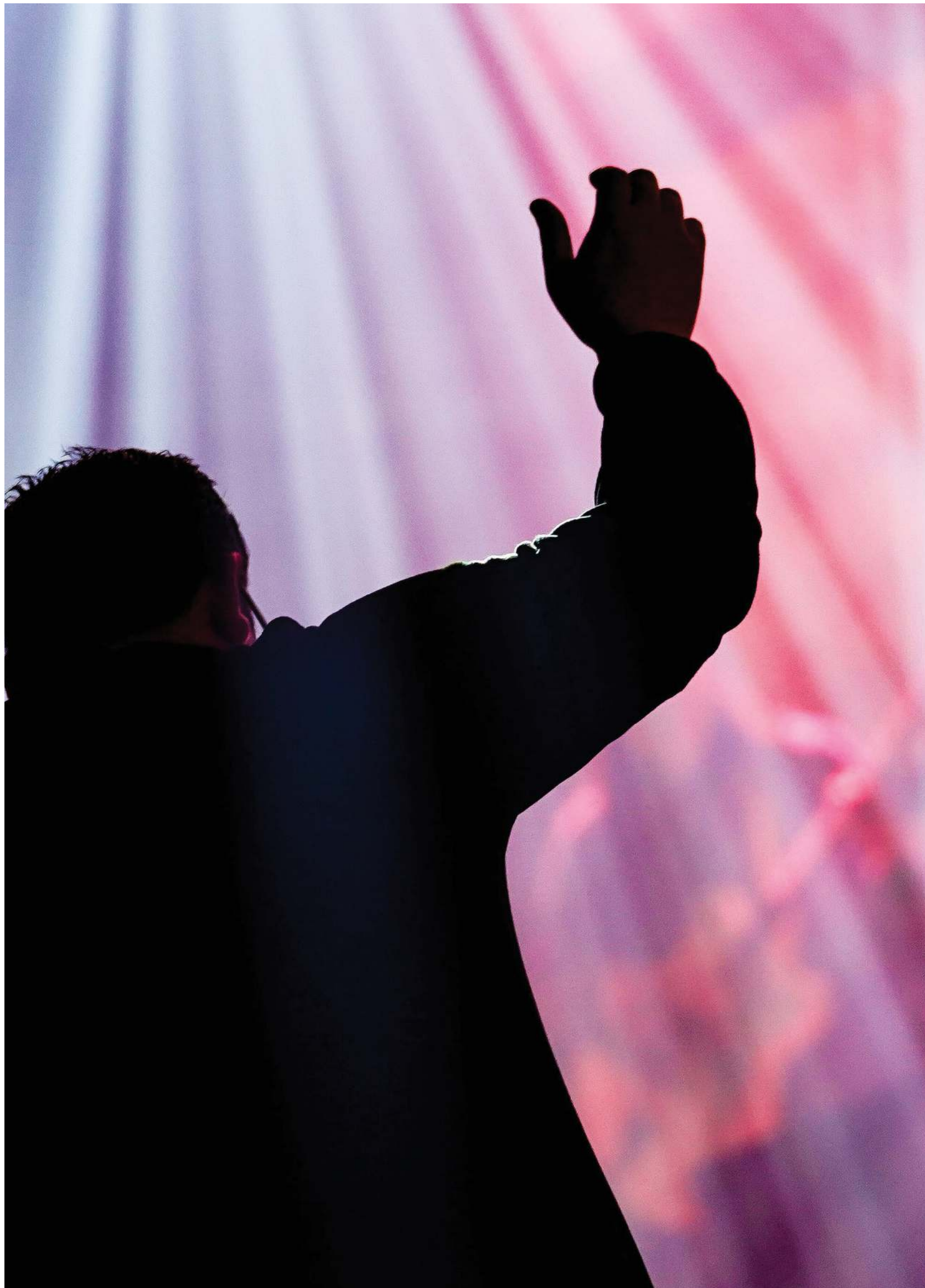




COVID-19 GODS Way

COVID-19
MANAGEMENT
STRATEGY:
A KINGDOM
APPROACH FOR
LEADERS





**GOD HAS
GIVEN US
EVERYTHING
WE NEED
TO REMAIN
HEALTHY**

2 PETER 1:3

FOREWORD

Covid-19, whilst having a high rate of infection, accounts for a very small percentage of the total deaths in the world at this time (Currently around 2% of infections result in death, meaning that 98% of people recover) This means, in the larger scheme of things, this accounts for a very small percentage of suffering across the Nation and the Earth. However, the current situation is exposing far greater levels of suffering and injustice, and allows us to think about a COVID-19 specific care strategy which could perhaps be seen as a starting point to re-focus our attention on the bigger issues we see around us.

As a prophetic body of believers, who have the Resources of Heaven available to us on Earth, and who are called to bind up the brokenhearted, carry the Governance of Christ on our Shoulders, and to bring restoration to the Earth, perhaps this is a moment to pause and reflect on the true suffering in our Nations, and evaluate and reset our true engagement in this magnificent assignment

As we collectively meditate on what the Lord is doing at this time, we may find that this is perhaps a Kairos moment – an opportunity to reset as the Body of Christ, and think about:

- a. Our Health and Wholeness approach as a body of believers (the Temple of the Most High God)
- b. Our Corporate Responses to those who cannot remain in good health due to resource inequalities
- c. Our understanding of what God has already provided for us to remain in good health
- d. Our response to the other causes of worldwide deaths, and their consequential circles of suffering

God does not promote or provide quick fixes. Sometimes he does allow a quick fix – the Miraculous - often to reveal His glory. But in general, His ways require disciplined, deep and consistent ways of living in order to yield the Abundant life which we are promised if we walk in His ways.

Our response to Covid-19 equally may not promote quick fixes – rather, could really stimulate us to reset our thinking and our ways, so that we can walk more fully into Abundant Life, and allow Gods glory to be revealed as we ALSO trust for the Miraculous.

Perhaps the OVERARCHING GOALS of any COVID-19 related intervention could be more than just to reduce COVID-19 spread and deaths – we have a magnificent reset opportunity which, if stewarded well could open the possibility that:

1. The Glory of God would cover the earth as the waters cover the sea
2. The Body of Christ would draw on the Ancient paths – wisdom and gifts from God which have been available for health and healing since the Creation.
3. The Body of Christ would emerge stronger, healthier, more connected and more effective in living, and sharing the Truths of God in practical ways
4. This season would be used where we can rediscover the CARE Strategy of the Father, which He has already revealed in His word and ways, and that we can learn and embed these in our walk with God.
5. This is an exciting time for us as the Body of Christ to dig deeply into the word, draw deeply from His Spirit for wisdom and innovation, and become the radical change we have been praying for.

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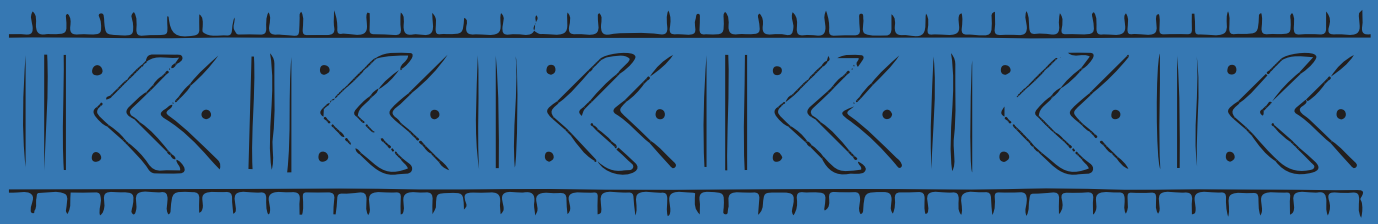
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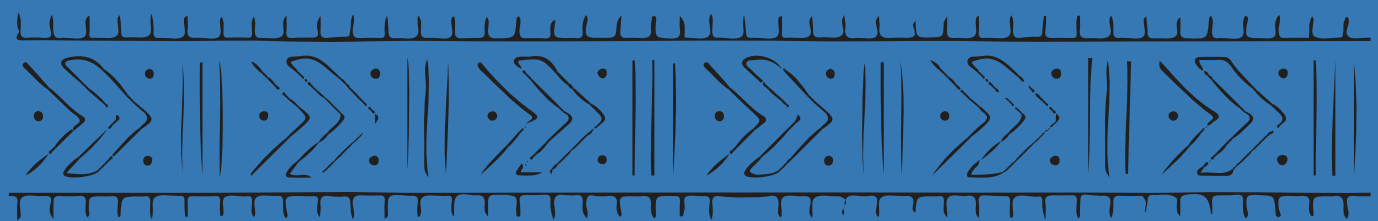


CHAPTER

01

GOD'S HEALTH SYSTEM

BUILDING A KINGDOM
HEALTH RESPONSE DURING
THE COVID CRISIS



GOD'S HEALTH SYSTEM

God's Health system does not look anything like the Government's health system. Because God always works from the inside out, we would need to think about our God's Health system as having 5 levels, working from our innermost being, into our Communities and Countries.



HEART

'Pay attention to your heart, for from it flows the wellspring of your Life' - What is in our hearts will determine how we live, how we die and whether we will survive illnesses and epidemic.



MIND

'As a man thinks IN HIS HEART so is he' - Whatever your thoughts are occupied with, whatever beliefs are embedded in your cells, will be made manifest in your body. The key intervention at this time with our Mind, is to take our thoughts and beliefs captive and to bring them into alignment with TRUTH. Once truth is operating in our minds, it sets us free.



BODY

'Present your bodies as a living sacrifice – holy and pleasing to the Lord. This is your spiritual act of worship.' Our worship to do with how we steward the ONLY think God has given us individually – the one thing we truly own - which is our body. We submit our bodies and thoughts to God, nurturing and building life into them - which is our physical act of worship.



FAMILY

Family is the basic unit of God's economy and Healing system. Families in the Kingdom are extended and 'tribal' in nature – meeting each other's needs through relational generosity and the basket of giftings in each family. Families who are intact will keep each other accountable in terms of stewardship of their bodies, and will support and heal each other when they are ill.



COMMUNITY

Community contains the fullness of Gods pleasure. The community of Christ, sacrificially and generously supporting each other, praying and sharing resource. This is a picture of the Ekkesia operating as one – commanding a blessing in Unity, and able to support each other during crisis, without overwhelming any other system. This is the system that was established by God. It is the system we strengthen and plug into when there is a crisis. And in this way, when this is operating, the Glory of God covers the earth.

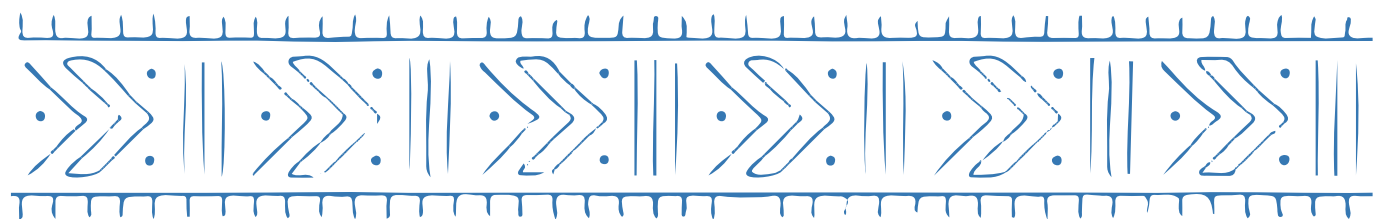
This approach, an INSIDE OUT approach is completely opposite to the way current Governments and Health Departments work: They work from the top down, and from the outside in, by implementing laws and policies through experts and external parties. But if these are not adopted by the hearts of people, they have no chance of being successful.

The Governance / Kingdom of God, in contrast, works when the Laws of God are written in our Hearts. He activates these from the inside, and we align ourselves with these out of our deep love for Him. When we come into this Healing system, He can achieve Global healing and wholeness when His laws are written on the HEARTS of all people and are approached with Obedience and Faith. This opens up possibilities of never needing to be policed – rather this conviction comes from within, and we are able to save layers and layers of human and other resource in the process of being whole from the inside out.

AS BELIEVERS, WE LIVE WITHIN GODS HEALING SYSTEM. WE UNDERSTAND THE ROLE OF THE GOVERNMENT SYSTEM, AND WE LIVE ALONGSIDE THIS SYSTEM. BUT OUR FIRST RESPONSIBILITY IS TO BE A CUSTODIAN OF HEALTH AND HEALING WITHIN GODS SYSTEM.

WE DO NOT DELEGATE THE RESPONSIBILITY OF OUR HEALTH TO THE GOVERNMENT. WE TAKE THE RESPONSIBILITY OF STEWARDING OUR BODIES AND HEALTH. WE DO NOT DELEGATE THIS. AND IF GOD LEADS US TO DO SO WE CAN SEEK ADDITIONAL SUPPORT FROM THE GOVERNMENT SYSTEM.

Our desire with this document, is that the Believers will grow in understanding and knowledge around how to support each other and stay healthy, starting from the inside, and spilling out with joy and vitality.



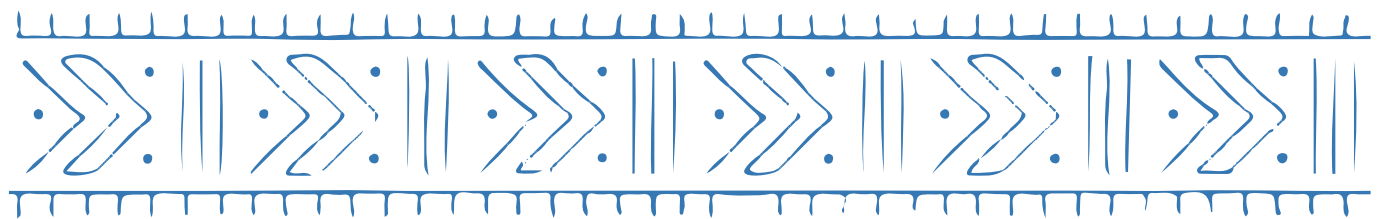
BUILDING KINGDOM DURING a COVID RESPONSE

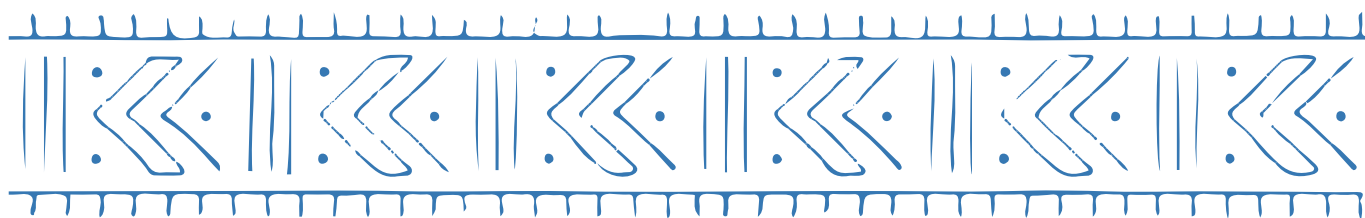
WHAT CAN CHURCHES DO PRACTICALLY?

Firstly, it is vital that Churches are able to give their communities accurate information about how to stay well, and then how to deal with early and mid-stage Covid-19.

- Doctors and Hospitals only have capacity to deal with serious / end stage Covid-19.
- Church leaders can be equipped to be gatekeepers, advisors and supporters so that the Health system is not overwhelmed.
- Church leaders have a huge role to play in teaching the Ekklesia about the Original design of God's healing system.

All of this information can be integrated into what we already know about God's Healing Systems, which we find in scripture and which we will unpack a bit in this document.





THE PRIESTHOOD OF ALL BELIEVERS: CUSTODIANS OF HEALING AND THE HEALING GIFTS

As a body of believers, we know the following about managing all illnesses

- God has given us everything we need to remain healthy (2 Pet 1:3)
- He has given us gifts for healing in the form of food, plants, people, water, exercise etc. which are for our health, healing and wellbeing
- This is a time to learn about these, and put them into our daily disciplines, which is our spiritual worship (Rom 12:1 – We offer our bodies as living sacrifices, holy and pleasing, which is our spiritual worship!)

In God's healing system with the Israelites, the Priests were the Custodians of the health of the Nation. To build a Healthy nation, God instituted a variety of practices which ensured that the Israelites would have 'none of the diseases of the Egyptians' These included practices around eating, resting, worship, hygiene, the use of Aromatic oils and many other often forgotten healing gifts.

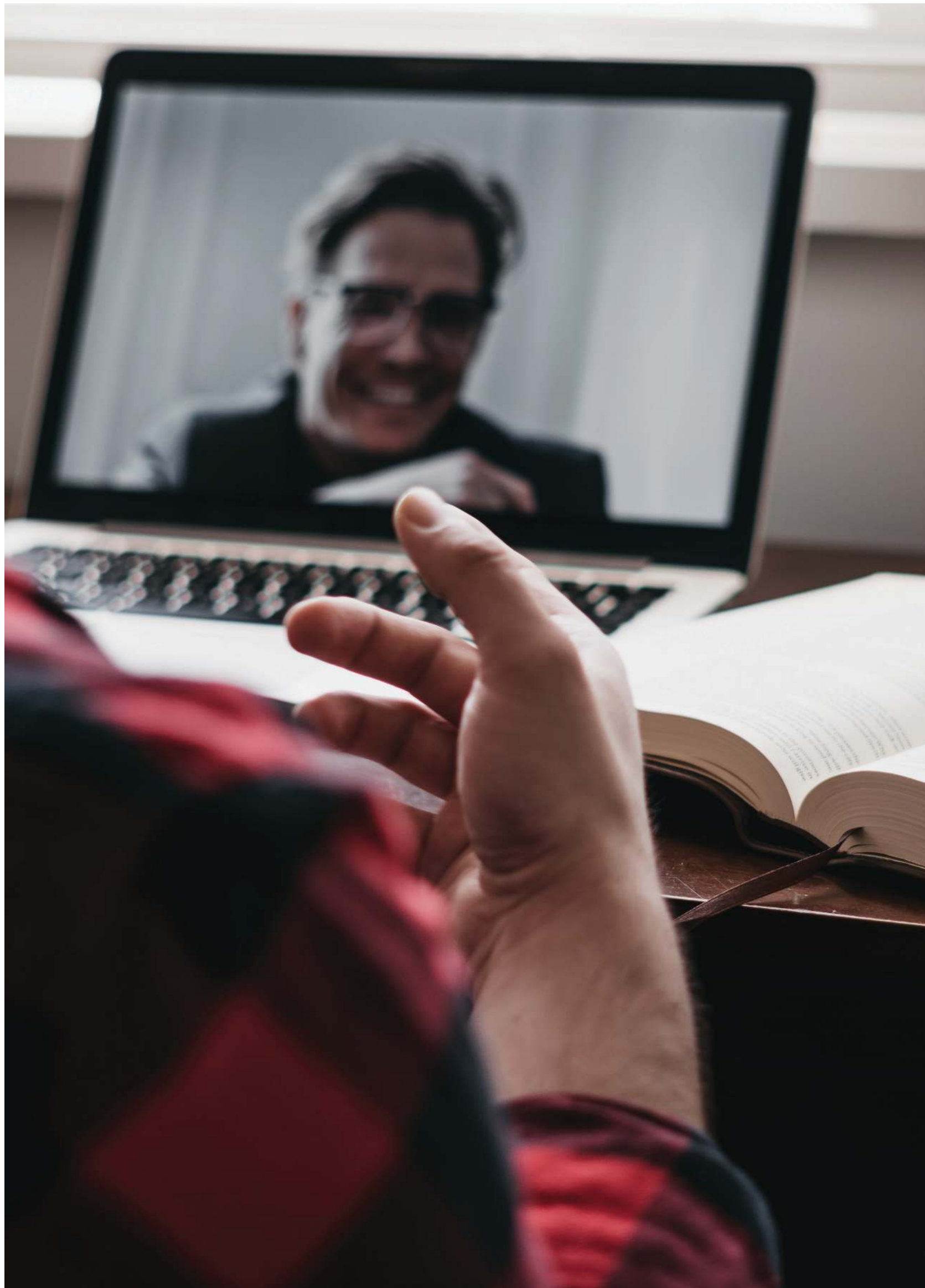
The most exciting thing is that as partakers of the NEW COVENANT – we have SO MUCH wisdom and healing resource as the Body of Christ. When all of our Churches put biblical health principles into practice we can dramatically relieve the pressure on the Governmental Health system.

Covid-19 is the perfect opportunity for believers to rediscover the Healing systems of the Kingdom and to teach these to the Disciples.

Each Believer carries the Priestly anointing and responsibility – this means that every believer is a Priest, and therefore carries the mandate to be a CUSTODIAN OF HEALING amongst each other and the community.

IN OTHER WORDS, WE ACCEPT THE MANTLE AND AUTHORITY TO DO WHAT IS RIGHT AND JUST AS IT RELATES TO ABUNDANT LIVING AND HEALING. ACCEPTING AND LIVING OUT THIS RESPONSIBILITY IN HIS PRESENCE IS OUR SPIRITUAL WORSHIP!

WE WORSHIP HIM BY CONSECRATING OUR BODIES AND BRINGING THEM INTO HEALTH, USING HIS PRECEPTS AND GIFTS. AND WE MULTIPLY HIS HEALING BY STEWARDING THIS IN OUR FAMILIES, IN OUR COMMUNITY OF BELIEVERS AND WITH THE WORLD.





CHAPTER

02

GETTING PRACTICAL: WHAT
LEADERS SHOULD KNOW
AND TEACH

LEADING OUR CHURCHES
THROUGH THE VARIOUS
COVID-19 STAGES



GETTING PRACTICAL: WHAT LEADERS SHOULD KNOW AND TEACH

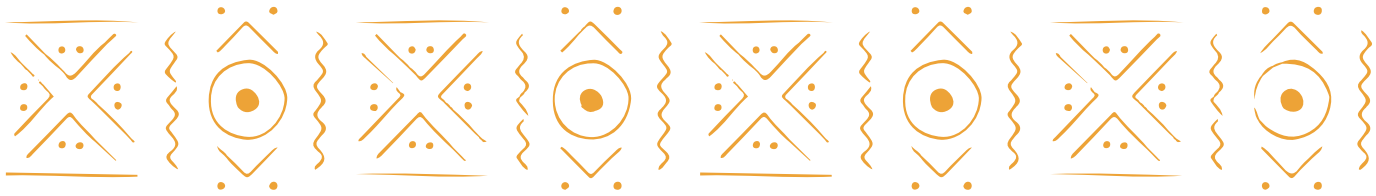
Up until now, the key messages and priorities from church leaders has been

- Maintaining and reshaping Communication and Connection with the Community
- Ensuring ongoing spiritual Health
- Crisis support for people in financial difficulty

Going forward there will be several opportunities for Church leaders:

- **Pray:** Lead and encourage faith building prayer to STOP the CV spread, for healing and for truth and justice to prevail in an environment of FEAR, LIES and INJUSTICE.
- **Protect:** Identify people in the Community who are vulnerable, or infected and support them with practical information (which we can supply) so that they can be protected
- **Practice:** Teach and practice immune strengthening strategies (practically and physically) to enable believers and their communities to have fit and functional immune systems to stay well and overcome infections
- **Provide:** Develop strategies within each church to build economic sustainability so that none amongst us has any need (Acts 2)
 - Food security
 - Financial security
 - Family security and support





RESPONSIBILITY OF DISCERNMENT

- There is a lot of information and misinformation about COVID.
- There are a lot of lies, coverups and corruption.
- There are people and institutions who we assume should be trustworthy, who are not being honest.
- There are strategies and treatments which may be forced on people.
- There are many people and businesses who are benefiting from Covid19.

In all of this, **Church leaders have an absolute obligation to be ALERT AND AWARE** - well informed about what is happening, as there will be issues that threaten righteousness and justice in the days ahead.

We need to be hearing from God, and keep up to date with science, politics, and truth so that as believers we are not trailing behind the Politicians, but we are hearing and discerning and doing what the Lord is asking of us as we lead people through this time as OVERCOMERS.



Lead and encourage faith building prayer to STOP the CV spread, for healing and for truth and justice to prevail in an environment of FEAR, LIES and INJUSTICE.

LEADING OUR CHURCHES THROUGH THE VARIOUS COVID-19 STAGES

Most of our church communities will not have been exposed or infected with Covid19 yet. However, when and if this happens, it is important that you know how to advise and support your congregants.

A good way to think about this is in Stages with each stage requiring action.

A. PRE-INFECTION

During this stage (which is where most people are in South Africa) there is a huge need for all believers to be well grounded in the word of God. The role of Church leaders is to

- Lay Good theological and educational foundations (together with those who also understand the science of good health).
- Appreciate that all of God's word is applicable for every believer to be able to live life within His Kingdom.
- Facilitate the renewal of mind according to the Word that His people would become the Holy Ekklesia, separated from the world's ways ready and useful for His service.
- Equip families and communities with information and support to build strong immune systems.

CHURCHES COULD INCORPORATE TEACHINGS ABOUT HEALING, GOD'S WAYS TO SUPPORT THE BODY, AND SOME COVID19 SPECIFIC INFORMATION INTO THEIR TEACHING AND SUPPORT SERVICES.





B. INFECTIVE BUT NOT TOO ILL

During this stage, immune support should be stepped up, with some added healing support as required.

CHURCHES CAN USE THIS OPPORTUNITY TO DEVELOP A COMMUNITY RESPONSE WHICH COULD SEE FRATERNALS, LEANS, OR CARE INITIATIVES SUPPLY IMMUNE SUPPORTIVE FOODS AND SUPPLEMENTS TO FAMILIES WHO NEED THESE.

C. SERIOUS INFECTION

During this stage, support to family is key, as well as assistance with issues around access to good counsel, and potentially support for the family should there be a death in the family.

CHURCHES CAN USE THIS TIME TO GROW THEIR SKILLS IN SUPPORTING FAMILIES THROUGH GRIEF. CHURCHES COULD ALSO BUILD THEIR CAPACITY TO PRAY FOR AND SUPPORT FRONT LINE WORKERS.

The next sections will lay out some practical steps to assist our Communities navigate each stage with evidence-based interventions.





CHAPTER

03

PREINFECTION: LAYING
GOOD FOUNDATIONS

UNDERSTANDING
INFECTIONS

UNDERSTANDING AND
STRENGTHENING OUR
IMMUNE SYSTEMS

BIBLICAL PRACTICES
WHICH BUILD HEALTH AND
STRENGTHEN IMMUNITY



PREINFECTION: LAYING GOOD FOUNDATIONS

From a Biblical perspective, we can lay great foundations with our faith Community around how **FEARFULLY AND WONDERFULLY WE ARE MADE**.

God has created us in such a way that we are able to fight infections, and self-heal.

Whether we are dealing with an Influenza virus, a virus that jumped from a bat or was made in a lab or any other illness, God states in His word that He has given us EVERYTHING WE NEED for life and godliness. So, we have a foundation of CONFIDENCE in our God. As we seek out His healing ways for this time, that we can with CONFIDENCE know that He will provide this for us. We do not live as people with no hope, or like everyone around us. There is distinguishing Blessing for those who follow the ways of God.

God has given us gifts to assist us with Healing.

Revelation talks about the leaves of the Trees that are for the healing of the Nations - He has placed foods, plants, and other gifts in Creation which are there to support us to heal.

These include **foods** with high doses of vitamins and minerals, **medicinal plants** (the leaves on the trees are for the healing of the nations), **Water, Rest** (one of the most essential healing strategies implemented by God at Creation) **Worship, meditation** on His Word, **prayer, Dance, Fasting**, and many others

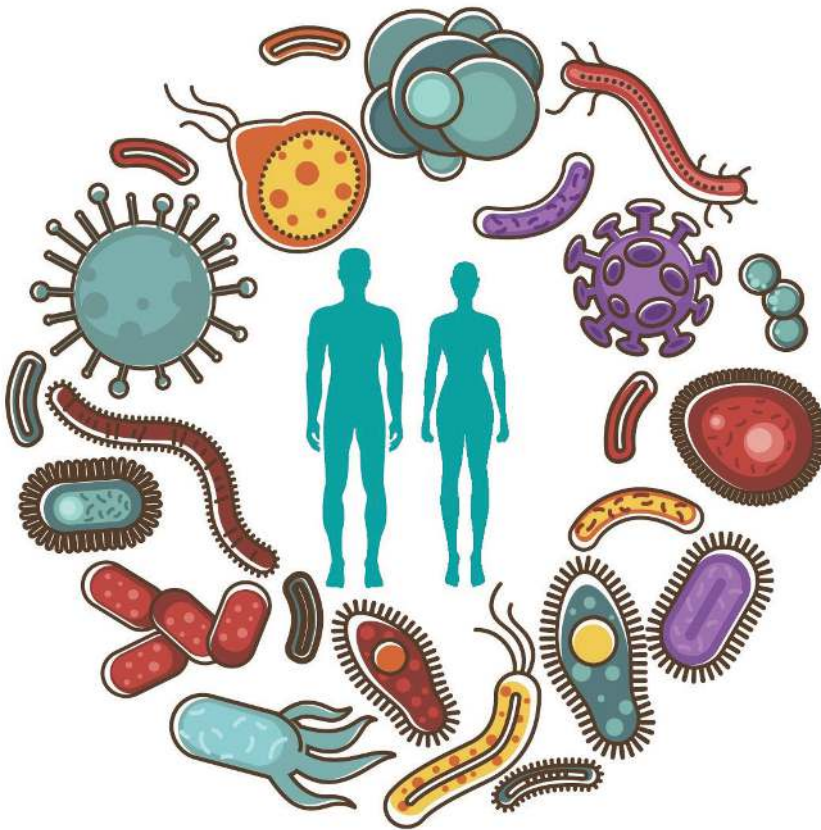
CHURCH LEADERS CAN SUPPORT BELIEVERS TO GROW IN THEIR KNOWLEDGE AND PRACTICE OF THE HEALING WAYS OF THE KINGDOM. IN THE SEASONS AND YEARS TO COME, MORE AND MORE ILLNESS WILL MANIFEST ON THE EARTH. GOD HAS PROMISED THAT IF WE WALK IN HIS WAYS, WE WILL NOT EXPERIENCE THESE DISEASES.



UNDERSTANDING INFECTIONS

Man has always lived amongst micro-organisms and been able to thrive and co-exist:

- **Viruses, Bacterial, Parasites and micro-organisms** have been part of our environment and have been living in our bodies since creation. When we were created, God used the SOIL OF THE EARTH to create us – this was full of Micro-organisms. (Bacteria, Parasites, Viruses) and Minerals.
- We know today that our bodies have a **MICRO-BIOME** – millions of organisms which live in our bodies and assist us to function well. We all live with these as Holy Guests in our bodies. They are important to us and to all living things. They are part of Creation and our Original Design.
- With right living, they are an important part of our health – both in our bodies and in the environment and animals.
- If we are in a state of good health, these organisms live in balance with us.



CHAPTER 03

When our bodies go out of Balance, then these organisms can multiply in our bodies:

- This is why we sometimes need to eat or take **PROBIOTICS** – this is to try restore the balance of these micro-organisms in our bodies.
- Imbalance of Microbiome can cause Anxiety, Depression, problems with our Immune systems and many other illnesses
- The vice versa also applies here: Meditation on the word brings calm to the body and can adjust the pH of the gut and repopulate and stabilise the microbiome, restoring health

Viral infections:

- Sometimes when we are out of Balance (tired, overworked, eating unhealthily, very stressed or afraid) the viruses in our system can get 'switched on' or activated
- In other words, the viruses were already residing in our bodies, but they were dormant (not causing illness)
- When our bodies are out of balance, or when we accumulate toxins, these can cause the virus to become active, and we start to feel unwell as they begin to infect our cells.

However, our immune systems can then fire up, and fight the imbalance

- Our bodies start to warm up – we get a FEVER – as viruses can be deactivated by HEAT.
- Our immune system starts to produce chemicals and molecules to deactivate the viruses, and to try expel them from the body.
- The fever and the chemicals/ molecules can make us feel unwell.
- We can sometimes sneeze or cough or have diarrhoea – this is the body's way to get the virus out.
- We feel tired – this is because the body is using huge amounts of energy to fight the infection.
- The body also uses lots of Vitamins and Minerals during this time to fight the infection, which is why we need to add more to the body to help it fight quicker.



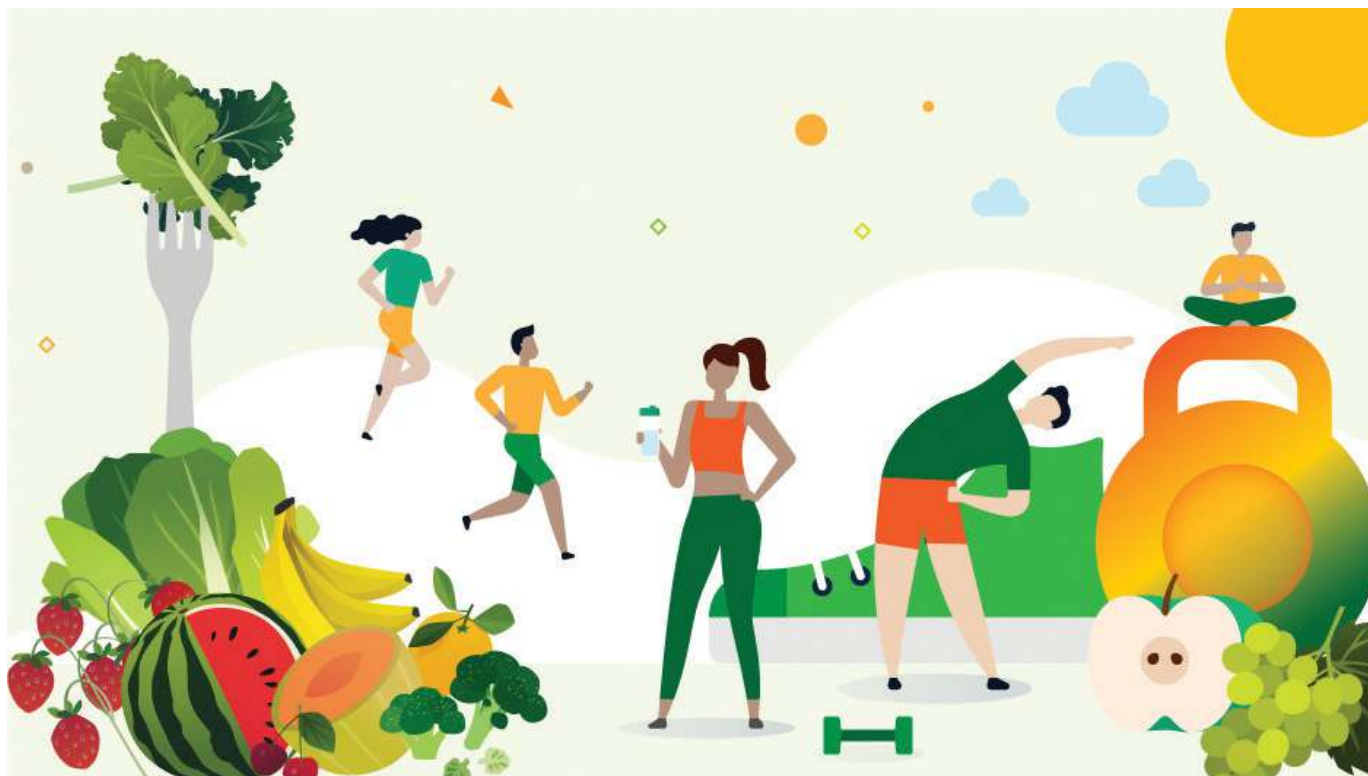


In general, we should be able to fight most, if not all infections just using our immune system.

- We can also add plants and food to assist us. These often have properties and nutrients which are needed by the body as additional ammunition.
- In addition, we can use Aromatic oils. These are amazing gifts, which God instructed Israel to use during Pandemics. The old Testament is full of references to Frankincense and other blends which were used to control epidemics and treat various conditions

THREE KEYS HERE:

1. WE HAVE BEEN ABLE TO FIGHT INFECTIONS AND DISEASES SINCE THE BEGINNING, AND STILL CAN.
2. GOD HAS GIVEN US AN IMMUNE SYSTEM – WE NEED TO SUPPORT AND STRENGTHEN THIS.
3. GOD HAS GIVEN US HEALING GIFTS – WE NEED TO KNOW WHICH TO USE AND HOW TO USE THESE.



UNDERSTANDING AND STRENGTHENING OUR IMMUNE SYSTEMS

Our Bodies have incredible, inbuilt healing systems which are complex and perfect. It would be difficult to explain how to keep a healing system in balance in a few short points. However, the more we learn about this, and the more we seek out the truths in Scripture, the easier it becomes to see the need to incorporate ALL OF GODS WAYS into our Lives.

It's important to note that our Immune systems are not like man made systems which can be fixed with a simple nutrient, code or solution- they are complex and they are dependent on many things in order to function perfectly. Our immune systems are influenced by our **Food**, our **Mood**, our **Sleep**, our **Environment**, the **Air** we breathe, our **Soil**, and so many other factors.

God's intent was that we would have pure and healthy relationships with our bodies and with all of Creation, and when these things are out of Balance, then we need to rebalance them. If we don't rebalance or restore, then we become ill and our Environment becomes ill.

At the end of the day, in the absence of miraculous healing, the asset that God has given us to fight illness is our Immune system. So, we need to learn how to feed it, balance it and strengthen it. **It is our number one gift.**





STRENGTHENING OUR IMMUNE SYSTEM IS THE BEST WAY TO EXPLOIT COVID

The **most important asset** we have to fight COVID, is our Immune system. There will be treatments and other things which will come on board to help us in time, if we need it. But the KEY is - **If our immune systems have all the nutrients that it needs, and our nervous system is in a healthy condition, then we are able to fight the COVID virus**, and every other infection, and the illness we get will be mild. If we do not have a healthy immune system, then we will probably get much sicker.

SCIENTIFICALLY VALIDATED AND BIBILICAL IMMUNE STRENGTHENING PRACTICES

All of these practices are taught in the Word of God. Only now are we understanding the link between these practices and our Immune and Healing systems

1. Rest (Shabbat and Shalom)
2. Meditation and spirituality
3. Breath, Breathing and Air
4. Gratitude and Laughter
5. Worship, Dance and Singing
6. Movement and Exercise
7. Access to sunshine, soil and nature
8. Touch and Connection
9. Dealing with anxiety, fear and trauma
10. Water, Food and Nutrients
11. Fragrance

All of the above are deep theological wells which can be explored by all leaders.

HOWEVER, TO BEGIN WITH, CHURCHES CAN START TO TEACH THE BASIC PRACTICES AROUND EACH OF THESE. FOR THE PURPOSES OF THIS DOCUMENT, THE IMMUNE BUILDING STRATEGIES COME WITH NO EXPLANATION BUT SHOULD BE INCORPORATED INTO DAILY LIVING.

BIBLICAL PRACTICES WHICH BUILD HEALTH AND STRENGTHEN IMMUNITY

Rest (Shabbat and Shalom)

Get 7-9 hours of sleep a night

For people over 40, Melatonin supplementation before bed strengthens the immune systems and aids sleep. Dealing with anxiety through prayer and the word brings the body into a state of rest, which allows the Immune strengthening processes to take place

Meditation

Meditating on the truths of the Word daily is important to displace the constant meditation on 'news and views', which often spread fear and lies. We do not know what tomorrow holds, and God has instructed us not to be anxious about anything. (Give us today our daily bread – Word is bread) This is the place to deal with fear, by renewing our minds from fear guilt and shame.

Breath, Breathing and Air

Deep breathing, 3 – 5 times a day, kick starts the Rest and Digest system and allows Immune strengthening.

Use masks only when needed so that you do not breathe in your own Carbon Dioxide (which is toxic).

Get fresh air outside whenever you can (Breath of life).

Gratitude and Laughter

Gratitude and Laughter release chemicals in our bodies which stimulate immune support. The Word says in all things give thanks! Give thanks all day, and try to feel the emotion of gratitude in your body. Science shows that this feeling creates an electromagnetic frequency in our body which is able to fight infection and restore health.





Worship, Dance and Singing

Singing, Dance and worship take our Bodies out of Fight and Flight (Fear) and move it into Rest. The state of rest is the state in which our Immune system can restore and strengthen

Movement and Exercise

Movement and exercise ensures that our body is able to move toxins and infection out of the body by stimulating our circulation and lymphatic draining. Walking, dancing, worshipping are all great ways to do this.

Access to sunshine, soil and nature

Vitamin D is the 'conductor' of our immune systems, and most people are deficient in Vitamin D. Spending at least an hour a day outside is a way to help our bodies produce Vitamin D. Working in the soil and in the garden helps us to discharge negative and accumulated Electromagnetic toxins and enables our Immune systems to be connected to the external Microbiome.

Touch and Connection

Physical touch and connection with people is critical in stimulating our immune systems. In our homes, it is really important to hug, touch and maintain physical contact.

Dealing with anxiety, fear and trauma

All fear and anxiety produce a state in which our Immune systems get switched off. Fear, Shame and Guilt also contribute to this. The body prioritises dealing with anxiety above fighting infection. So, it is critical to take our thoughts captive, to talk to other believers, to deal with fears and to build our faith. There are wonderful methods which have been developed to reduce fear and anxiety which you find difficult to deal with just by talking. These include TRE, Tapping and other methods which are scientifically proven and available in South African and online.

Nutrients

Immune function relies on the right nutrients to fight infection. We will outline this in the next section, around which specific nutrients are important for Immune health and fighting viruses in particular.

Water

Water is so, so, so, so, important to the body. Clean and living water is used in our body to transport toxins out of our cells and to ensure that our body functions are not sluggish. Water can often be polluted or 'dead' To make our water more 'alive' one can add minerals, and other frequencies to make our water more available to our bodies. Speaking life into our bodies also converts the water from 'dead' water to living water

Fragrance

Fragrance from Aromatic Oils is so useful to fight viruses, elevate our mood, release anxiety and strengthen our immune systems. Aromatic oils such as Frankincense and tea tree specifically kill viruses and bacteria. Other oils such as Lavender and Chamomile are calming. Oils such as Grapefruit boost mood and make people feel uplifted.





CHAPTER

04

IMMUNE STRENGTHENING
FOODS AND NUTRITIONAL
SUPPLEMENTS

SPECIFIC NUTRIENTS AND
WHAT THEY DO IN COVID 19

GUIDANCE FROM SOME
SOUTH AFRICAN SOCIETIES



IMMUNE STRENGTHENING FOODS AND NUTRITIONAL SUPPLEMENTS

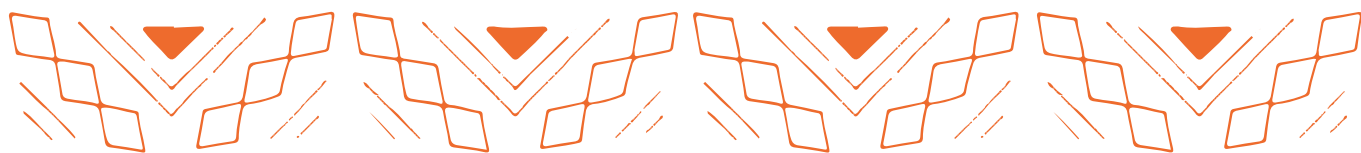
These are recommended specifically for this COVID19 season, and are based on the current available research.

CHURCHES COULD PURCHASE PACKS OF THESE FOODS OR SUPPLEMENTS, AND PROVIDE TO THOSE WHO ARE VULNERABLE AND AT RISK. THESE COULD BE ALSO BE INCLUDED IN DISASTER RELIEF PACKS. PEOPLE WITH MORE RESOURCE COULD PURCHASE A PACK FOR THEMSELVES AND A PACK OR TWO FOR A RESOURCE CONSTRAINED PERSON.

This is a list of all the nutrients which are shown to be helpful. If you cannot afford all of these, then the first six items would be the ones I would prioritise.

If you are older or have underlying illnesses, then it would be important to look at some of the others - Melatonin, Vit A and Iodine. If you have active Covid-19, then add a Zinc Ionophore.





SPECIFIC NUTRIENTS AND WHAT THEY DO IN COVID 19

1. VITAMIN C

- There is lots of scientific evidence around how VIT C fights COVID 19 specifically.
- It helps our bodies produce Nitrous Oxide and it supports our immune system, which uses huge amounts of Vitamin C to fight infection. It helps to prevent the Cytokine storm.

There are 2 main ways to take VIT C which is very safe even at very high doses

ORAL VITAMIN C

- 2-12 years – 250mg three times a day
- 12-20 years - 500 mg three times a day
- 20-40 years - 1 gram four times a day
- 40+- 1 gram every 4 hours – Best to use the LIPOSOMAL VITAMIN C at this age
- Infection dose double the dose, 5 times a day

INTRAVENOUS VITAMIN C

This is best for older patients or patients who are very ill.

This is very powerful way to fight serious infection, especially in the lung.

This must be done by a doctor, and must be done only if you are very ill.

2. VITAMIN D3

This is the Conductor of the Immune system. You can take up to 5000 iu per day, but it is important to discuss this with your doctor. Vit D3 levels are generally very low in South Africa. Vit D3 works better when used with Magnesium and K2.

3. ZINC IONOPHORES

Quercetin, Wormwood and Hydrochloroquine push Zinc into the cells so that there is enough to kill the viruses.

4. OMEGA 3

This is a potent anti-inflammatory, and should be used throughout infection, but especially during severe infection, to reduce the Cytokine storm.

CHAPTER 04

5. PROBIOTICS

These make sure that our Microbiome is balanced. You can make your own at home (recipes to follow) (Sauerkraut, Maas, Kombuscha, Kefir or any other fermented food) or take Probiotic Capsules.

7. IODINE DROPS

Another antiviral, and most people are deficient. Lugols Iodine 2-3 drops per day in water is helpful to start.

9. MELATONIN

- Children are not being affected by COVID19 because they have high levels of MELATONIN – Science shows that Melatonin damages Covid-19s ability to replicate.
- To ensure you have enough Melatonin in your brain, stop using phones and computers 3 hours before bed time (The light and radiation from the screens stop the production of Melatonin).
- To add to your bodies Melatonin production, you can supplement with Capsules:

DOSES

Age 40-50 years: Melatonin 1mg nocte

Age 50-60 years: Melatonin 2mg nocte

Age 60 and above- 3mg Melatonin

Patients on Ventilators have reduced rate of lung injury if on Melatonin

6. ZINC

This is a key mineral – it directly kills the virus in the cells. But it needs help to get into the Cells. It works well with Selenium and Ionophores such as Quercitin and Artemisia (Wormwood).

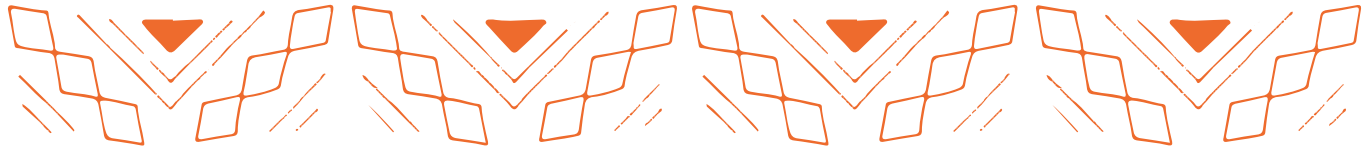
8. VITAMIN A

This vitamin strengthens the lining of our lungs and noses so that it can fight off viruses.

10. GLUTATHIONE

Glutathione is a powerful detoxifier and can be used topically, inhaled or orally.





IF WE DO NOT WANT TO BUY SUPPLEMENTS, WE CAN GET THESE NUTRIENTS IN FOOD:


Food is always the first step, but sometimes our food does not contain high enough levels, especially if we are starting out with immune systems that are not that strong. So, it is often wise to have these foods as well as supplements

NUTRIENT	FOOD SOURCE
Vitamin C	Fruits (especially paw paw, strawberries, pineapple, oranges, lemons, guava, kiwifruit), bell peppers, broccoli, Brussels sprouts, cauliflower, baobab powder, moringa, Hibiscus flowers
Vitamin A	Meat, egg yolk, liver, orange fruit and veggies, spinach, kale, beetroot leaves, Morogo, moringa, butter and ghee.
Vitamin D	Sunshine, cod liver oil, fish, eggs, liver, butter, ghee, mushrooms and hemp seeds.
Zinc	Eggs, beef, lamb, chicken, turkey, seafood, broth, quinoa, oats, lentils, cashew nuts, hemp seeds, sesame seeds, pumpkin seeds, mushrooms, spinach, asparagus, green peas, parsley, Brussels sprouts, sea vegetables (seaweeds), raw cacao, moringa, hemp seeds, butter and ghee.
Probiotics	All fermented foods: sauerkraut, pickles, kimchi, fermented fruits, yoghurt, kefir and kombucha.
Iodine	Seafood, sea vegetables (seaweeds), eggs, strawberries, maca, butter and ghee. Fortified table salt.

GUIDANCE FROM SOME SOUTH AFRICAN SOCIETIES

This is a good time for Church leaders to support their communities to transition to simple and more traditional ways of eating and living. To increase exercise, reduce processed foods and carbohydrates (Sugars, Mielie meal, Chips and Sugary drinks) and move to a diet higher in beans, Mabela, Sorghum or Cassava instead of Mielie Meal, and Whole foods which are grown at home. Increase water, reduce caffeine, sleep more and reduce stress.

It is totally possible to reverse most Chronic diseases through Exercise, weight loss, simple dietary changes. We are not enslaved to our Chronic Illnesses, but we do need assistance and support to make the changes required.



free from gluten, sugar & dairy

www.milameals.co.za

COVID-19 - kids

PREVENTION & IMMUNE SUPPORT

There are several simple measures which improve your resistance to picking up coronavirus infection:

lifestyle

- Wash hands for 20 seconds with soap (or use a hand sanitizer with 60% alcohol)
- eat a nutrient-dense healthy diet
 - minimise sugar
- ensure age appropriate no. of hours sleep
 - exercise daily
 - minimise / release stress
- spend time in nature and in the sunshine

supplementation - kids

	Kids < 10 yrs old	Kids > 10 yrs old
Vitamin A	5000iu <i>once weekly</i>	5000iu <i>once weekly</i>
Vitamin C	2000mg daily <i>split in 2 doses</i>	3000-5000mg daily <i>split in 2 doses</i>
Vitamin D3	400iu daily	2000iu daily
Zinc	10mg <i>kids < 10kg</i>	20mg <i>kids > 10kg</i>

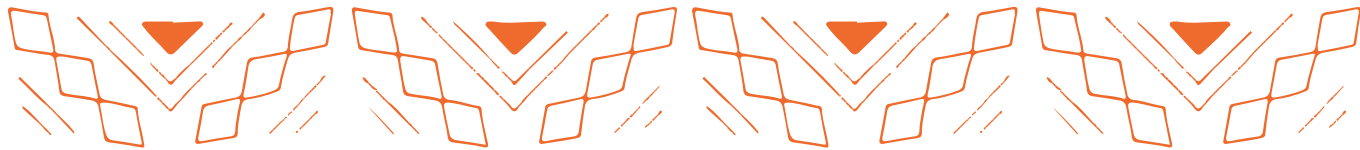
Probiotics (from fermented foods or supplements)

herbs

- Elderberry.
- Echinacea purpura.

RECOMMENDATIONS SUPPLIED BY:
Dr. Daphne Lyell, integrative medical doctor (GP) and homeopath
www.drdaphnellyell.co.za





SASIM
SOUTH AFRICAN SOCIETY OF INTEGRATIVE MEDICINE

COVID-19 PREVENTION

There are several simple measures which improve your resistance to picking up coronavirus infection:

lifestyle

- Wash hands for 20 seconds with soap
(or use a hand sanitizer with 60% alcohol)
- eat a nutrient-dense healthy diet
- minimise sugar, caffeine and alcohol consumption
 - get at least 8 hours sleep
 - exercise daily
 - minimise / release stress
- spend time in nature and in the sunshine

supplementation

Maintain optimum levels of vitamins A, C and D3

- a. Vitamin A: 5000iu daily
- b. Vitamin C: 3-5000mg daily
- c. Vitamin D3: 2-5000iu daily
- d. Zinc: 20mg daily
- e. Probiotics (from fermented foods or supplements)
- f. Iodine: 25mg daily

herbs

- Elderberry.
- Echinacea purpura.

RECOMMENDATIONS SUPPLIED BY: Dr. David Nye, Chairperson of
The South African Society of Integrative Medicine (SASIM)
www.integrativemedicine.co.za





CHAPTER

05

GOD'S GIFTS TO US FOR
THIS TIME – AFRICAN
SUPERFOODS

AFRICAS SECRET WEAPONS



GOD'S GIFTS TO US FOR THIS TIME - AFRICAN SUPERFOODS

The indigenous foods which grow in Africa have much higher nutritional content than foods which have been grown on farms. These are God's gifts to us. They have gone 'out of fashion', but our grandmothers and elders can remind us how to grow and prepare them.

These are locally available to most communities, and can be foraged. They are MUCH more available to our bodies than supplements from a bottle, and should be promoted as much as possible. We can grow these in our gardens - in fact most of us have these in our gardens and pavements.

1. MOROGO / IMIFINO

Morogo is a group of different dark green leafy vegetables found throughout Southern Africa. For example: cowpea, vegetable amaranth, spider flower, pumpkin leaves, dune spinach, spekboom, blackjack. The nutritional value of these plants is very high! These are easy to grow, and are found in most gardens and pavements, and are drought resistant.



2. MORINGA (FOUND IN OUR GARDENS AND AS SUPPLEMENTS)

The leaves of the tree contain more than 90 essential nutrients and are one of the few plant sources of omega-3 fatty acids. Moringa boosts the immune system and can benefit many other conditions which are a Covid 19 threat - such as anaemia, asthma, arthritis, constipation, cancer, diabetes, epilepsy, diarrhoea, stomach ulcers, gastritis, intestinal ulcers, heart conditions.





3. SORGHUM (CAN BE FOUND AS MABELA PORRIDGE)

Very good source of: unsaturated fats, protein, fibre, minerals and vitamins. It has more antioxidants than blueberries and pomegranates. In addition, the starch and protein in sorghum take longer than other similar products to digest. This slow digestion is particularly helpful for those with diabetes.



4. AMARANTH (LEAVES AND SEEDS – MOROGO)

Excellent source of: amino acids (such as Lysine, an important anti-viral protein), minerals and vitamins. Amaranth is a nutrient-dense food – It is an excellent plant source of high quality proteins – with more protein than both oats and rice and a protein content comparable to that of milk.



5. BAOBAB

Baobab powder is said to have: six times more vitamin C than an orange; twice as much calcium as a glass of milk; more iron than a steak; three times more antioxidants than blueberries; and, six times more potassium than a banana. Baobab is an effective prebiotic (feeds and supports Pro-Biotics).



CHURCHES CAN GROW THESE ON THEIR PROPERTIES AND SHARE WITH EVERYONE. EVERYONE CAN ACTUALLY GROW AND FIND THESE IN THEIR COMMUNITIES. THIS REALLY REDUCES THE NEED FOR SUPPLEMENTS BOUGHT FROM A SHOP.

GODS HEALING SYSTEM IS MOSTLY FOR FREE!

AFRICAS SECRET WEAPONS

DID YOU KNOW? God has given us powerful African Plants which stimulate Immune Functioning and specifically Fight Infection.

Aside from food, there are several African and Indigenous Plants which have been used for centuries to fight infections and build immune strength. Madagascar has become famous for using one of (Wormwood / Artemesia) as part of their Covid-19 response.

Some believers are afraid of using these, as they have connotations with traditional healers and other spiritual practices which may not be part of Kingdom.

However, God is restoring these to us – they were designed and planted by HIM – we are able to use them with freedom, knowing that we remain in HIM, and we use them in FAITH that HE has provided them for our immune support.

These 4 are the most well-known and potent, and are readily available in our Country:

AFRICAN WORMWOOD

(ARTEMISIA AFRA) LENGNA (SOTHO) UMHLONYANE (ZULU)

Artemisia: This is a common medicinal plant in South Africa, and used extensively in African Traditional Medicine and Naturopathy. It is also used in China, India, Middle East and the Americas – so it is one of Gods healing gifts for the whole world.

In Africa / South Africa: - It is known as Wilde Als, Artemesia, umhlonyane (Xhosa), umhlonyane (Zulu) and lengana in Tswana.





For use In COVID-19: Artemisia has been used a part of COVID-19 treatment in other parts of the world, in combination with Zinc. Artemisia works as a Zinc lonophore – it pushes Zinc into the cells so that it can work against the virus. It works in a similar way to Hydrochloroquine (Antimalarial).

Artemisia can cause toxicity if taken longer than 14 days, so only use for short periods if you are feeling sick from COVID-19.

<https://youtu.be/92lrnPPkOcs> ((how to grow and harvest Artemisia).

ROOIBOS

Aspalathus linearis is an endemic South African fynbos species, is cultivated to produce the well-known rooibos tea. Its potential health-promoting properties, are most notably its antioxidant activity, which is really important in naturalising toxins in the body and supporting the immune system.

Studies have suggested that it has potent antioxidant, immunomodulating, and chemopreventive effects. The plant is rich in minerals and low in tannins.

Use in COVID-19: Apart from its benefit in Diabetes, Heart disease and Blood pressure (i.e. it supports those who are vulnerable to COVID-19) the importance of using Rooibos during Covid-19 is its effect on opening the lungs (Bronchodilation) and its mechanism as a Zinc lonophore (It contains water-soluble Quercetin which also a Zinc lonophore). So during Covid-19 we should all switch from drinking Coffee and Tea, and consume a lot of this wonderful Rooibos tea which God has gifted us with!



GOTU KOLA

CENTELLA ASIATICA

Gotu Kola is one of those surprises that we all have growing in our gardens! (I always thought they were weeds!) It has been a rejuvenating plant lauded for balancing the nervous system and helping the body's inbuilt ability to adapt to temporary stress. It also helps the body's neurotransmitters maintain healthy functioning while supporting a sound memory and mental alertness. Traditionally, *C. asiatica* has been used mainly for wound healing, ulcers, TB, fever, inflammation, asthma, hypertension, diarrhea, and mental illness and is also eaten as a vegetable or used as a spice

For use in COVID-19: This is one of God's gifts to help us ADAPT and BE CALM whilst also fighting infection.

To use, one can chop a few leaves to make a tea, or add to your food or salad.



CHAPTER 05

AFRICAN GERANIUM

(PELARGONIUM SIDOIDES) - UMCKALOABA

This beautiful plant is native to South Africa, and has been used for centuries to fight chest infections such as bronchitis, colds and sinus infection. Root extract of *Pelargonium sidoides* is marketed under various brand names including Kaloba, Umcka and Linctagon, and is often used as an alternative to antibiotics.

It is a really useful plant for use in COVID-19:

- It is anti-bacterial and prevents bacteria from attaching to cells in the mucous membranes.
- It is antiviral and prevents viruses from attaching to the mucous membrane cells and stimulates the body's immune system in such a way that both bacteria and viruses are prevented from multiplying.
- It acts as an expectorant, allowing the body to expel contaminated mucous making conditions less suitable for the multiplication of the bacteria and viruses.



Pelargonium sidoides is also rich in phytochemicals, vitamins, minerals and amino acids that enhance the body's functioning and protects it against diseases. Treatment with *Pelargonium sidoides* rapidly improves the typical symptoms associated with infections such as cough, fever, sore throat, fatigue and weakness.

SUMMARY

God has given us many, many healing plants in Africa which we can learn about and use when we are ill. Some of these are very powerful, so do your research or ask someone who has studied these to guide you.

The 4 that we are highlighting here are:

1. Artemesia (Wormwood) – to fight viruses and assist Zinc to get into cells
2. Rooibos – to strengthen the immune system and provide antioxidants
3. Gotu Kola – to modulate our immune system and help calm our nerves
4. African Geranium – to stop viruses and bacteria attaching to our cells, and loosening the sputum in our lungs

You can plant these in your garden (They may be there already!) and remember to thank God for them whenever you use them!









CHAPTER

06

SECONDARY FOODS –
TOP PICKS FOR DISASTER
RELIEF AND COMMUNITY
BUILDING

BONE BROTH

SAUERKRAUT

SPROUTS & MICROGREENS



SECONDARY FOODS - TOP PICKS FOR DISASTER RELIEF AND COMMUNITY BUILDING

There are 3 great foods which are so extremely high in nutrients, and are perfect practical projects for Churches to get involved in.

These 3 are

- Broccoli sprouts
- Bone Broth
- Sauerkraut

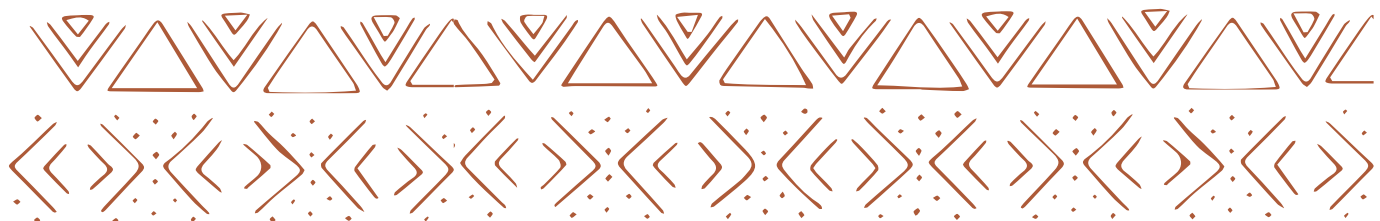
These 3 foods provide almost all the nutrients which were spoken about, and can be made at home and shared between families and individuals. These 3 would be my top picks to replace or supplement food parcels and should always be shared with families at risk.

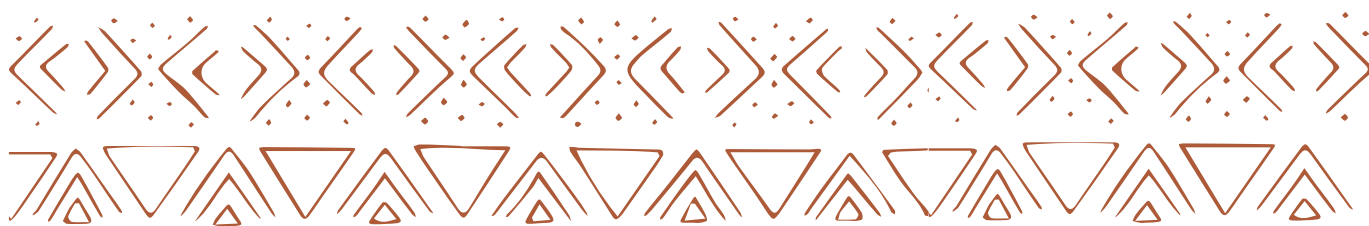
They are selected because:

- They are Nutrient-dense and meet nutrient requirements for viral infections and general health
- Low cost
- Easy to do from any home – wonderful for inter-church initiatives
- Support industries/businesses that may otherwise be suffering now

**THE BIG
DREAM:**

TO SEE THESE 3 FOODS MADE IN
CHURCH KITCHENS OR HOMES AROUND
THE COUNTRY AND SERVED TO PATIENTS
AS PART OF THE DAILY MEALS.





BONE BROTH

Bone broth contains minerals in a form the body can absorb easily - like calcium, magnesium, phosphorus, silicon, sulphur and trace minerals as well as amino acids like glycine and proline.

The healing benefits of bone broth:

- Helps heal and seal your gut, and promotes healthy digestion.
- Inhibits infection caused by cold and flu viruses, etc.
- Reduces joint pain and inflammation.
- Eases the symptoms of autoimmune disorders.
- Fights inflammation.
- Has calming effects, which may help you sleep better.
- Promotes strong, healthy bones.

HOW TO GET EVERY HOUSEHOLD, CHURCH AND HOSPITAL MAKING BONE BROTH:

Training

- There are lots of YouTube recipes for making Bone broth and we have a recipe at the end of this document
- Ingredients and Equipment
- Suppliers of bones need to be approached to contribute/donate the bones. (Bones should be organic)
- Big supermarkets to supply fresh produce (onions, garlic etc) as well as aluminium-free pots.
- Alternatively, local food gardens, small scale farmers and community projects to supply onions, garlic and herbs.
- Wonderbag could be approached to contribute bags – they already have a buy one, donate one scheme on their website. - <https://www.wonderbagworld.com/shop-sa>
- Oryx Desert Salt could be approached for good quality salt.

CAUTION

It is important to make bone broth from bones of organically raised animals. These are widely available in South Africa (see contacts section).

CHAPTER 06

CHICKEN BONE BROTH RECIPE

(This is for a 8 litre pot)

Equipment:

- A big pot (not aluminium)
- Stove / gas for heating
- Wonderbag
- Fine-mesh sieve/colander for straining the broth
- Glass jars for storage
- Fridge / Freezer for storage

Ingredients:

The Bare Essentials:

- Giblets, feet and carcasses from 3-4 chickens (sold as Soup Packs by Elgin Chickens, Eden Chickens etc or save chicken bones from meals in the freezer and use then once you have collected enough.)
- 1 Tbsp vinegar (apple cider vinegar is best). This is an essential ingredient the acid helps extract the goodness from the bones
- 1 tsp salt (please use unrefined, natural salt like Oryx Desert Salt)
- Cold water (enough to cover the ingredients – approximately 4 litres)
- 2 medium yellow onions, roots cut off and halved
- 6 cloves of garlic
- Additional Ingredients if available:
 - 4 carrots, washed and cut in half
 - 2 celery stalks, washed and cut into thirds
 - 2 bay leaves
 - Any other herbs that may be available such as Thyme, Oreganum, parsley, rosemary, sage

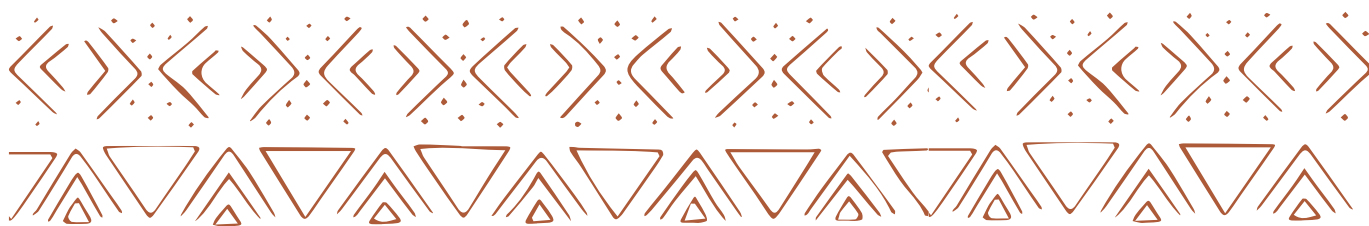
Method:

This method requires you to start in the morning to allow for cooking overnight.

1. Place chicken giblets, feet and carcasses and additional ingredients into a big stock pot. Add enough water to cover the bones.
2. Cover and bring to a boil for 15 minutes. Transfer the pot to the Wonderbag.
3. After 4 hours, return the pot to the stove/gas and heat until boiling. Boil for 10 minutes, then return to the Wonderbag.
4. Again after 4 hours, return the pot to the stove/gas and heat until boiling. Boil for 10 minutes, then return to the Wonderbag.
5. Leave the pot in the Wonderbag overnight.
6. Remove the pot and let it cool slightly.
7. Strain broth using a fine-mesh sieve/colander and discard bones and vegetables.
8. Let continue to cool until barely warm, then refrigerate in smaller containers/glass jars overnight.
9. Remove solidified fat from the top of the chilled broth. This can be used as cooking fat.
10. Store in the fridge for up to 5 days or in a freezer for up to 6 months.

Note about freezing in glass jars: Only fill the glass jars to the $\frac{3}{4}$ mark in freezing to allow space for expansion.





BEEF BONE BROTH RECIPE

(This is for a 8 litre pot)

Equipment:

- A big pot (not aluminium)
- Stove / gas for heating
- Wonderbag
- Sieve or cloth to strain
- Glass jars for storage
- Fridge / Freezer for storage

Ingredients:

The Bare Essentials:

- 1.5kg beef bones - preferably a mix of marrow bones and bones with a little meat on them, such as oxtail, short ribs, or knuckle bones
- 1 Tbsp vinegar (apple cider vinegar is best). This is an essential ingredient the acid helps extract the goodness from the bones
- 1 tsp salt (please use unrefined, natural salt like Oryx Desert Salt)
- Cold water (enough to cover the ingredients – approximately 4 litres)
- 2 medium yellow onions, roots cut off and halved
- 6 cloves of garlic

Additional Ingredients if available:

- 4 carrots, washed and cut in half
- 2 celery stalks, washed and cut into thirds
- 2 bay leaves
- Any other herbs that may be available such as Thyme, Oreganum, parsley, rosemary, sage

Method:

This method requires you to start in the morning to allow for cooking overnight and the next day.

1. Place the beef bones on a roasting tray and roast at 180°C for 30 minutes.
2. Place the bones and additional ingredients into a big stock pot. Add enough water to cover the bones.
3. Cover and bring to a boil. Reduce heat to a very low simmer and cook for 1 hour.
4. Place the sealed pot in the Wonderbag on a cloth or mat for 6 – 8 hours.
5. Remove the pot from the Wonderbag, place back on the stove and simmer for 20 minutes, then return to the Wonderbag for 6 – 8 hours.
6. For the second time, remove the pot from the Wonderbag, place back on the stove and simmer for 20 minutes, then return to the Wonderbag and leave overnight.
7. Remove the pot and let it cool slightly.
8. Strain broth using a fine-mesh sieve/colander and discard bones and vegetables.
9. Let continue to cool until barely warm, then refrigerate in smaller containers/glass jars overnight.
10. Remove solidified fat from the top of the chilled broth. This can be used as cooking fat.
11. Store in the fridge for up to 5 days or in a freezer for up to 6 months.

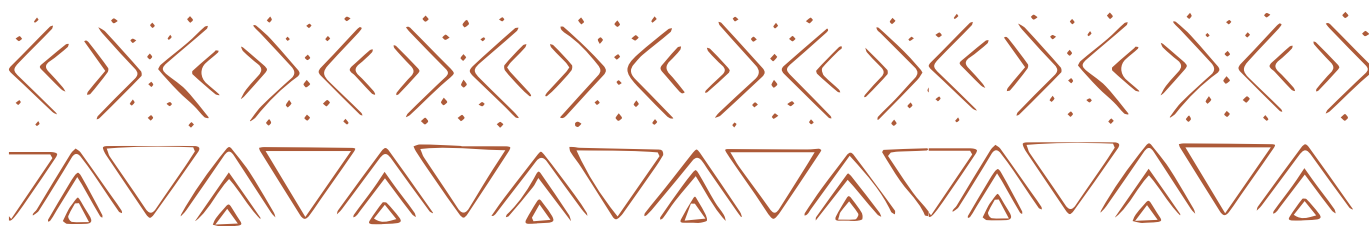
Note about freezing in glass jars: Only fill the glass jars to the $\frac{3}{4}$ mark in freezing to allow space for expansion.

CHAPTER 06

BONE BROTH CONTACT LIST: (WESTERN CAPE) – EACH PROVINCE TO DEVELOP ITS OWN LIST

ITEM	COMPANY	WEBSITE	CONTACT
Bones - chicken	Red Barn	www.redbarn.co.za	Lindy: info@redbarn.co.za
Bones – chicken	Eden Chickens	www.edenchickens.com	liezeldk@vodamail.co.za
Bones – chicken	Elgin Chickens	www.freerangechickens.co.za	jeanne@freerangechickens.co.za
Bones – chicken	Farmer Angus	www.farmerangus.co.za	Angus McIntosh: ezibfarming@gmail.com
Bones - chicken	Fensham's	www.facebook.com/pg/fenshams.sa	info@fenshams.co.za
Bones - beef	Frankie Fenner Meat Merchants	www.ffmm.co.za	(081) 316 9251
Bones - beef	Ryan Boon	www.ryanboon.co.za	Ryan Boon - ryan@ryanboon.co.za
Bones - beef	Boschendal Werf Butchery	www.boschendal.com	E: farmshop@boschendal.co.za
Vegetables & Herbs	Neighbourhood Farms	https://neighbourhoodfarm.org/	justin@neighbourhoodfarm.org
Vegetables & Herbs	OZCF Market	https://ozcf.co.za/	Sheryl Ozinsky: sheryl@ozinsky.co.za
Salt	Oryx Desert Salt	https://oryxdesertsalt.co.za/	sam@oryxdesertsalt.co.za
Wonderbags	Wonderbag	https://www.wonderbagworld.com/	contact@wonderbagworld.com
Glass Jars	Consol	https://www.consol.co.za/	
Training on how to make	Farmer Angus	www.farmerangus.co.za	ezibfarming@gmail.com
Training Video	Foodies Of SA	https://www.foodiesofsa.com/	loren@engagevideogroup.com





2. SAUERKRAUT

Sauerkraut is finely cut cabbage that has been fermented by various lactic acid bacteria. It has a long shelf life and a distinctive sour flavour, both of which result from the lactic acid that forms when the bacteria ferment the sugars in the cabbage.

“Fermented foods have been around for thousands of years. For people living without modern medicine and refrigeration, fermentation has always been not only a simple means of food preservation, but also a way to fill foods with health-promoting properties, an essential tool for maintaining the gut health.

It's estimated that roughly 70% – 80% of your immune system is in your gut. Feed it poorly and your gut will be left with few defenses, easily overwhelmed by bad bacteria, wide open to disease-triggering inflammation and plagued by gastrointestinal ills like IBS-type symptoms (i.e., gas, bloating, constipation, diarrhoea, etc.). In your weakened state, you may also be more susceptible COVID 19. But, if you introduce good bacteria into the gastric mix via fermented foods, you'll enable your gut to crush opportunistic invaders and disease-triggering inflammation, long before they can gain the upper hand.

Simply put: A healthy, balanced gut can send illness packing.

Homemade fermented (or cultured) vegetables provide billions of beneficial bacteria and probiotics – far more than any supplement can, and at a fraction of the cost.” – Catherine Barnhoorn, Mila's Meals

HEALTH BENEFITS (SAUERKRAUT)

A natural source of probiotics – more effective and far cheaper than supplements.

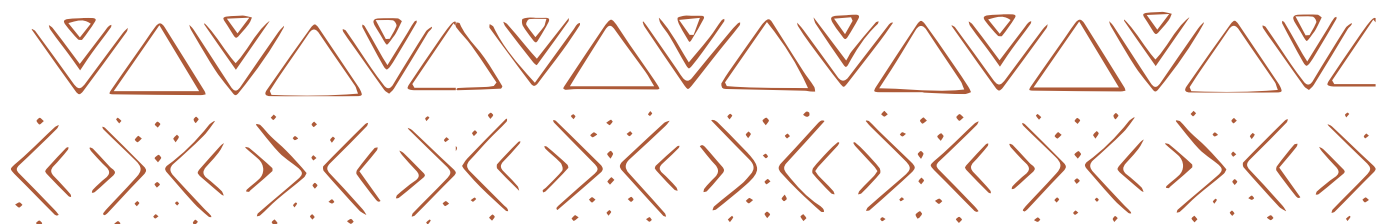
1. Sauerkraut is nutrient-dense
2. Improves your digestion
3. Boosts your immune system
4. Helps reduce stress and maintain brain health
5. Promotes heart health
6. Contributes to stronger bones

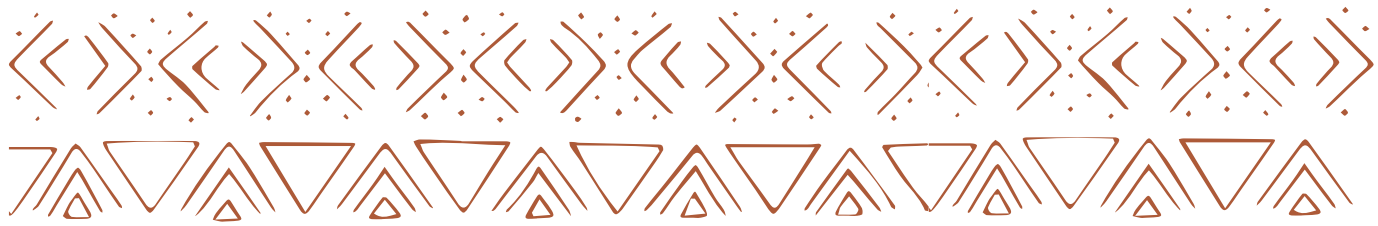
CHAPTER 06

HOW TO GET EVERY HOUSEHOLD AND CHURCH MAKING SAUERKRAUT

Training

- Fermented is a Cape Town business that host fermenting workshops and events. They could possibly some interested people and make a training video:
 - <https://fermented.co.za/contact>
 - Email: Hello@fermented.co.za, Tel: 0610862997
- There are lots of Youtube recipes, and a recipe in this document
- A Training video can be WhatsApped to people, shared on social media or put on government COVID-19 website.
- Ingredients and Equipment
- Local food gardens, small scale farmers and community projects to supply cabbage.
- Consol could be approached to contribute jars
- Oryx Desert Salt could be approached for good quality salt.





SAUERKRAUT RECIPE

Makes 1 litre

Equipment:

- Glass jars with lids, washed very well.
- Knife and chopping board to shred cabbage
- Bowl
- Wooden spoon, for pounding

Ingredients:

- 1 cabbage, shredded (save one big leaf)
- ½ cup water
- 1 Tbs non-iodised, unrefined salt

Method:

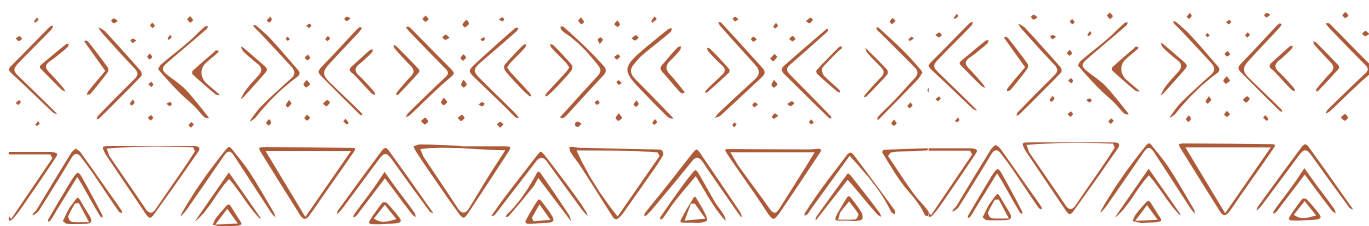
1. Wash your hands, equipment and preparation surfaces very well.
2. Separate the cabbage leaves and wash well.
3. Shred the washed cabbage then place in a large bowl.
4. Sprinkle the salt over the cabbage and start rubbing! After 10 minutes of massaging the salt into the cabbage you will notice a lot of juice being released. This is good!
5. Transfer the cabbage to sterilised glass jars and pound down to release any air bubbles. If the cabbage is not submerged in its own juice, add some water.
6. Place the big cabbage leaf over the shredded cabbage to hold it down. The jar must be full to the top. Any air pockets will allow unwanted bacteria to form.
7. Put the lid on and leave the jar in a cool, dark cupboard.
8. Every day for the first three days open the jar and pound down the cabbage again. If there is liquid spilling out the top, that's okay (good in fact). Just clean it up.
9. Leave the jars in a cupboard for 10 days to allow the fermentation to develop. After 10 days your sauerkraut is ready to eat and can be transferred to the fridge. It can be left to ferment for up to 4 weeks.
10. Sauerkraut can be stored in the fridge for up to 6 months.

CHAPTER 06

SAUERKRAUT CONTACT LIST: (WESTERN CAPE) – EACH PROVINCE TO DEVELOP ITS OWN LIST

ITEM	COMPANY	WEBSITE	CONTACT
Cabbage	Neighbourhood Farms	https://neighbourhoodfarm.org/	justin@neighbourhoodfarm.org
Cabbage	OZCF Market	https://ozcf.co.za/	sheryl@ozinsky.co.za
Salt	Oryx Desert Salt	https://oryxdesertsalt.co.za/	sam@oryxdesertsalt.co.za
Glass Jars	Consol	https://www.consol.co.za/	
Training on how to make	Fermented	https://fermented.co.za	Hello@fermented.co.za
Training Video	Foodies Of SA	https://www.foodiesofsa.com/	loren@engagevideogroup.com





SPROUTS & MICROGREENS

For example – Broccoli sprouts & Microgreens

Sprouts are a nutrient-dense, enzyme-rich living food. Unlike other fruit and vegetables which lose a significant amount of vitamins by the time they reach your table or are cooked, sprouts continue to produce nutrients after being harvested. Sprouting increases nutrient levels, making sprouts richer in protein, folate, magnesium, phosphorus, manganese and vitamins C and K than un-sprouted plants.

To grow sprouts, all you need is a wide mouth glass jar, 2 - 4 tablespoons of seeds, some water and patience.

Sprouting involves soaking seeds, nuts, legumes or grains for several hours, then repeatedly rinsing them until they begin to develop a 'tail'. Soaking softens the hull, allowing the sprout to grow. They are usually ready to use when the sprout is about $\frac{3}{4}$ cm long.

HEALTH BENEFITS

Broccoli is an incredibly healing and healthy food. Broccoli seeds make delicious and nutritious sprouts that have high concentrations of vitamin C and extremely high levels of sulforaphane.

Benefits of Sulforaphane: NB FOR COVID-19

"Research indicates that sulforaphane stimulates the activity of natural killer cells to clear the body of the viruses. It also boosts T helper 1 immunity and reverses the decrease in immunity that occurs with aging." - Lindsay Christensen

Broccoli is:

- An EXCELLENT source of: vitamins C and K, chromium, and folate.
- A VERY GOOD source of: dietary fibre, vitamins A (in the form of beta-carotene), B1, B6, and E, manganese, phosphorus, choline, potassium, and copper.
- A GOOD source of: magnesium, omega-3 fatty acids, protein, zinc, calcium, iron, niacin, and selenium.
- Both the iron and calcium are bio-available due to the high vitamin C content (vitamin C helps the body absorb calcium and iron).

CHAPTER 06

HOW TO GET EVERY HOUSEHOLD, CHURCH AND HOSPITAL GROWING SPROUTS & MICROGREENS:

Training

- <https://youtu.be/NJqR8OgRt2M>
- <https://youtu.be/CsdXS7fGuDU>
- <https://youtu.be/uW9MFxvhSHk>

BROCCOLI SPROUTS RECIPE

Makes 1 litre

Equipment:

- 500ml wide-mouthed glass jars
- Sprouting lids / mesh and elastic band (these jar lids have a mesh top, rather than solid metal, that allows the sprouts to breathe)
- Sprouting stands (these will enable you to invert the jars as the sprouts are growing so water can drain out)
- Broccoli seeds
- Filtered water / Boiled and cooled water

Ingredients:

- 4 Tbs. broccoli seeds
- ½ C filtered/cooled boiled water

Method:

1. Add the broccoli seeds to a clean glass sprouting jar.
2. Add ½ cup filtered water to the jar.
3. Cover the jar with a mesh screen & secure it with a rubber band.
4. Soak the seeds overnight.
5. Drain & rinse the seeds in fresh water by pouring water through the attached mesh screen, swirling gently and then draining to disperse the seeds across the surface of the sprouting jar.
6. Place the jar at a 45° angle on a sprouting stand.
7. Keep the sprouting jar in a well-lit area, but away from direct sunlight.
8. Rinse your seeds 2-3 times a day with cool filtered water.
9. The sprouts are ready within 3-4 days of the "tails" appearing and when show signs of a dark green colour.
10. Drain the sprouts well & leave to dry on a kitchen towel before transferring to an airtight, covered storage container.
11. Store them in the fridge for up to 7 day.





SPROUTS & MICROGREENS CONTACT LIST:

(WESTERN CAPE) – EACH PROVINCE TO DEVELOP ITS OWN LIST

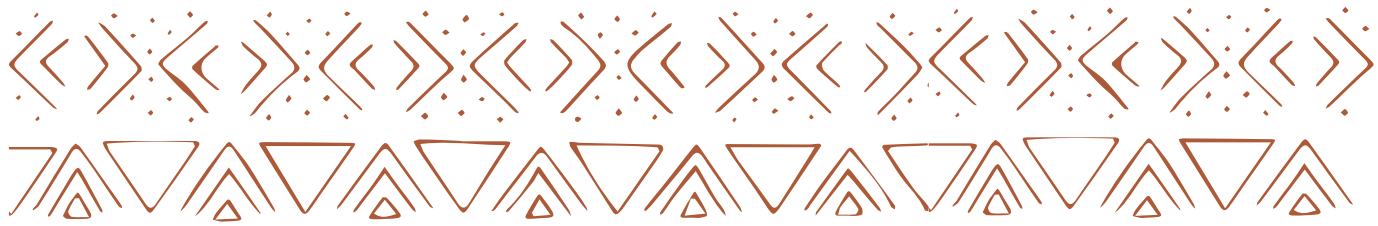
ITEM	COMPANY	WEBSITE
Seeds	Living Seeds	https://livingseeds.co.za
Seeds	Umuthi Botanicals	https://umuthi.co.za/products/broccoli-sprouting-seeds
Seeds	Organic Seeds	http://www.organicseed.co.za/53-broccoli
Seeds	Seeds for Africa	https://www.seedsforafrica.co.za/
Microgreens	Pico-gro	https://pico-gro.co.za/
Soil	Nordic Canna	https://nordiccanna.co.za/
Glass Jars	Consol	https://www.consol.co.za/



STRENGTHENING EVERYONES IMMUNE SYSTEMS WITH GODS PHARMACY

- Church fraternals could encourage / enable Community Food gardens.
(Please see the great work Green Guerillas are doing: <https://www.facebook.com/g2evolve/>)
- We could provide household with microgreen trays, soil and seeds
- We could teach households how to grow sprouts. Provide, mesh, glass jar, seeds.
- We could provide households with tyre growing gardens for potatoes, sweet potatoes, garlic, ginger.
- We could provide households with a potplant of Spekboom or other indigenous edible “Morogo” plants.
- African grains like sorghum and amaranth were subsidised and encouraged as much as wheat and corn. (and subsituted in Food Tubs).
- Fresh food that is normally considered waste could be donated to feeding schemes (like the leaves of beetroots, carrots and pumpkin).
- Each church can be making Bone Broth, Sauerkraut and Sprouts for themsevles and the community.



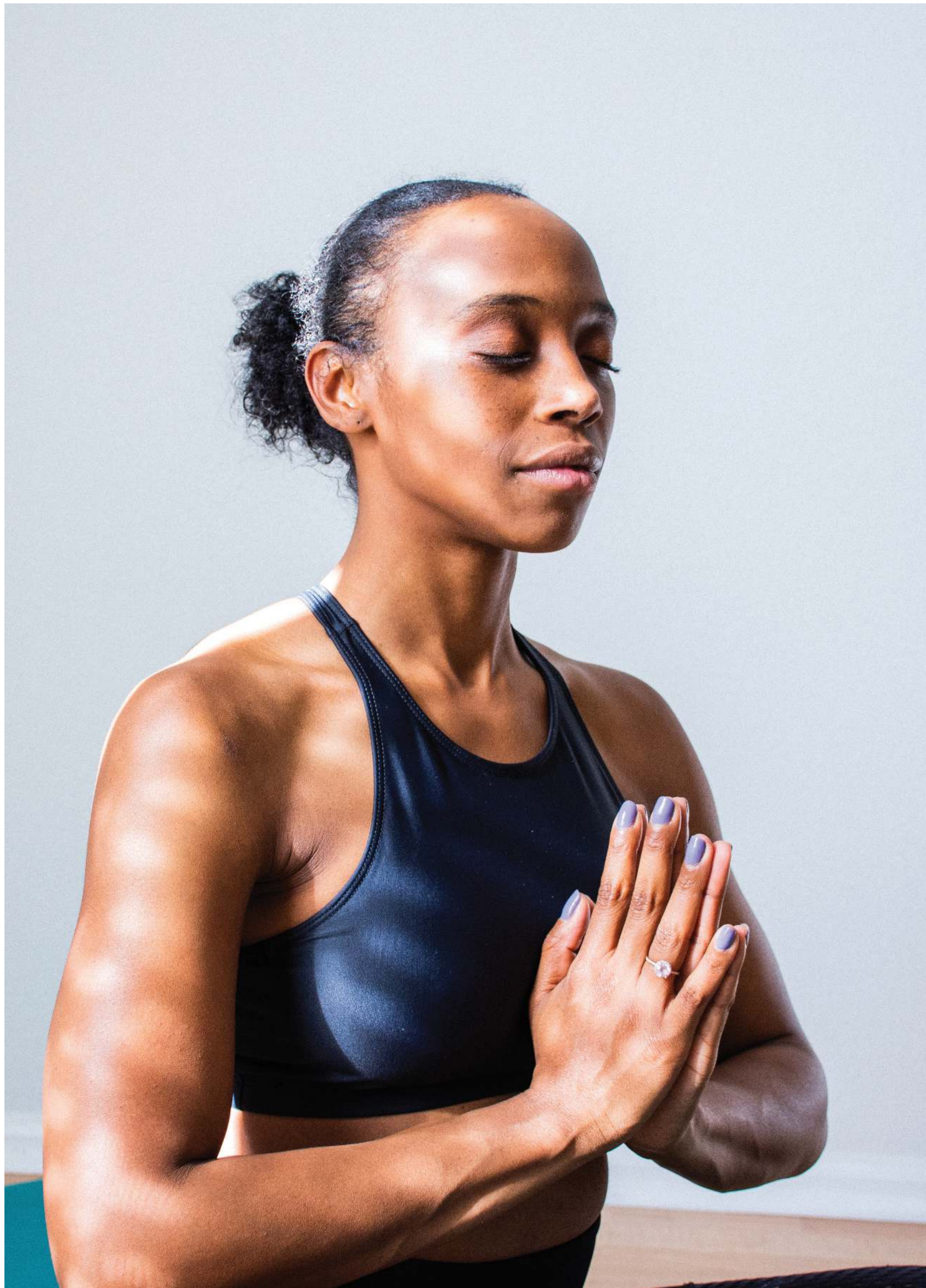


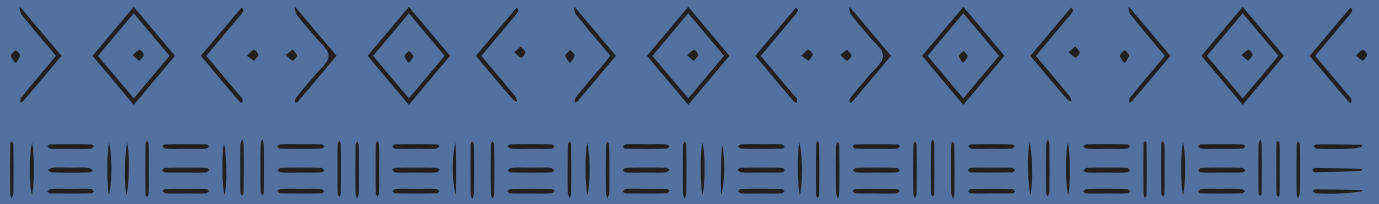
SUMMARY

Church leaders can encourage their community to practice Healthy Living:

- Rest, sing worship, breathe, Exercise, meditate
- Cook healthy indigenous and whole foods, which grow locally
- Encourage people to start gardening and sharing food
- Supplement with the above nutrients if your immune system needs support
- Start building communities of support by creating COMMUNITY HUBS, providing

- o Broccoli sprouts
- o Bone Broth
- o Sauerkraut





CHAPTER

07

WHAT TO DO IF SOMEONE
IN YOUR COMMUNITY IS
INFECTED WITH COVID19



WHAT TO DO IF SOMEONE IN YOUR COMMUNITY IS INFECTED WITH COVID19

Covid19 is a Coronavirus. There are many types of Coronavirus, and they usually cause the common cold or tummy bugs. They are very contagious – that is, they spread quickly, but with the right beliefs, mindsets and support, most people will be able to get better from them quickly.

Because Covid19 spreads very easily, we expect many, many people to get it. We should not be surprised or afraid if many people get Covid19. Just like we are not afraid when people get the flu or a cold.

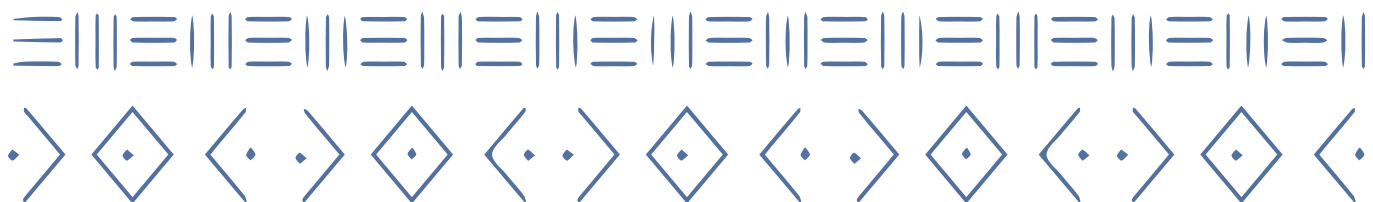
98% of these people will get better from the Virus.

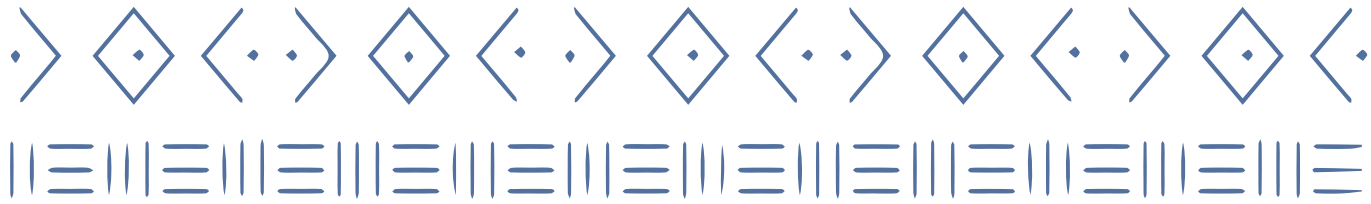
We do need to however support those people who are Vulnerable – that is

- The elderly
- People with Heart disease, Diabetes, Cancer or other diseases

If you hear that someone in your community is infected, there is no need to panic, but you can follow some guidelines

- Stay calm and remember that if the person or family has not been well prepared, they will probably be very afraid and will need support.
- It is important to remember that as believers we do not promote or share a spirit of FEAR - God has given us healing gifts and a spirit of a sound mind. We need to use this opportunity to teach our community to access the SHALOM of God.
- Using this guideline, you can educate and support the person to understand how to stay in a place of SHALOM in order to effectively heal from the virus.
- You can follow the Immune strengthening guidelines.
- Ensure that the person and family does not feel stigmatised or feared.





If the person feels that the infection is in their upper airways:

- a. Use the foods and vitamins as above,
- b. Stop drinking milk and eating dairy (Can create mucus in the lungs)
- c. Start using Bone Broth, add garlic and onions to food
- d. Steam Inhalations of Tea tree, Eucalyptus or Frankincense

If the person feels that the infection has moved to the Lungs

- The virus can attach to ACE2 receptors – (There are many of these in the lungs and the heart)
 - o Vitamin C and Melatonin are very important in this stage – you can advise an increase in Vitamin C
 - o NB - If you are on ACE inhibitors or Statins for high blood pressure, discuss switching to something else with your doctor – (these have been found to accelerate the virus replication in the lungs and heart)
- So In this phase,
 - o Continue to use the Immune supplements.
 - o Increase Vitamin C – 1 gram every 3 hours
 - o Take NAC – it will help clear the mucus from your lungs (NAC is available at Health stores)
 - o DO NOT TAKE Anti-inflammatories or Pain killers – these change the polarity of the lungs and it makes you into a Virus magnet
 - o Add SULPHUR to your diet – (Such as MSM, Eggs, garlic)
 - o Do steam inhalations a few times a day – Frankincense, Oregano Oil, Tea Tree
 - o Inhalations or Nebulisations with Hydrogen peroxide, Vit C and / or Colloidal silver has also been found to be beneficial
- If you can, find a doctor who is able to administer IV Ozone or IV Vitamin C
- You can discuss these with your doctor via the Telephone

If the Virus affects the Gut and Causes Gastro

- If you get the gastrointestinal version of Covid-19, (which we think is 1 in 5 people) you can use the BRAT diet. (This is a diet of foods that are Bland and do not cause stomach upset) Foods in the BRAT diet are
 - o Bananas
 - o Rice
 - o Apples
 - o Toast
 - o Have Bone Broth daily

CHAPTER 07

ALSO REMEMBER

Drink plenty of water or liquids to avoid dehydration from fluid losses due to your illness.

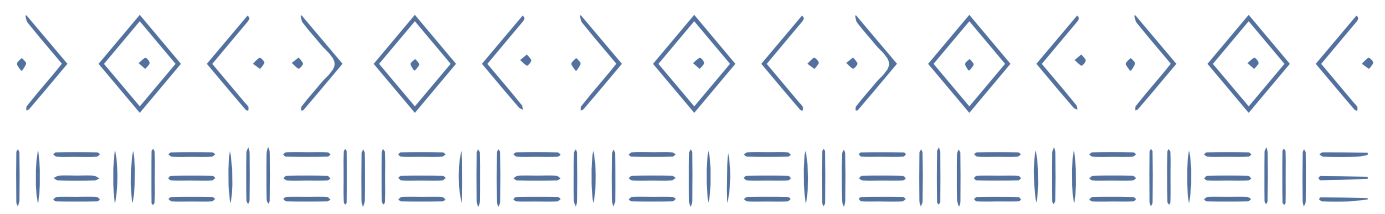
- Rest and avoid exertion to give your body a chance to recover.
- Consult your health care provider about taking medication.
- If you can afford it, you may prefer the **Liposomal form of vitamin C** to not have any extra digestive irritation.
- If you have more than one bathroom in the house, designate one as a quarantine bathroom, shut the lid before flushing.

It is preferable to let diarrhoea run its course, as it's the way your body is trying to oust the bad stuff.

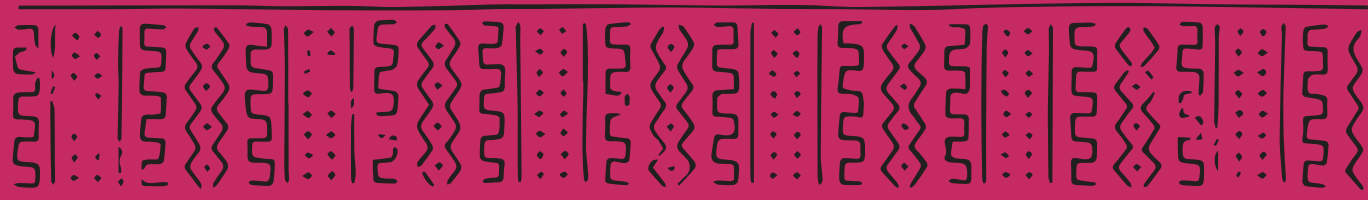
If the person starts to feel very ill and the Virus multiplies.

- This is when there is a Potential for the cytokine storm at this stage. This means your immune system is **OVERWORKING** and can flood your lungs with too many chemicals and immune cells. This is a dangerous stage.
- MELATONIN and VITAMIN C are really helpful to prevent this
- If the person is struggling to breathe, they should not lie flat on their backs, but rather supine, on their stomach, with the head lower than the feet
- Because the Immune system is **OVERWORKING**, now we don't want to overstimulate the immune system by boosting it
- Fever and inflammation mean discontinue immune boosters.
- If possible, let your fever cook this out and use herbs that are anti-inflammatory.
 - o Turmeric, ginger, lots of vitamin c
 - o Mullein can support your lungs, and seems to grow everywhere.
 - o Onion Poultice on the chest is very helpful
- You can support your drainage system (lymphatic support) by using herbs such as dandelion
- At this stage it is advisable that the person seeks medical care from a doctor online, or at a clinic or hospital





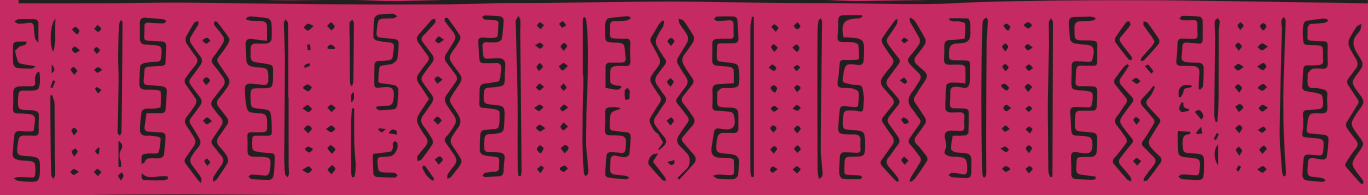




CHAPTER

08

SOME COMMON QUESTIONS



SOME COMMON QUESTIONS

SHOULD I TAKE A FLU VACCINE?

Current research has shown that people who have had a Flu vaccine have a 36% higher chance of getting ill with COvid19. It is not recommended to take the Flu Vaccine

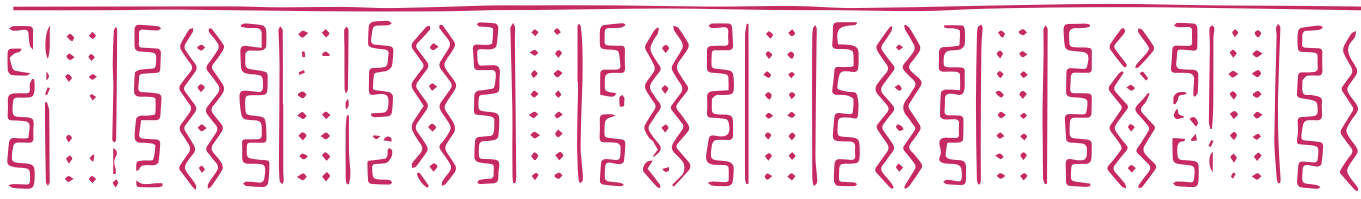
ARE MASKS NECESSARY?

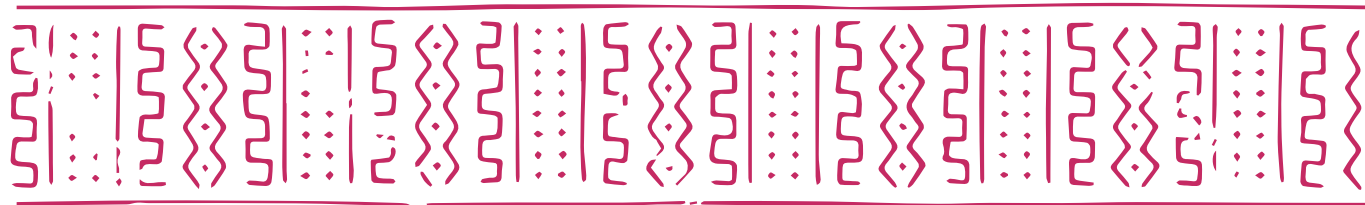
- Masks can help reduce the spread of Covid19 amongst people who are infected.
- Wearing masks all day is not healthy as we will be breathing in our Carbon Dioxide (CO2) which is toxic to our bodies.
- Running and exercising with Masks is not recommended. Children and Toddlers should also not wear masks for extended periods.

ARE THERE OTHER WAYS TO STRENGTHEN OUR IMMUNITY?

Homeopathy has been treating colds and flu for more than 200 years. It has also been helpful in many epidemics in history, (Cholera Epidemic in 1854 - London, Diphtheria in 1862 - 1864 - Broome county New York, USA and Spanish Flu of 1918) by significantly increasing the survival rate of those treated. (Though there have been questions raised in certain Churches about the spiritual roots of Homeopathy, the Authors feel - under thorough consultation - that there is no inherent concern. Should any further information be desired, we would be happy to assist. See also <https://homeopathycapetown.co.za/homeopathy-christianity/>)

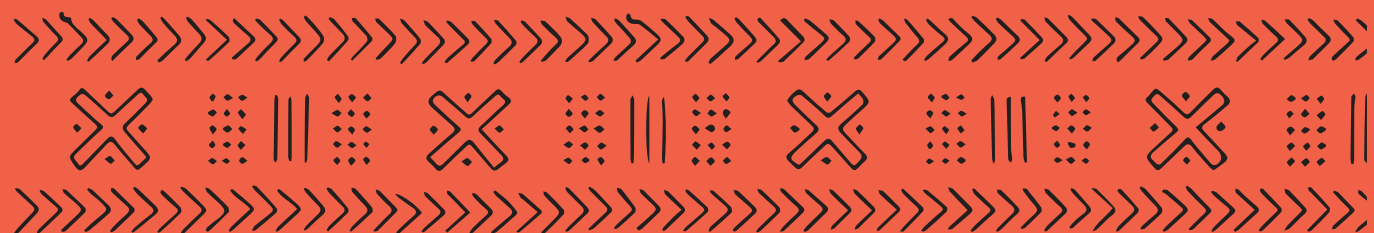
Homeopathy is also able to be applied as **PREVENTION** – which is like *building internal immunity*. This is an amazing approach called **Homeoprophylaxis** and has been used successfully in places like Cuba, Russia to build immunity in whole communities.





Cuba successfully built immunity against a very dangerous Bacterial outbreak using Homeoprophylaxis, which protected the entire country, at a very low cost and due to its methodology, without a lot of the additives of injected vaccines and therefore without the side effects commonly found in vaccines. This is something we should consider in the African context, alongside our Indigenous foods and herbs

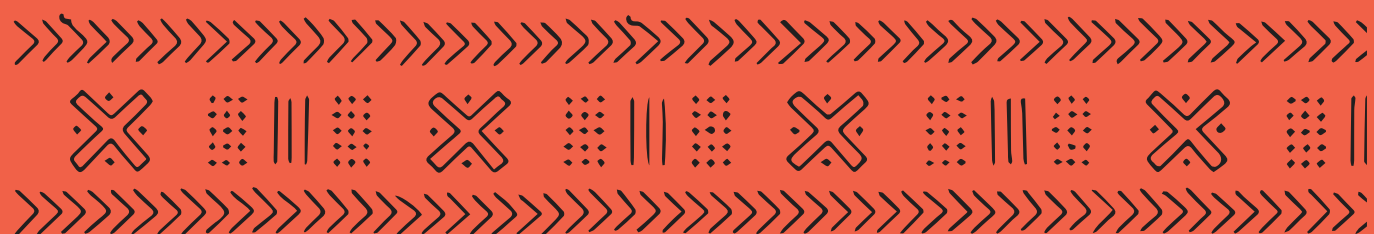




CHAPTER

09

SUMMARY OF
INTERVENTIONS /
APPROACHES FOR
CHURCH LEADERS



SUMMARY OF INTERVENTIONS / APPROACHES FOR CHURCH LEADERS

1. PRIORITISE YOUR PEOPLE:

Prioritise those at Risk and give them support. Churches can identify these people from amongst their small groups. These people need to have priority access to nutrition and support. Focus on family wholeness and joy. Those needing special attention are

- The Aged (above 60),
- Those with Underlying health conditions (diabetes, heart disease, undiagnosed or untreated HIV or other infectious diseases, Cancer, Obesity)
- People at Emotional risks (those with mental health issues, high levels of trauma and those living in homes with domestic violence or abuse.

2. PROVIDE PHYSICAL SUPPORT THROUGH LEAN TEAMS AND INTER-CHURCH COLLABORATIONS

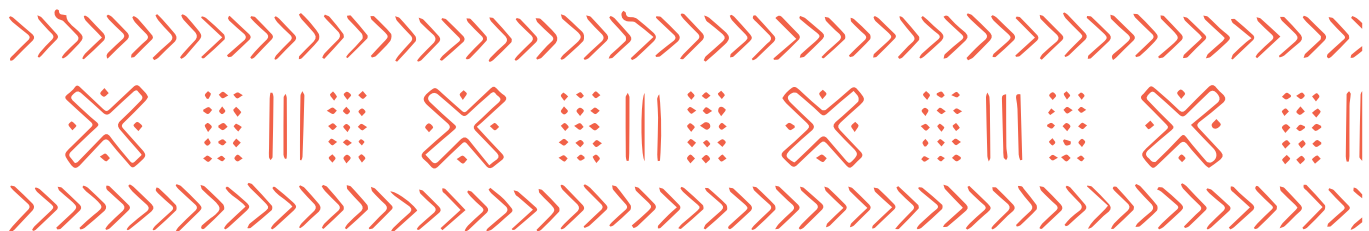
A. Immune supporting Food:

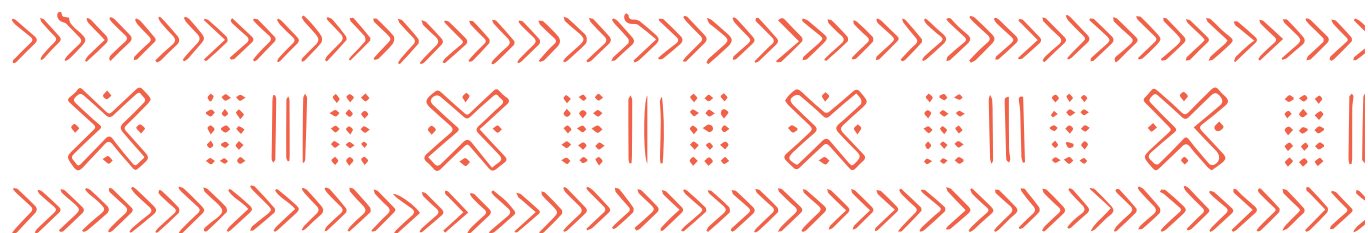
a. Focused food baskets (See lists)

- i. Protein
- ii. Vitamins
- iii. Immune support

b. African foods (Grow, forage, supply)

- i. Morogo
- ii. Sorghum / Amaranth (Mabela)
- iii. Moringa





c. 3 top picks for disaster (Household Church project)

- i. Bone Broth – Immune support and recovery
- ii. Broccoli sprouts – Anti viral
- iii. Sauerkraut - probiotic

B. Immune supporting connection with the Environment

- a. Sun (Vit D)
- b. Soil – Gardening – (Probiotic and polarity)
- c. Air
- d. Water

C. Supplements

- a. Vit C, D, A, Zinc, Probiotic, Iodine

D. Practices

- a. Deep breath (modulates immune responses)
- b. Singing and Workshop
- c. Movement and exercise
- d. Tremoring
- e. Gratefulness and Laughter

E. AVOID AT ALL COST:

- a. Fear and Anxiety (shuts down immune system)
- b. Pain and inflammation medication (Grandpa, Paracetamol, Brufen, Myprodols, Steroids etc)
- c. Inflammatory foods – sugar, alcohol, processed foods

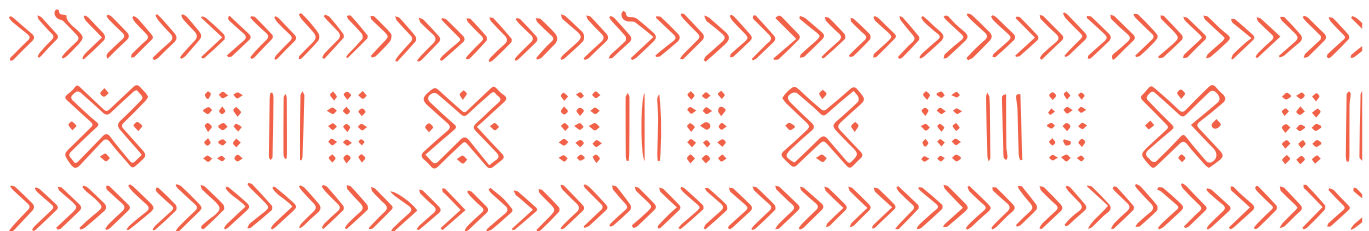
OTHER CONSIDERATIONS

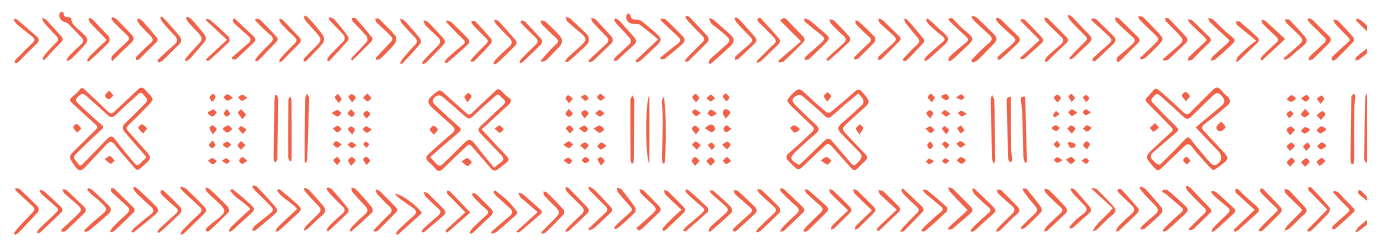
Aside from the Key Messages which are being promoted by Government, there are some considerations for this time in history that we should really be praying into and developing strategy around:

- Whilst it is true that we are at risk of COVID and other illnesses, and we do not yet have Global immunity, our bodies are capable of developing immunity and healing
- It is possible to contain and reduce the impact of Covid-19 through
 - o Social distancing
 - o Protective practices (e.g. Masks) with wisdom and balance
 - o Immune strengthening
 - o Nutritional support
 - o Mental Health and Trauma support

CHAPTER 09

- This is a time to be rethinking our economic model, our way of eating and our ability to sustain ourselves and our communities. It is an opportunity to relearn the ways of the Kingdom, in which there is always surplus and sustainability.
- Aside from developing new business models, we can take this opportunity to learn, and then teach our communities how to grow health building foods -identify these, harvest and prepare these gifts God has already given us. Those with Gardens - can grow and share. Those without gardens or land can help those who have.
- We do not need to be waiting for a Vaccine – Vaccines bring their own health issues and should be used with Caution – our primary focus should be on getting our bodies back to health and building strong immunity
- It is also important to provide practical support to vulnerable families around
 - o Economic support
 - o Food security
 - o Isolation / Quarantining alternatives
 - o Issues of Family breakdown, domestic violence and sexual abuse
- We must remember to pray for and support for the Health workers who are part of our Communities





IN CONCLUSION

God's Health system has largely been forgotten as our society places so much emphasis on the Government Health system.

In this unique crisis, where we want to spare the Government Health system from overwhelm, we have an opportunity to remember, return to, and restore the practices and principles of God's Ancient Health system.

From Plants and Food, to Breathing, praying and Community food projects, we can take this magnificent mandate and bring LIFE ABUNDANT into our Bodies, immune systems, families and communities.

Through these acts of worship, as we bring our bodies to Him as a living sacrifice, He WILL BE GLORIFIED ON THE EARTH!

**PRAISE BE TO OUR FATHER,
WHO HAS BLESSED US WITH
EVERY SPIRITUAL GIFT IN THE
HEAVENLY PLACES, AND HAS
EQUIPPED US TO STEWARD
HIS HEALING AT THIS TIME!**

ACKNOWLEDGEMENTS

This document was written and collated by Dr. Stephanie Thomas, supporting a National Faith and KZN Response to COVID-19, with guidance from multiple health practitioners, and sectional contributions by Sanet Joubert, Catherine Barnhoorn, Heidi N du Preez, (Pr.Sci.Nat., M.Sc. Scientist), Dr. Tracey Joelson, Hillary Jane Solomon and Seneca Schurborn.

Funding for the editing and design of the document was generously funded by the UNHCR to support a community COVID-19 response which would be available to all Africans living in South Africa.

A big thank-you to Nick Young-Thompson of Fox Creative Design for the sensitive graphic design and editing.

The theological underpinning of this document does not carry the specific endorsement of any particular church or denomination and is purely the conviction and biblical understanding of the Author.

All the health information contained in the document are referenced, peer reviewed and are accurate at the time of writing. The health information should be used in conjunction with the advice of your medical practitioner. Please send any request for references or any queries to Dr. Stephanie Thomas (stephanie@zoe-life.co.za).

The knowledge and science around COVID-19 is developing daily, so it remains the responsibility of the readers of this document to confirm and update themselves on any changes which may take place.

The principles of Health and Healing in God's Kingdom, however, remain steady, unchangeable and unshakeable. Anyone who builds their Health on the Foundations of His systems will find treasures and abundance of life which cannot be expressed or unpacked in a finite document.

Eternal thanks to our God – the Great Physician, and Shalom to you all – may His Life and Peace touch our Nation in an extraordinary way at this time.

