



Bible Enrichment Fellowship International Church
Apostle Beverly "BAM" Crawford Founder/Sr. Pastor

NUTRITION & SUPPLEMENT SUGGESTIONS

DISCLAIMER: If you are under a physician's care and/or taking medication continue to follow his/her instructions. As with all nutritional and exercise programs it is recommended that you consult with your physician.

If you are a diabetic or a dialysis patient, continue to adhere to your special diet as instructed by your physician.

In addition, if you are recovering from flu, cold or cough symptoms or Covid-19, stay on your prescribed medication(s) and follow the instructions of your physician.

MEDITATION SCRIPTURES

Psalm 90:12 ~ *"So teach us to number our days, that we may apply our hearts unto wisdom"*

James 5:13-16 ~ *"¹³ Is any among you afflicted? let him pray. Is any merry? let him sing psalms.*

¹⁴ Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord:

¹⁵ And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

¹⁶ Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.”

Proverbs 13:11-12 ~ *“¹¹ Wealth gotten by vanity shall be diminished: but he that gathereth by labour shall increase.*

¹² Hope deferred maketh the heart sick: but when the desire cometh, it is a tree of life.”

Rev. 22:1-2 ~ *“And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb.*

² In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations.”

Prov. 17:22 ~ “A merry heart doeth good like a medicine: but a broken spirit drieth the bones.”

Prov. 3:7-8 ~ “⁷ Be not wise in thine own eyes: fear the LORD, and depart from evil.

⁸ It shall be health to thy navel, and marrow to thy bones.”

Prov. 4:20-22 ~ “²⁰ My son, attend to my words; incline thine ear unto my sayings.

²¹ Let them not depart from thine eyes; keep them in the midst of thine heart.

²² For they are life unto those that find them, and health to all their flesh.”

Prov. 16:23-24 ~ “²³ The heart of the wise teacheth his mouth, and addeth learning to his lips.

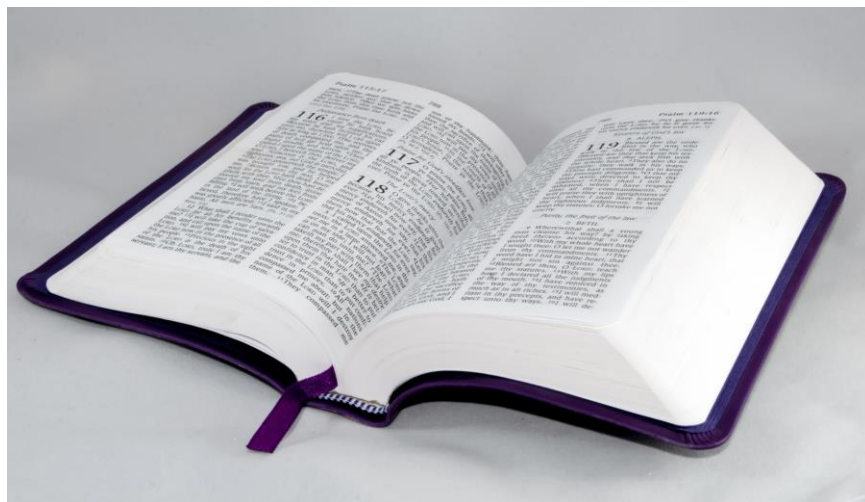
²⁴ Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.”

Matt. 9:1-2, 12 ~ “And he entered into a ship, and passed over, and came into his own city.

² And, behold, they brought to him a man sick of the palsy, lying on a bed: and Jesus seeing their faith said unto the

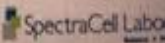
sick of the palsy; Son, be of good cheer; thy sins be forgiven thee.

¹² But when Jesus heard that, he said unto them, They that be whole need not a physician, but they that are sick.”



Prevention and Treatment of Flu with Immune/antioxidant protection supplements

Nutrient	Prevention	Active Covid-19 Infection
Glutathione	100-250 mg BID	100-250mg, QID
Vitamin D3	2,000-5000iu/day	50,000 BID X 3 days, then 5000-10,000iu/d
Vitamin A	1500mg/day	10,000mg/day X 3 days, then 1500mg/day
Zinc	20-30mg/daily	30 mg, twice/day
Alpha Lipoid Acid	300mg, BID	300 mg every 4 hour.
Vitamin C	1 gram, BID	1 gram every hour

 SpectraCell Laboratories

When there are high levels of zinc in our cells, if any virus is in our cells, **ZINC STOPS VIRAL REPRODUCTION!!**

Vitamin D3

The sunshine Vitamin

Malachi 4:2 ~ *“But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall.”*

It is a fat soluble essential health vitamin. Good Vitamin D levels cannot be obtained by just being in the sun for anyone, everyone needs Vitamin D3, especially for people of color who take a longer time to make Vitamin D3 in the sun.

A Vitamin D3 supplement must be taken! There is never enough Vitamin D in a multivitamin alone.

A good Vitamin D level is critical for optimum immune function. An optimal blood level is 50ng/dL.

Recommended daily intake is 5000 IU.

Blood levels of 25-OH Vitamin D should be checked.

Vitamin D is one of the best anti-inflammatory supplements. It is important for bone and dental health.

It acts like a hormone in the sense that there are Vitamin D receptors throughout the body, even in the brain.

High levels of brain Vitamin D promote better antidepressant medication absorption.

There are Vitamin D receptors in fat tissue. Without a high Vitamin D level it is difficult to break down fat and lose weight and maintain healthy weight.

It increases calcium absorption and balance. It supports blood sugar.

It helps increase musculoskeletal strength and comfort. Recent research found that Vitamin K helps both Vitamin D and calcium absorption into bones and teeth rather than calcium going into the blood as plaque or into the kidneys as part of a stone.

If I could recommend only one vitamin for the entire world to take, it would be Vitamin D3!!!

Lynn Goodloe, MD ABIHM

<https://www.news18.com/news/lifestyle/boost-your-diet-with-vitamin-c-and-zinc-during-lockdown-2594291.html>



[Boost Your Diet With Vitamin C and Zinc During Lockdown](#)

The natural sources of Zinc are legumes like chickpeas, lentils and beans along with seeds, nuts, and whole grains. Citrus fruits like orange, kiwi, lemon, guava and grapefruit are high in Vitamin C.

www.news18.com

BEST ANTI-INFLAMMATORY

Herbs and foods:

TUMERIC (curcumin - 95% tetra-hydrocurcumoids W ginger root + astragalus)

Turmeric = curcumin + other good ingredients

www.tumericforhealth.com

Decrease pain and inflammation

Help w peptic ulcer disease

(root powder caps 600mg, 5x/day for 12 weeks)

Anti-septic; antibacterial

Fight cancer; decrease the spread

Helps with depression

Boosts the immune system

Improves memory

Other good anti inflammatories:

GLUTATHIONE

Vitamin D3

Fish oil

Dark green leafy vegetables

Avocados

Beets

Blueberries

Pineapples

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