

EFC FAMILY LETTER

CORONAVIRUS

As Congregational President/Elder at EFC, I have the responsibility and an overwhelming concern to take care of those entrusted to me. Also, as a brother, a friend and a representative of our Lord, I strive to be an encourager and a benefit as much as possible.

God has blessed my own household with various trials throughout the years, and yes, I said “blessed trials”, because out of each situation we have received incredibly positive and beneficial information. In each of the trials we have encountered we have been carried through it all, by God Himself, and have become very thankful. The information we gather in each trial has then gone on to bless others, especially those in our church family, as now again, I feel led to share this information.

The Coronavirus is currently hitting downstate NY hard and will eventually work its way upstate in more numbers. My hope is that we are all doing things now that are beneficial for our families, before it gets worse. The benefit of sharing information and preventative measures is important, and I personally consider it a sinful act not to do something good when you are able to do so. That is why I am sharing this note with those whom I love and have been ordained to help protect.

The information in this letter is regards to the Coronavirus and the current preventative methods my family uses daily, which is a combination of living probiotics, specific vitamins and supplements. As you know, I have a very special person living with me, Amber (daughter). She is a Type 1 diabetic, and if she gets a basic cold, it becomes serious. So even more so, I continue to take measures that would benefit her and our household. We always hear the phrase; “Prevention is the Key to Good Health.”

THE PROBIOTICS

I have been using the Living Streams Probiotics for over 7 years and have shared them with dozens of people during that time, helping them get physically, and thus emotionally better.

It's what God used to save and restore Malachi's health (son) when battling Chronic Lyme Disease and rescued Diana (wife) from a bad Post-Polio Syndrome reaction. It eventually was used to get rid of my SAD (Seasonal Affective Disorder) that I dealt with since being a teenager. I was even taking medication for this type of depression till 2013, which had side effects. I am sharing this information with you, so to explain that we are not just trying to pass on recommendations without experience. These trails were real, and God delivered us in an amazing way, yet it took time and patience.

After introducing the probiotics in a bottle of water daily, I was able to slowly rid myself of the medication. Yes, it took time to heal my gut (Intestinal Tract), and as my body started to rejuvenate good bacteria/flora, the cycle of depression started to go away.

My own research into it showed that my gut made everything that my body and brain needed to be healthy. Once that was corrected, all I needed was time for it to heal. In my case, it took a few years to be fully rid of any depressive feelings that came during the spring and fall, but I am now completely rid of the SAD. I know how the healing came, but why? It was God's grace through these blessed trials, as he came to my family's rescue. Like I said, as a result of these trials, many others have benefited, many of those in our church family.

Through all this I have become friends with the family who produces the probiotic, and what is also completely awesome, is that they're believers in Christ. They have become such a blessing to my family, and I speak with them regularly. Sadly, Wayne Blakeley (the dad and founder) has gone home to be with the Lord. Since then, I've been blessed to get to know the rest of the family a little more, especially Mary, who is now a widow. Over the few weeks, since Wayne's passing, I have been blessed with wonderful conversations and a growing friendship with Mary. It is my hope our little church can be a blessing to their family as they also try to move forward, seeking God's will. I told her that we would be praying for them at our church.

THE SURPRISE

Now get this! Mary and her family have surprised me with a special love gift for our church family, those who are in need preventative help. I have been sent, without cost, the Multiblend Probiotic for people who attend our church. This is been gifted to help combat the current virus. It's enough to pass out to every family. Wow! Praise God! Mary has instructed me to pass this out at no charge for all, as it's their way of giving to God.

So now, since receiving this gift, I have purchased new 2oz bottles with droppers. This will allow me the ability to hand it all out. I know there may be people who may not want it, that's OK, but if you would like it, you can have it. This probiotic may not be a cure, but it's a realistic and powerful preventive measure, and I have strongly testified to that. As you know, I visit many people and continue to be guarded with good health. I give praise to God for His creation, which in this case is a living biotic.

Some of you may be hearing of the probiotics for the first time and may have questions. So, the following is some information from the LS MultiBlend Probiotic website; Being unlike all probiotics sold on the market, the LS liquid probiotics are not only cultured in a very controlled, purified, and scientific environment, this probiotic is 100% alive. This powerful proprietary blend of probiotics quickly gets to work breaking down undigested foods in your intestinal tract while repopulating the beneficial bacteria need for optimal health.

Living Streams Multi-Blend is our original product; a natural by-product of friendly bio-organisms (probiotics) that have been specially cultured and developed to produce the natural anti-infective substances the human body was meant to receive from flora in the intestinal track. It can be applied to the skin or taken by mouth. Created using a special blend of lactic acid-based bacteria; lactobacillus, paracasei & subspecies, and curvatus. All these probiotics contain organic lab certified bacteria species that are naturally found in the

human body, and do not contain bacteria obtained from soil microbes. It promotes and supports healthy digestion. Supports the immune system, replenishes and balances and intestinal flora. Here's a link that answers many questions about LS Probiotics:

https://www.livingstreammission.com/Frequently-Asked-Questions_ep_41.html

The Multiblend Probiotic can be taken with the following dosage for first timers:

1. 2/3 drops in a bottle of water each day for the first week.
2. 4/5 drops in a bottle of water each day for the second week.
3. 6/8 drops in a bottle of water each day for the third week.
4. One dropper full in a bottle of water each day from then on.

This is the dosage that I recommend to those whom I share the Probiotics with.

THE VITAMINS AND SUPPLEMENTS

Along with the probiotics, I recommend D3 vitamins (5000 IU), Quercetin with Bromelain and Vitamin K2 (MK7). I am not a pharmacist or a doctor, but I share what I learn from major studies found online and experience. Each person can easily look this information up on the internet.

I have samples for each family of D3 vitamins (5000 IU) and Quercetin with Bromelain, but not of the Vitamin K2 (MK7), as I currently don't have enough for everyone. These are recommended highly in dealing with this type of Type A flu. I have some for each family, but only a limited amount. All these items can be purchased online.

Why Vitamin D3 (5000 IU)? It keeps the virus from multiplying.

Vitamin D3 decreases cell multiplication and acts as an anti-inflammatory. Scientists at the University of Copenhagen have discovered that Vitamin D is crucial to activating our immune defenses and that without sufficient intake of the vitamin, the killer cells of the immune system -- T cells -- will not be able to react to and fight off serious infections in the body. For T cells to detect and kill foreign pathogens such as clumps of bacteria or viruses, the cells must first be 'triggered' into action and 'transform' from inactive and harmless immune cells into killer cells that are primed to seek out and destroy all traces of a foreign pathogen. They found that the T cells rely on vitamin D in order to activate and they would remain dormant, 'naïve' to the possibility of threat if vitamin D is lacking in the blood.

Walmart.com and in Store -

<https://www.walmart.com/ip/Spring-Valley-Vitamin-D3-Softgels-5000-IU-250-Ct/19758123>

Why Quercetin with Bromelain? It's keeps a balanced reaction from your immune system.

Studies have shown that systemic enzymes for inflammation (like bromelain) combined with quercetin, produce greater anti-inflammatory benefits than either one used alone. Thus, the combination of bromelain and quercetin is ideal for effectively inhibiting the inflammatory response in both acute and chronic inflammatory conditions. Both bromelain and quercetin supplements are relatively easy to find. Amazon.com -

https://www.amazon.com/gp/product/B07M958MJN/ref=ppx_yo_dt_b_asin_title_o01_s00?ie=UTF8&psc=1

Why Vitamin K2 (MK7)? It provides the right supplements needed for healthy blood vessels. Vitamin K2 as MK-7 is an essential fat-soluble vitamin. It plays an important role in lowering the risk of cardiovascular disease, including coronary heart disease, vascular disease and strokes. Vitamin K2 is also associated with the inhibition of arterial calcification and arterial stiffening, which means that increased vitamin K2 intake could be a means of lowering calcium-associated health risks. In the brain vitamin K2 acts as an antioxidant, helping to prevent free radical-mediated damage, Vitamin K-dependent proteins are now known to play key roles in the central and peripheral nervous systems.

Walmart.com

<https://www.walmart.com/ip/NOW-Supplements-MK-7-Vitamin-K-2-100-mcg-Cardiovascular-Support-Supports-Bone-Health-60-Veg-Capsules/37398793>

THIS GIFT IS FOR YOU

If you are a part of the EFC church family and would like to get these items please call, email or message us. We encourage you to do so, as these items are all FREE. We can arrange a time when you can pick them up from our driveway or we will drop them off to your home.

Please continue to pray for each other and those who are working hard on the front lines of combating this virus.

In Christ's love,
Frank

