

Charla's Story of God's Healing

Justin and I would personally like to thank each and every one of you who were praying for me during my battle with illness in April 2003. We do appreciate all of your prayers and notes.

For those of you who did not know of my illness, let me explain. First, I need to let you know that I am not offering any medical advice. I am not a medical doctor nor am I a nutrition expert. I am only telling my story, what I know to be true. I am telling you what God has laid on my heart. I want to lead those who are searching for answers for their healing to the one who has all the answers, Jesus Christ.

My illness actually goes back many years. As a child, I suffered with sinus problems, food allergies, headaches, and different infections. These problems seemed to get worse over the years. I would go to my doctor's office and in the allowed 15 minutes with the doctor, I would tell him or her why I was there and what was happening in my life and body. They would listen for that short time, would diagnose me, and treat the pain or infection with a chemical drug. I would go from the doctor's office to the pharmacy to pick up my prescription, the cure in the bottle, I thought. Sometimes I wondered if I had gone to the doctor too soon and did not let my body fight the illness on its own. I was just too busy to be sick.

I remember being prescribed many antibiotics over the years. Many of the antibiotics would make me sick at my stomach so I would stop taking that particular drug and ask the doctor to call me in another. The second prescription was usually a much stronger antibiotic, one so strong it would kill almost any infection in my entire body. It was called a broad spectrum antibiotic. After taking the antibiotic, I would feel weak at first, even weaker than when I was just sick. In a few days, I would feel better...for a while anyway. I realized this antibiotic was not only destroying the bad bacteria in my body, but also the good bacteria that could help me fight off an infection on my own. I also discovered these chemical antibiotics actually weakened my immune system. A month or two later, I found myself back in the doctor's office with a different infection or a different problem.

The next few years, I spent much of my time in doctors' offices trying to find help. The last few doctors I consulted diagnosed me with a B-12 deficiency, Chronic Fatigue Syndrome, Fibromyalsia, Interstitial Cystitis, Irritable Bowel Syndrome, and Hypoglycemia. They prescribed strong painkillers, strong sleeping pills, and some natural supplements along with the other five prescriptions I was already taking. Taking these painkillers and sleeping pills did help me sleep and reduce the pain; however, these drugs only masked my symptoms and did not fix my problem. Besides, I believe the good affects from the natural supplements, was counteracted by the harsh chemical drugs and, therefore, had no positive affect on my body. It became clear to me there was an underlying problem which had not been recognized by the doctors.

I had not been able to eat lots of foods without getting sick at my stomach. I had to quit eating fruit, nuts, and other foods. Some of the foods I ate were making me sick simply because they contained toxins, like pesticides to kill the bugs or keep the bugs off the plant, growth hormones used on plants and in animals to escalate and enhance growth so that more was produced in a short amount of time and antibiotics also given to many

animals. All these weakened my immune system. I continued experiencing more and more food allergies, headaches, body aches, irritability, numbness and weakness in my lower body and arms, foggy thinking, and worst of all urinary, yeast, and sinus infections for years, just to name a few. Finally, in April of 2002, I started experiencing great numbness in my legs, back, and arms making it difficult to live a normal life. I was having problems walking without pain and had lots of stiffness. There was a spasm in my lower body drawing me forward with so much pain I could not even walk straight. Some doctors told me it was Irritable Bowel Syndrome, but they didn't know why or how I got this or what the underlying cause was. During that time of extreme pain, I was working with my family to remodel our house. I was becoming sensitive to the strong paint smells and loud noises, such as hammering. In April of 2003, my organs began shutting down and I was unable to walk. For three or more weeks, I was weak and unable to get out of bed. I even had to be carried to the bathroom. I was in so much pain that I was screaming in agony. I could not be touched. I felt like my nerves were exposed and when someone would touch me, it felt like needles. Since I was also unable to travel with Justin in ministry, my Mom and Dad and Justin's family took care of me while he was gone. They did a great job of cooking, cleaning, going to the store and many other important things along with comforting me during this time. My thanks go out to all of them. This was a very stressful time for both Justin and I, as he was concerned for me while he was out of town and he also had to be the caregiver when he was home. You see I was used to taking care of housework, cooking, cleaning, and taking care of him. I thought to myself many times, why me, or what was I doing wrong. I was so confused and at times, I questioned if God really loved me. At other times, I didn't even think God wanted me to get better. But that thinking quickly left my mind and I realized I was wrong. I know God is a loving God and He cares for me and wants to heal me. I knew in my spirit my health was important to God.

Well, on the doctor's advice, I started taking the B-12 shots and that helped somewhat with my ability to walk, but did not build my strength because I was not able to balance, walk fast, or run and was still in extreme pain when I did not take my pain pills. I was not able to sleep well when I did not take my sleeping pills.

During this whole year, Justin and I did not have insurance. We were spending all of our money on doctors' and specialists' visits and for prescriptions and supplements that almost broke us financially. I finally called one of my doctors and said I did not want to take any more pills. But pills were the only answer he had for me and just told me to give it time. I know the doctors I went to for help, truly wanted to help me but I had exhausted all of their means. Several of my doctors told me I would just have to live with the sickness and pain, and adjust my life accordingly. That was so hopeless for me to hear. But I refused to be defined by my diagnosis. There is hope in Jesus Christ. I was at a place where I was going to look to God, the Great Physician.

At this point, I realized that the doctors did not have the last say about my health, but that God did. I got a revelation that that God made our bodies and He sure does know how to fix them. I found hope once again through a relationship with God and as I did all along the way, I was drawing near to God. Through prayer I asked for help and deliverance and for God to reveal to Justin or me what to do next. One of the last prayers about my sickness I remember was that God would make a way for me to stop taking these pain and sleeping pills and the other chemical drugs I was taking. I asked God to give me the final chapter to write about my journey through sickness and be restored again so I could

have strength and serve Him fully. After that prayer, God did make a way. As I followed Him, He gave me understanding and wisdom about my sickness and how to regain my health biblically in a natural way that would rebuild and nourish my body. God is so good, gracious, and merciful and wants His children well. In the Bible, Jesus did not address the symptoms that a sick person had, He only addressed the cause.

God brought me across the path of a Christian doctor who discovered that I not only had have Candida Albicans, which could have been the underlying cause of Chronic Fatigue and Fibromyalgia, but I also had Lyme Disease and Hepatitis since I was young, before I was 10 years old. Yes, this is a disease you can get from a tick bite, but I believe I got hepatitis through a vaccination that I got as a baby. A vaccine that was supposed to protect me, but, I believe, was actually putting the disease in my body. I had Candida, which is a yeast overgrowth and is brought about, I believe, by lots of emotional stress, using conventional antibiotics, getting any vaccinations, and eating excessive carbohydrates. Candida was causing my major health problems and was also causing me to be allergic to many foods.

Food allergies became a definite problem for me. Through emotional stress at different ages, starting when I was conceived in the womb, I had developed allergies to many foods, like fruits, nuts, breads, and vegetables. Approximately 2 years before my inability to walk, the foods I could eat were so few and narrowed that it was difficult to prepare meals of variety. The foods that I was allergic to were my favorite foods. First my body would develop an intolerance to a particular food, then I would develop an allergy and my body would not process these particular food right, nor would the food be absorbed properly into my system. These foods would be stored in my body as toxins, instead of using the nutrients in the foods and passing what the body doesn't need out of my body. By eating foods that I was allergic to, I would develop headaches as a reaction, swelling in my body as a reaction, and various infections and many other side effects and symptoms. Over time my body was depleted of vitamins and minerals and I was so malnourished and filled with toxins, it ultimately had to shut down as a protective mode. I believe that Candida was the basis for many of these food allergies.

God revealed to me that I only needed to eat foods that benefited my body. Not only was I eating the foods that I was allergic to, but I was also eating foods that were not good for me. Fast-food, pre-packaged sweets, candy bars, canned and other packaged foods are usually processed where the foods cook at such a high temperature all the nutrients God put in the foods is cooked out. Since vitamins and minerals are destroyed with heat, I have found that eating fresh fruits, vegetables, nuts and other foods that are unprocessed and uncooked are much better for me. In some canned and boxed foods, chemicals are added to make, preserve, or package. In many of the foods I ate leading up to my illness, synthetic (man-made) vitamins and minerals were added that my body did not accept nor did these foods provide my body with the nutrition it needed to thrive. Artificial sweeteners, colorings, and MSG in foods and candies were poisoning my system. Sugar and fruits feed Candida and it becomes systemic (in the blood stream) so it proliferates into areas yeast should not go. I was also eating foods such as rice, potatoes, homogenized milk, yeast breads and cereals. Milk has lots of sugar in it and the rice, potatoes, breads, and cereals would turn into sugar in my body. All of these foods only fed the yeast in my body and caused the yeast to take control. I also learned that lots of foods have hydrogenated or partially-hydrogenated oils in them our bodies do not know how to get rid of and therefore contaminate our bodies with toxins. I was told that it

would take about 30 glasses of water to get rid of a small amount of hydrogenated oils. I was drinking too many soft drinks and my body was pulling calcium from my tissues to neutralize the acid, the fizz, in the carbonated drinks. In addition, my body was mostly acidic and not alkaline base. My body had quit functioning properly and needed help in eliminating the toxins and getting back in balance to allow God to heal it.

When I looked to God and with His leading, I stopped taking the chemical drugs that were poisoning my body and breaking down my immune system. I began cleansing my body of toxins with herbs and herbal teas and nourishing it with whole foods. In just one week, I was pain free and in two weeks I was able to walk and do exercises. In three weeks, I was running and doing aerobics. I still needed to build my strength through time but I was so thankful and very blessed for the health God had given me.

Stress and handling stress well, was also hindering me from getting better. Not knowing what tomorrow brings is okay, as long as the Father in Heaven knows, and He does. I was anxious and worrying about what might happen. I was trying to do things on my own. This was causing stress in my life. Through worrying and being anxious, I was not trusting in the Lord. If I was trusting in God, I would have faith God would take care of things no matter what my circumstances looked like. I needed to quit focusing on my circumstances and just be busy with what God was telling me to do. I needed to take care of His work here on earth and what He was calling me to do, and He would take care of me. In God's word, in the book of Matthew, chapter 6, verse 33, it says, "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you." I needed to be reminded that God is watching over me and that I can look to Him when my circumstances seem difficult and He will sustain me. When I look to God, through Jesus Christ, He promised He would be there to help me through the tough times and that He would find a way out of my circumstance. By looking to God, it would be the way He wanted me to go. And believe me that is the best way!! So I was able to reduce my stress by laughing more, changing my attitude and outlook on life and finding the good in things and being positive in difficult situations and circumstances. My whole perception of life and my circumstances need to change. I learned to lean on God during those difficult times and, of course, I am still learning. Like in the Bible in Philippians 3:12, when Paul said, "Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus" NIV. I needed to be looking ahead to what God was doing in my life and expect great things.

I just wanted to let you know how I am doing and say thank you for your prayers. I am doing much better and God is continuing to heal me. For quite a while now, we have prayed for God to heal me. Yes, I do believe in instantaneous healing but, in this case, God did not choose to use that method for my healing. However, my healing is definitely miraculous. I know now it is because God wants to use my testimony to help thousands of people around the world who are sick and do not know what is wrong with them and the doctors have given them no hope

God spoke to my spirit and let me know that by looking to Him and Him alone, I could receive complete healing and restoration so that God would get the glory. Ultimately, when I looked to God for direction and healing, he did heal me.

Here is what the Bible says about looking to doctors. There is a Bible scripture in Mark 5:25, that says, “And a woman was there who had been subject to bleeding for twelve years. She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. When she heard about Jesus, she came up behind him in the crowd and touched his cloak, because she thought, “If I just touch his clothes, I will be healed.” Immediately her bleeding stopped and she felt in her body that she was freed from her suffering. At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, “Who touched my clothes?” “You see the people crowding against you,” his disciples answered, “and yet you can ask, ‘Who touched me?’” “ But Jesus kept looking around to see who had done it. Then the woman, knowing what had happened to her, came and fell at His feet and, trembling with fear, told Him the whole truth. He said to her, “Daughter, your faith has healed you. Go in peace and be freed from your suffering.” NIV. In another scripture, when Job was afflicted with sickness in and on his body, this is what he said in Job 13:4, “You, however, smear me with lies; you are worthless physicians, all of you! NIV. I believe that Job’s sickness was solely for God’s Glory. God was the only one that could heal Job, and no matter how hard the doctors tried to help, God was going to heal Job in His time and get all the Glory. And in yet another scripture in 2 Chronicles 16:12-13, it talks about looking to the Lord for help. This scripture says, “In the thirty-ninth year of his reign Asa was afflicted with a disease in his feet. Though his disease was severe, even in his illness he did not seek help from the LORD, but only from the physicians. Then in the forty-first year of his reign Asa died and rested with his fathers.” NIV All these scriptures were a picture of me. Like the woman, I was looking to the doctors of this world to help me. They were willing to take all of my money and still they provided no cure and did not hold the answer. Asa looked to God in many areas of his life, but when it came to his health, he didn’t look to God and died under the doctors’ care. Then, why is it accepted and why does the world tell us to seek healing from physicians alone, or to seek healing from physician first and then God. Is it for money, greed, or possibly power? I believe that to be true. Just read the book called “Natural Cures” by Kevin Trudeau. He says that it’s all about money and power. He says there is a cure for cancer, diabetes and many other diseases. Kevin says that because these natural cures cannot be patented and the FDA and other agencies cannot make money off of them, then they will hide the truth and keep us sick and in hospitals. Go Kevin!! All I know is that I found help and healing by looking to God. I prayed and then looked to the Lord for direction and guidance on how He wanted me to come out of sickness. God gave me wisdom and understanding and I just needed to follow. Jesus is the way, the truth, and the life. He did not say he would show us the way, He is the way, and because I have a relationship with Him, I will follow Him. It says in the King James Version of the Bible in Matthew 6:33, “But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.” I found healing in Jesus Christ, through a relationship with Him, and by looking to Him and Him alone. God gave me his direction and wisdom. I praise God for all He has done for me and God gets all the glory!

I am not saying don’t consult doctors but look to God first. There are situations when a doctor may be needed. There are Christian doctors, and I stress “Christian doctors”, I consult and am helped by, like for my allergies. It does matter who they look to for wisdom and understanding. Allergies were a big problem with me and I believe with many others. Many allergies develop as a baby. For example, if solid foods are introduced before the baby has developed enzymes for that food, then that food will not

be tolerated by the body and intolerance leads to an allergy to that food. Many other allergies occur because of emotional trauma as a child while eating a particular food. For example, let's say a boy was drinking orange juice one morning and his father comes downstairs and starts yelling and getting angry at the boy. At a very young age, this child does not understand what happened and does not know how to talk about this with someone and will be unable to resolve what happened in his mind. He will leave this file open in his mind, similar to a computer when you minimize something, but the emotion will be suppressed. His body will relate the orange juice to stress and the child's emotions, like anger or helplessness, will store in an organ, like the liver. The child may never know it is there until later in life when he develops health problems through mineral deficiencies or side effects from severe allergies. The stored emotions are actually his childhood perceptions. These perceptions may guide his life without him knowing it. These perceptions keep the child from growing into an adult emotionally. There is a book that explains this in detail. The book is called "Broken Children, Grown-up Pain" by Paul Hegstrom. In Paul's book it talks about counseling. And even though I am not against counseling, God has shown me another way, a quicker way than 3 years of counseling. It is called NET or Neuro Emotional Technique. This technique is amazing and sweeping the world. I have been several times. Foods that I was allergic to, I am now able to eat because of this technique. For instance, I knew that I could not eat honey, it would cause me to get a kidney infection, with swelling and bloatedness and headaches and bleeding in my urine. But after, Dr. Dustin Thomas in Broken Arrow, Oklahoma found out that I was not allergic to honey, but bee pollen, he helped me recall the emotional trauma that caused the allergy and helped me to resolve it once and for all and cleared the allergy through a spine manipulation. Then after twenty-one days of avoiding that food, my body was able to develop enzymes so that I could once again eat that delicious food, honey.

There are other situations when a Christian doctor is needed. If I was hurt in a car accident, was unconscious, and my body was torn and in need of repair, I would want the doctors to give me emergency surgery to put me back together. But at the same time, I believe there are too many unnecessary surgeries performed trying to get rid of body parts that are supposedly causing problems instead of combating the illness biblically and nutritionally. Listen to these statistics about the United States Healthcare Systems third leading cause of death, according to the Starfield, B. (2000, July 26) Journal of the American Medical Association article,(284, 483-485) in this quote:

Is US health really the best in the world?"

- *12,000 deaths per year due to unnecessary surgery
- *7,000 deaths per year due to medical errors in hospitals
- *20,000 deaths per year due to other errors in hospitals
- *80,000 deaths per year due to infections from hospitals
- *106,000 deaths per year due to negative effects of drugs

Someone once said to me that being in a hospital is the last place a sick person needs to be. I don't know if that is true, but the statistics are very alarming.

Chemical drugs and surgeries were a common practice with many doctors that I consulted before I found healing and those doctors lead me to believe that it was the only solution available. Thank the Lord, I avoided all surgeries through my illness but I was taking eight or nine chemical prescription drugs. These were not only very expensive but seemed to help me quickly in one area but I believe they would actually break down my body in many other areas. I used to ignore the side effects that were written on every

prescription that I took. But then I realized that those side effects were real and were affecting me. I felt like I would get better in one area but then after taking prescription chemical drugs from the pharmacy, I would go back to the doctor for another problem. With the use of prescription drugs such as antibiotics, nasal sprays, nasal decongestants, and muscle relaxers, which seem like typical and very harmless drugs, I was not only becoming dependent on these drugs, but I did not see healing and I actually saw my health decline. These drugs would only mask the problems I was experiencing, they did not address the underlying problem of my illness. Like Dr. Kent E. Hovind says in his video "The Bible and Health". "Many diseases are cured by a simple vitamin. These are called deficiency diseases. There is two philosophies of health and medicine, Creation and Evolution. If the Evolution story is true, than your body is nothing than a bunch of chemicals that got together by chance over billions of years and you treat diseases with a drug. If the Creation story is true, then God designed the body and you treat diseases with things God gave us to eat: food, vitamins, minerals, herbs, natural substances. The two different philosophies, Drug Therapy and Nutrition Therapy, they come from totally different perspectives on how they are going to heal the body. Most medical doctors are sincere men, very brilliant men but they are trained with drug therapy. So their whole thinking is this person is sick, give them this chemical or this drug to fix this illness. What this is doing is covering the symptoms, it's not fixing the problem. If your driving down the highway and your oil light comes on in your car, you have two choices. You can either pull over and find and fix the problem, add some oil or whatever, replace the oil pump if necessary, whatever it is, find and fix the problem. Second option you have is unplug the oil light. If you unplug the oil light you can keep on driving; you fixed the symptom, you didn't fix the cause. And a drug fixes the symptom. If you have a headache, you say, "Oh, I got a headache, I'll take an aspirin". Ok, you have just unplugged the oil light. And if you opened your medicine cabinet in your house or in your bathroom or wherever it is, I think you'll see an awful lot of bottles full of stuff that unplugs the symptom, it does not fix the problem. If you open your refrigerator, you might see some things that'll fix the problem, as apposed to fixing the symptom." Dr. Kent Hovind's video is a great source of information and talks about the importance of diet, exercise, rest, attitude, and vitamins supplements. How do you find help for your body?

Again, I am not saying don't consult a good doctor. If you seek the Lord and the Lord leads you down that path, then do as He says. But make sure it is what the Lord is telling you and not just what is acceptable to the world. Seek wise counsel. Filter everything through a biblical understanding. I needed to start taking responsibility for my own life and not just putting my trust in man and doctors and leaving it up to them. Doctors are human and could not figure out in 15 minutes what was wrong with my body. But God made our bodies and knows how to fix them. It's about who do you trust, God or man? I am not saying do this on your own, but look to God. In Proverbs 3:5, it says, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight" NIV. If our trust is in other things, how can we expect God to do something for us? It can't be half here and half there. God reveals in the Bible His willingness to heal us and that healing is a part of His glorious promises. In Isaiah 53:5, it says, "But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed." And in 1 Peter 2:24, it talks about Jesus and says, "He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed". Jesus already paid the price for all

our healing on the cross. In James 5:14, it says, “Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective” NIV. In these scriptures, healing and forgiveness go hand in hand, they are tied together. God wants to make us whole. God will take all your sickness away and also forgive you of your sins. There are many examples in the Bible that talk about this.

So when I get sick, it’s not that I do nothing, but I first pray and then when the Lord leads me, I consult a Christian doctor who will help me with Christ Jesus as his guide in finding a way to rebuild, repair, and nourish my body so God can heal my body to complete health.

My story would not be complete unless I told you of the several spiritual issues that God had me deal with during my sickness. The pride, arrogance, stress, anger, bitterness, regret, and resentment I had was affecting my relationship with God and other people. In my heart, I had unforgiveness for others, what they had done to me, as well as unforgiveness for myself and what I had done or not done. Through my sickness, I saw my sins and asked for forgiveness and God gave both forgiveness and physical healing. I found first hand how forgiveness for my sins and physical healing are tied together. Praise the Lord for making me whole again!

God revealed to me that what I eat and how I treat my body affects my health whether now or in 30 years. God is showing me that emotional healing, nutrition, exercise, rest, and, most of all, drawing close to God is the bottom line in treating my mind and body and keeping it in balance. God created my body to heal itself, to function on its own, and to fight off disease and impurities without having to use unnatural antibiotics and other chemical drugs. In Psalm, 139:13-14 says, “For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.” NIV. I wasn’t going to keep contaminating my body with unnatural things, like artificial sweeteners, soft drinks, hydrogenated oils, colorings and, fillers in foods and vitamins, processed foods, fast foods, over-cooked foods, chemically processed teas and coffees, and eating foods with pesticides and meats with hormones and antibiotics. The list goes on and on of what the world is saying is good for my taste buds and not revealing that these same foods are very bad for my body.

As I explained earlier, I received healing from God through a process and time. I realized if God would have instantly healed me, I might not have changed my overall lifestyle. God showed me through a book called “The Maker’s Diet” by Jordan Rubin, that I was doing things that made me sick. Things that the world says are good, but are actually harming me. There were many changes I needed to make to find healing. Whenever I am at home and not on the road ministering with Justin, I eat organic foods, because if a food does not specifically say it is “organic”, it is probably sprayed with harmful pesticides and is probably grown in inadequate soil with growth enhancers to increase the size and cause it to grow faster. There is a reason a plant has bugs on it. The soil is not healthy and, therefore, the plant is weak and not healthy. Then the plant is weakened, even more, by spraying it with harmful pesticides before it is eaten. This does not make sense to me. I don’t believe I get all the nutrition that I need when I eat plant foods and other foods of

today. Therefore, I need to supplement with live vitamins and minerals to get all the nutrition my body needs to have energy and function properly. I think it is about balance. When I eat healthy and take my vitamins, I feel better physically.

I had to change my thinking and make changes in my lifestyle. I eat a lot of fruits, vegetables, beans, and nuts and try to avoid meats for the most part. My favorite meal is Mexican and with that food I can avoid meats because it's mainly beans, lettuce, tomatoes, cheese, guacamole and rice. I feel better when I don't eat meats. Like in the Bible where it talks about Daniel and the other servants, in Daniel:11-16, "Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see. So he agreed to this and tested them for ten days. At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. So the guard took away their choice food and the wine they were to drink and gave them vegetables instead." NIV. Like I said, I do feel healthier when I don't eat meats. They seem to slow me down. I do eat some fish, but I even limit that because it is difficult in these days to find ocean fish with fins or scales that does not have high contents of mercury in it. I'm not saying don't eat meat, but you can get a lot of diseases from the blood. I was told that meats stay in your system for about 4 days. I would rather eat something that will digest easily, provide the nutrients to my body rapidly, and then pass through my body quickly, as vegetables and fruits do. I sometimes enjoy raw organic goat's milk and cheese from a local farm. I was told goat's milk takes about 30 minutes to digest as apposed to cow's milk that takes about 8 hours to digest. Goat's milk is pure and wonderful and, at my request, is sometimes pasteurized but not homogenized. I am also getting rid of the chemical cleaners and soaps in my house and replacing them with natural products. I am placing a filter that filters out chlorine and other contaminates on my showerhead and faucets. I am also in the process of getting the mercury from my teeth removed. This is just to name a few of the changes I have made. Jordan Rubin outlines many things in his book "The Maker's Diet". This book is a very good resource for anyone who is sick and seeks healing. It is more about a lifestyle change than just another diet plan. To get "The Maker's Diet" book or products The Maker's Diet talks about, go to www.thelivingspring.com.

Please read the book "A Shot in the Dark" by Harris L. Coulter & Barbara Loe Fisher that will inform you about vaccinations and their hazards. Many people are saying that vaccinations are doing much more bad than good. According to Dr. Larry Tyler, the major cause of suffering is vaccinations. For years, I would take my dogs to the veterinarian to get their yearly shots. But if you had asked me what was in those shots I could not tell you. I did however see my dogs get sicker and sicker. Was it because of the vaccination shots? I don't know. I did speak with many home schoolers at conferences who seemed to have great insight into vaccinations and their effects. It was the normal way of life for these parents not to get any vaccination shots for their children. These parents told me their kids were not sick and did not have the sinus problems or sensitivities to milks and other foods that many of their friend's children did after getting vaccination shots. These home schoolers also did not have problems with their children having crooked teeth and therefore did not have to get braces. Do you know what is in the vaccinations and flu shots that you or your family members are receiving? Do you know if vaccinations actually are helping or hurting our bodies? The Bible says in Hosea

4:6, "...my people are destroyed from lack of knowledge" NIV. I think it might be a good idea to get information that is complete and based on Godly wisdom. I needed to find out what God wanted me to do and then do it. Just read the book and decide for yourself.

I currently use or have used a wide variety of products from different companies. I want to make you aware of them and you can use your own judgment on what to use. I do not sell any of these products and I don't have any investment in these products, I just know they helped me. I do want to make clear that these are just food products and that they are not the cure all, but along with good food, exercise, good rest, good attitude, and most of all putting the Lord first, you can be whole and well. I use, even still today, Sunrider Products such as Callie, an herbal tea and NuPlus, a concentrated whole food. JW and Lois Emerson can tell you more about Sunrider products. They helped me. Their e-mail is emersun@cox.net and their phone number is 918-455-2745. The Sunrider products taste very good with Kal's Pure Stevia Extract Powder. Use Stevia instead of regular sugar or artificial sweeteners. I use raw organic honey or molasses in cookies or oatmeal to replace the refined sugar or brown sugar. I purchase the Stevia through www.thebetterhealthstore.com at a great web price or you can get this at a local health food store. I use products at Herbal Healer Academy (www.herbalhealer.com or 1-870-269-4177). If you call them they will send you a free catalog. I have found they not only offer a very large variety of all natural, superb, and concentrated products, but also provide helpful information in their catalog about the ingredients each herb product contains, a list of most ailments, and what products to use for each ailment. The Herbal Healer Academy has a natural antibiotic called Colloidal Silver, also available in some health food stores, that only kills the bad bacteria, not the good, and can be taken for long periods of time. Colloidal Silver can be used internally and topically. I have used it to put in my ears for earaches and I have used as a gargle for a sore throat as well as putting the liquid in water to drink for internal infections. Any products I purchase, I make sure they do not have fillers in them. Most natural medicines are very potent but do not make me sick in combinations. These natural products do not have a warning on the label like most of my prescription drugs did. I have also used Hallelujah Acres products, such as Intestinal Balance, and Probiotic (www.hacres.com or 1-800-915-9355). You are welcome to call me at 719-282-8148 or on our toll free number at 1-866-355-4846 if you have any questions, too. Of course, if products are available at your local health food store, I would purchase them there first.

There are so many people that God has brought across our path to help put my body back in balance. This paragraph, contains some of the most important information that I can recommend. To help get rid of Candida, any virus, or bad bacteria, help with food allergies, toxins, for recommendations of herbal remedies, and for chiropractic care, see Dr. Dustin Thomas in Broken Arrow, Oklahoma at 918-251-8889 or now that we are in Colorado Springs, Colorado, we see Dr. Craig Reeves at 719-527-0062. Both doctors are Christians, which I believe is very important because the Bible talks about seeking wise counsel. I have seen and currently see so many miracles in my life through these doctors' knowledge of the body and chiropractic. All their work is non-evasive and practically painless. I am able to eat foods that I have not been able to in years without getting sick and they are eliminating the Candida Albicans in my body. It's truly amazing and I believe a necessity! For help in finding the right Chiropractor in your area, please e-mail me and I will try to help. I am not just talking about a regular Chiropractor, these doctors specialize in a certain kind of Chiropractic method and other specific specialties.

Massage therapy has many benefits, too. Some of the greatest benefits I have experience from a deep tissue massage are that it relieves pain, increases circulation, loosens stiffness in joints, works out toxins, reduces local swelling, relieves upper respiratory tract congestion (including sinus), promotes relaxation, strengthens the immune system and relieves general fatigue in addition to being an enjoyable experience. If you live in Tulsa, Oklahoma, I would definitely recommend, Jeanne Lamb, at Healing Wings. Her number is 918-853-8775. She uses a heated bed, aromatherapy, and soothing music to make the whole massage experience so relaxing and so rewarding. She is excellent at massage therapy and wants to help you!

Jeanne also has a machine that does what is called an Ionization Technique, as well as my chiropractor in Colorado. This procedure is painless, you put your feet in warm water with the device in the water and stay there thirty minutes. It's purpose is to remove toxins from the body through the feet. It has been amazing for me. The first time I did this procedure, the water showed traces of heavy metal pieces big enough that you could see with the naked eye. The water after thirty minutes was dark orange and had large amounts of what looked like lactic acid on the top with black and red specks which I believe were more harmful metals or toxins. I have only done this procedure five times but will continue to have this done, as I believe it is doing a good job of removing heavy metals, something I cannot even do by drinking loads of water.

Just pray about one of these products and services if you are sick. I was once sick but found healing through Jesus Christ.

My prayer is that all will see God's goodness, love, and grace. God has miraculously brought health to my body. I am able to walk again, travel again, and even minister with passion and effectiveness as never before. Changing my lifestyle to healthy things, has given me energy, relieved my pain, and has given my body circulation again. If you would like a detail of my symptoms, diagnosis, and the healthy changes I am making in my life, or have any questions, please contact me at 719-282-8148 or our toll free number at 1-866-355-4846 or at my e-mail justin@justinknight.com.

God bless you, each one!!!