

YOUR HOLY HEALTH

(Effective ways to divine life!)

by Tonja K. Taylor

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We pray the LORD will use this book as a powerful catalyst in the life of your family to deepen your love and understanding of His Word, and cause your light to go forth in the darkness so that others may see and draw closer to Jesus, the True Life.

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INTRODUCTION

“All flesh is as grass,” the LORD immediately answered in my spirit, when I was sitting in an office and wishing out loud that I had a body that was more lean and tan. The phrase My Creator used was from Isaiah 40:6, and He sounded slightly irritated. He had every right to be! I quickly repented for not appreciating enough the slim sound strong body and healthy skin He had given me.

1 Peter 1:24-25 says, *“For, All people are like grass, and all their glory is like the flowers of the field; the grass withers and the flowers fall, but the word of the Lord endures forever.”*

Our spirits are the eternal part of us; the *real* us, but our bodies will return to dust. However, we need our bodies to get the LORD’s work done on the earth, and as our pastor once said, if we just had one car to last us for life, we’d take excellent care of it!

Of course I had been focused on the wrong thing when God corrected me; it is the spirit that is by far the most important, and it is that part of us that is being renewed and strengthened every day, even while our bodies are aging in the natural process of life (2 Cor. 4:16).

I am not a body; *I am a spirit who lives in a body.* I apologized to Him for wishing I was different, which is a torment common to mankind.

Also, the things I wanted to change were actually under my control, but if I was trying to feel more *loved* by my spouse and others by doing them, then my motive was wrong.

I have heard many reports of world-famous models who, no matter their wealth and audience, never feel beautiful enough, good enough, loved enough, and wind up on drugs or killing themselves or whatever to end their misery. It is a destructive cycle that can only be broken by believing the love of God, Who loved us so much He sacrificed His only Son for us (John 3:16).

God, Who created us and is Himself a Spirit (John 4:24), put our spirits into our bodies so we could live on earth and complete the Assignment He gave us—much like an astronaut puts on a spacesuit to accomplish his or her mission in space. I have heard more than one preacher call our bodies our “earthsuits.”

I believe it is a godly desire to have more energy and a strong body—but not for the admiration of others; the purpose is to be healthy to get God’s Plan for your life accomplished. Life is easier and more pleasant when we feel good and strong. We are more

confident and creative, which is certainly part of the plans God has for us—part of abundant life (John 10:10).

The Scriptures give us wisdom on how to have a better life. The last part of Proverbs 11:9 states, “*...through knowledge and superior discernment the wise are delivered.*” Isaiah 55:2 says, “*Listen, listen to Me and eat what is good, and you will delight in the richest of fare.*” (NIV)

Also, Proverbs 21:31 exhorts us that “*Victory rests with the LORD.*” Almost every verse in the Word applies to health in one dimension or another, but another of my favorites is Psalm 91:16: “*With long life I will satisfy him and show him my salvation.*”

Whether or not you believe in the Bible, there are a lot of opportunities for any person to be sick and die if they don't know how to resist the various forms of curse in the world. *Your Holy Health* is based on the everlasting, unchanging Word of God that has a solution for holistic healing—in your body, your marriage, your family, your soul, your money, and even for your purpose on the planet.

The great psalmist and prophet, King David, said in Psalm 119:93, “*I will never forget your precepts, for by them you have preserved my life.*” He understood that life is created, sustained, and preserved by Jehovah God. But you don't have to take my word for it. Check out the Word for yourself. Ask the LORD to help you understand it, and He will. He is the Author of the Bible!

Years ago, I started desiring better health for my husband and myself, and asked the LORD to guide us in how to do this. He has been faithful, and Clayton and I have enjoyed better health, more energy, greater alertness and focus, and greater confidence, plus the satisfaction of knowing we're being good stewards of our bodies, His temples, as 2 Corinthians 6:16 states: “*What agreement [can there be between] a temple of God and idols? For we are the temple of the living God; even as God said, I will dwell in and with and among them and will walk in and with and among them, and I will be their God, and they shall be My people.*” (AMP)

Personally, I enjoy going to the drug store only to buy candy or makeup or such.

My dad lived to be strong until he was 82, when he contracted diverticulitis and went into the hospital, from which he never returned. For about 25 years before that, he worked on his farm every day, getting lots of fresh air and good exercise, as he grew fresh veggies and tended his fruit and nut trees. He was strong enough that he walked on his own and even picked up all the pecans from the many trees every fall, with very little help if any through the years! He and Mom also had started eating healthier the past decade or so, and that helped too.

In addition, I hear they both prayed every day. They had stated decades earlier that they believed in the LORD Jesus Christ, and I know it is Him that gave them every breath—as He gives each of us every moment. They were also people of integrity who were very generous, hardworking, and loving towards others. To me, such characteristics can serve to promote your holy health.

The LORD has increased our holy health by teaching us to modify or change several things, but not all at once. (He knows us too well for that.) He led us to start filtering our tap water, and now we double-filter it and check the TDS (total dissolved solids) often. He also led us to a local health food store and many simple solutions for better health, from organic food and supplements to how to replace household products (dryer sheets, antiperspirant, lotions, shampoo, and more) that contain harmful chemicals, with products that work as good or better and contain none of the junky stuff.

These better products are available and even if they require a bit more investment of money, *you are worth it!* Buying organic and Non-GMO food, supplements, and products can save you much money and time by helping keep you healthy and thus out of the doctor's office and pharmacy!

The biggest factor that has improved the health of my husband and myself—besides reading the Word of God and praying every day, plus attending a Bible-believing church regularly as He commands us (Heb. 10:25),—is changing the types of food we eat. We made a change or two at a time, such as greatly reducing the amount of sugar and fried foods we ate, and eating more fresh vegetables. When those became habits, then we'd tackle something else, such as not drinking sodas anymore and drinking more water.

We didn't try to change many things at once. We've had to be purposeful with this, but as we have kept doing these new things and started feeling better, it was easier to keep doing them. Then they became habits and we had no desire to go back to the old ways.

Such it is with all of life; whatever we focus on and pursue to do will become a habit, and once it becomes a habit, it becomes much easier because we do it almost automatically. This works in the negative and the positive, and the LORD helps us replace the negative habits with positive.

It all comes down to choices. You are responsible for your life, so ask the LORD to help you start today to choose healthy habits in every area. Pick one area and get going. He will help you! Actually, He is already helping you, because you are reading this book.

By the way, *none* of this is medical advice—only the beneficial experience of my husband and myself and others I personally know. *I am not a doctor nor a nutritionist.* I am simply sharing what has worked well for me and people I know personally. Be sure and check first with God—Who created you and sustains you every moment—and your doc if you are unsure about any of this. You have to do what is best for your body, and everyone is different. We are all a concoction of chemicals, and some people may be sensitive to certain things, such as people who take specific meds that won't mix with grapefruit juice, for example. So check with Daddy God and any medical professional you trust, for the LORD gives us wisdom and peace to go His way.

You are worth it, and you can do this!

The God of Heaven will give you success! (Neh. 2:20)

FIRST THINGS

Can I be totally honest? (It tickles my husband and me when we hear ministers say that, and we're like *Yes! That is why we are listening to you!*) The first thing I believe is best to do for your holy health is so easy that many people overlook it. It is very simple, and very powerful.

It is Biblical, as well: ***Be thankful!***

Psalm 100 verses 4 and 5 (KJV), state: ***“Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.”***

As our wise pastor has stated, the proper thing to do when given a gift is to say, “Thank you!”

All the humans I know like to be appreciated, and our dear Father in Heaven Who has done everything for us through Christ deserves the ultimate in thanksgiving. I am thankful that He gave me good parents who taught me to be thankful, and to express that in various ways. I have made strong friendships by just writing a “Thank You” card, and have been told more than once that that was the first Thank You card that those individuals had ever received!

So, to me the first and very powerful step in holy health is to say, as soon as you wake (which for me, in a more mature phase of life, has often been in the wee hours), **“Thank You, LORD! Thank You for a good night’s sleep. Thank You that Your angels watch over us and keep us safe. Thank You that You never slumber nor sleep, nor grow tired nor weary, and You are strengthening me for this day.**

Thank You that You are going ahead of me and putting Your grace on everything, and making the way smooth for me and my family. Thank You for the Blood of Jesus that covers us and makes us acceptable to You! Thank You that we are healthy and have all our needs met, and a strong marriage! Thank You that You have healed us of all diseases and forgiven us of all our sins, and have delivered us from the enemy that was too strong for us! Thank You that You are with us always, and are giving us Your wisdom. Thank You!”

The LORD has taught me to be thankful, and to start speaking my thanks as soon as I am awake, and through the day. It refocuses me on how big He is, and how He has already taken care of everything! You will be able to think of many things to thank Him for, and your list will grow!

Also, the Word of God talks about spiritual food. In John 4:34, Jesus said, ***“My food is to do the will of Him Who sent Me, and to finish His work.”*** Indeed, I have even noticed times in my life where, no matter the physical food—comforting carbs or not—that I ate, I still felt I needed something more. As the LORD told me once when I was allowing myself to be plagued by negative thoughts (which I declare non-existent from now on!), I didn’t need (physical) food, I needed to eat the Word, by reading and speaking it. I did, and of course I felt much better.

As Hebrews 4:12 (HCSB) says, ***“For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to judge the ideas and thoughts of the heart.”***

It is our spirits that matter most, but our bodies are necessary to house our spirits and give us legal access on earth to fulfill our destinies for the Plan of God to go forth to help as many people on the planet know Him and receive Him as Savior and LORD.

GOD’S WORD® Translation of John 6:63 says, ***“Life is spiritual. Your physical existence doesn’t contribute to that life. The words that I have spoken to you are spiritual. They are life.”***

So your health covers all areas of your life. You choose what is most important, but I can tell you this: I can tell you from experience that, when you focus on getting the spiritual part right by focusing on learning, loving, and living the Word of God, the body and soul come into divine alignment for truly holy health!

JOURNEY INTO YOUR HOLY HEALTH

My husband (My Beloved) and I have, the past several years, ventured into the realm of “healthier eating.” It’s been easier and more pleasant than we thought it would be, which is a good thing.

My Beloved suggested ACV in the flaxseed smoothie. (ACV is apple cider vinegar; cheap, and good for many things, especially when mixed with honey and 8+ ounces of water and taken as a “mocktail” because it helps flush toxins, can regulate elimination, and thus raise immunity!) I refused. “I’m not there yet,” I said. (But that was years ago and now I often drink a tablespoon by itself, then eat a bite of something, or drink some milk. Otherwise, the very potent ACV will make my stomach burn.)

We also started using honey and organic peanut butter on wheat bread (But *no* bananas. Elvis is dead! Note: If you’re too young to understand this joke, ask someone at least 50. Ha!.).

Personally, I think it is unhealthy and not pleasing to God to eat the blood of anything, for as He states in Leviticus 17, “the life of the flesh is in the blood.”

We also learned to like turkey bacon instead of pork. In fact, I don’t eat pork anymore. I know God does not forbid the eating of it or anything (except blood—Lev. 7:22-38), but once I discovered that pigs eat *dead* things, I’m like, Gross! I am *not* putting re-digested dead things into my body! I feel the same about catfish and shrimp, who have been called the “scavengers” of the waters. Before I learned these things, I ate them, but no more!

I eat yogurt, often. I like the ice-cream kind, but I’m talking real probiotics here; the “spoiled-milk” stuff (says My Beloved) that you find in the dairy case. My daughter and I used to eat brand names of the fruity kind, till we realized that they either had (a) aspartame (We no longer put such foreign chemicals as aspartame nor saccharin in God’s bodies!) or (b) high fructose corn syrup, as “diet” as they were called.

We now use plain, whole milk (because we learned it is actually healthier than the

low-fat and no-fat milk) natural yogurt and blend with frozen bananas or strawberries, or canned pineapple, blueberries, etc. If it's not sweet enough, I add a little honey or stevia. I also add flax seed to mine, which gives it a nice, nutty, chewy flavor and texture.

If you'd told me a few years ago that I'd be doing this, I would not have believed you. But here I am--feeling and looking better than before, and staying so much healthier! *Amen.*

However, I am not ready for tofu yet. I still like chicken and fish, eggs and dairy products. I doubt I'll ever be a vegan, and I'm glad the LORD God does not require it!

We have also recently started avoiding gluten. There is now a wider range of higher-quality gluten-free items, and we prefer them instead of the gluten-full ones. Certain brands of gluten-free crackers are very tasty, and full of things good for your body. I often eat them instead of chips.

We also use fresh veggies or frozen veggies instead of canned, when possible. We have a small veggie garden and parents who share the bounty they raise. God is good!

In addition, we have a filter on the kitchen faucet, and then we filter again through a second and different kind of filter. On top of that, I add a teaspoon or so of apple cider vinegar (ACV) to every glass I drink, making it even healthier. Water tastes weird to me without it.

Speaking of organic apple cider vinegar, my husband and I started drinking "mocktails" made with a teaspoon of ACV mixed with a teaspoon of honey, plus about 6-8 oz. of double-filtered water. It is refreshing, and the ACV and honey mix to make an excellent balance of enzymes and such that help keep the body in an alkaline state (as opposed to acidic, where bad germs can grow rapidly). We drink these often, and sometimes warm.

Drinking these have improved my digestion, and heightened my immunity, because it helps rid my system of toxins by rebalancing the body to alkaline state. The opposite state of a body being acidic, from what I have learned, is where bad bacteria and other stuff you don't want can grow. So it is wisdom to keep one's body in an alkaline state by eating clean and drinking things like ACV and honey.

Another thing I do is boil water to make kombucha (probiotic fermented tea), at least 15 minutes to remove the chlorine, even after filtering it the first time.

We also drink organic teas. We drink at least one cup of hot organic green tea—rich in antioxidants and more—every day. I sweeten mine with honey or liquid stevia and

add about a tablespoon of organic whole milk. I can drink it plain, but why?

There are many excellent recipes online that can help you eat as healthy as you want to. Personally, we've enjoyed delicious meals from Dr. Colbert's recipe book, *What Would Jesus Eat?* and have learned quite a bit from his work entitled, *The Seven Pillars of Health*. We also substitute organic and non-GMO products for any recipe that we like, or at least the bulk of them. In addition, we buy hormone-free chicken, and turkey and prefer hormone-free and grass-fed beef, although the beef is usually much more expensive.

Another thing—besides quoting the Word of God (the best Medicine and the reason the good foods and supplements work!) over us daily, is take oil of oregano. This is wild oregano, according to my librarian friend who was suffering from goldenrod reactions until I bought her a bottle of this and she reported that the symptoms left within two days.

A friend at church told me about it and once I proved to myself that it removed and prevented sinus infections and other complications, I started taking it daily. That was years ago. Like Vitamin C, it flushes out of one's system from what I understand, and you can take 2-4 capsules a day if a bug attacks your system, or if you're brave enough, you can take the very potent and strong-smelling liquid.

Of course, I give even more credit to quoting the Word of God over myself daily—such as “By Jesus stripes, I was already healed!” (Isa. 53:5)

My Beloved and I feel better and have more energy from eating right and taking good supplements, in addition to moderate exercise (i.e., walking and jumping on the Cellerciser, plus core-strengthening sit-ups and pushups).

So it's all been good—except for what I call “The Boiled Flaxseed Incident,” with My Beloved as the star.....

ADVENTURES IN HEALTHY EATING

(This is a humorous (and true!) account of my adventures about 10 years ago. Really. I was trying to figure out where it fit best, and considered various scenarios. Finally, I decided, it's my book, and I'm just going to put it here. Enjoy!—Tonja)

It all started when I was rereading a book about apple cider vinegar, searching for the healthy answer to My Beloved's less-than-desirable bowel condition (Don't gross out; I never talked about these things in my 20s and 30s. But for some reason, this subject has become a more common topic between My Beloved and me, since we entered our 40s a few years ago.).

According to the author, who seemed to be an expert in nutrition, a simple and effective remedy for such a condition is to boil flaxseed and water for just 15 minutes. Also according to them, the consistency of the mixture would then become "gel-like."

What they didn't mention is, *it looks like snot!*

At first it was OK. It looked rather like dark brown cream of wheat or something. But the more it cooled, the more snot-like it became. After avoiding it as long as I could while actually doing some work (housework and writing), I picked up the pan. I knew I had to put it in the refrigerator, for it would be a few hours before My Beloved was home.

I got a spatula and told myself, "Okay, Tonja, you can do this. God promised to be with you in every situation!" I shuddered only slightly as I picked up the pan and carefully started peeling the substance out of the pan. When it finally all let go of the pan and fell into a weird-looking blob in the jar--still moving after at least 60 seconds, as it settled in, I suppose--I imagined marketing it for teen boys and tricksters to use as faux brains and other morbid things.

I love my husband. I really do. And, because I'm a woman of my word, and a woman of The Word, I did this for him, for I had told him I would.

But as I looked at the stuff, slowly sliding down the sides and finally settling into the bottom of the jar like some dying science experiment, I wish I hadn't (neither pre-

pared nor looked at it, that is!).

I held my breath for a few seconds, asking in my heart, *LORD, is it OK for me to give this to My Beloved? Or is there a better way?*

I could just imagine God dispatching an angel to come down and, while smashing his shining sword against the glass, the angel would glare at me, exclaiming, “Thou shalt *not* feed snot to thine husband!”

“But it’s not...” I’d reply in defense, albeit wearily.

(A poem comes to mind, sort of--

Snot

It’s not!

but I’m being redundant. Or at least the angel would think so. I hear they take everything literally.)

“I would *never* feed snot to My Beloved!” I’d try again, to convince the angel, whom, mission accomplished, would have disappeared during my poetic distraction.

Angels can’t read minds. For that, I am grateful. However, Daddy God can, and *He* would surely take up for me. He’s good about that with us—His precious, if sometimes strange children. He knew I was truly trying to be like the woman in Proverbs 31, and “do my husband good and not evil all the days of his life.”

To be practical, I wouldn’t need an angel to guide me anyway. I have the Holy Spirit for that. But He wasn’t saying anything.

More than once, our pastor has stated that, if we’re doing all we know to adhere to the Bible and please God in every part of our lives, then we should do what is in our hearts, unless the LORD directs us otherwise.

Hmmmm. I looked again at the creepy concoction and held it up to the light. “Revolt-ing” was too trite a word. And I was thankful that the LORD had not called me to be a nurse. Then, amidst the angst, another stanza surfaced:

Snot

it’s not--

It’d be worse

Were I a nurse

(OK, I didn’t say these were *good* stanzas, I just said they surfaced under duress—which rhymes with stress. Many weird things can happen under stress, or duress. But I digress, I guess. *Ha*. There. Thanks for letting me get that out. Now let’s move on!)

Next, I grabbed a lid and covered the jar and put it in the refrigerator. I checked it again after a half hour. It still looked like laboratory material.

But sometimes good “help” comes in small containers (or is that “good things come in small containers”? Or even just in containers?). Nevertheless (Finally!) I got the chance to use that word.), it came in a container and it was a *thing*, all right.

I wondered what My Beloved would think when he saw it.....

I quickly shut the fridge, then, with quite a burden for My Beloved, I had to write a note:

“Darling Man” (My Beloved),

Don’t look at this. Just ingest it.”

Love,

Your Tonja

Yes, I used “ingest” instead of eat cause I thought it sounded more like what a medical professional would say. Then again, maybe I wouldn’t make such a bad nurse after all. But never mind. I have books and songs to write and kiddos to teach, and that keeps me plenty busy, which is good for all those people that I might try to treat were I a nurse.

Anyway, just in case you’re wondering, Beloved did, indeed, ingest it. He even thanked me for it.

That was years ago, and he is doing fine...as far as we know!

So, lest you feel alone in your adventures in healthy eating, remember this: *God will never leave you nor forsake you* (Heb. 13:5) and, “*even if you (unknowingly) drink poison, the LORD will protect you.*” (Mark 16:18)!

If those don’t help you as they should, then at least trust this: “*Give thanks to the LORD, for He is good. His love endures forever.*” (Psalm 136:1)

JOURNAL ENTRY (a few years ago—B.O.F. (Before Organic Foods))

I just ate my fifth chocolate chip cookie today. It snowed this morning and I was a bit anxious (although I have given my anxiety to God), I didn't eat them all at once.....but after the third one, I started desiring something salty, and healthy.

I really didn't eat lunch; my husband, who normally comes home for lunch but had duty at work, was not here, so I skipped lunch and, about 12:30, ate another cookie. I did drink soy milk with it, and then ate a piece of bread.

Later in the afternoon, I ate still another cookies, then some popcorn, to balance salty with the sweet. Very quickly, my body was like, *Give me something healthy!!!* So I ate a piece of apple and then a stick of celery, "rabbit food" or not.

AAAAAAH! Much better.

The LORD has designed our bodies to crave what we need, at least sometimes. I am thankful!

COVENANT HEALTH

A few years ago, I awoke after midnight two nights in a row with bleeding from my gums. After asking the LORD about it (Our loving Father knows all things and is eager to help us), He helped me understand that this bizarre affliction that I'd never experienced before was caused by the new supplements that I'd started taking just a few days earlier. It was something that was really popular at the time, which is another reason not to follow what is popular, but to ask God first. I thanked Him for His wisdom, repenting for wasting my money, and threw the rest of the bottle in the trash.

Since then, I learned from Dr. Charles H. Kraft, in his book, *I Give You Authority*, to proclaim that when I buy something from any place where a New Age or other occult influence may have been, to I break off anything not of God, and bless the food and other products (supplements, whatever) for my use, in Jesus' name. However, there are some products with names and phrases on the packaging that are so blatantly against God that I avoid them altogether.

Ask the LORD to open your eyes to these things, and He will. He is faithful!

Clayton and I also have been praying for years over every meal we eat, whether we are in a restaurant or at home and cooked the food ourselves. Eating organic and Non-GMO foods are very helpful and definitely wisdom from God, but the ultimate good health, we know, comes from believing that it is the LORD Who blesses our food and water and takes sickness and disease away from us (Ex.23:25).

Your health is affected by many factors. I'd much rather support a Christian-owned restaurant (and almost any Christian business, for many reasons; like the Jews do, who support each other) than those owned by those who scorn Yahweh, the true God.

We children of God are supposed to own the earth (Psalm 24:1). It is very important about the head of any organization, for their words—for good or bad—affect those underneath their authority. However, if you have a covenant through your faith in the shed blood of Christ for you, then you are entitled to all the rights and benefits of that covenant, and one of those is protection.

What and whom the LORD has blessed cannot be cursed (Numbers 22). So, for instance, if your boss or the head of the organization with whom you work says something very negative—actually an agreement with the enemy for it is the devil who sends sickness—such as, “My workers are probably all going to get the flu this winter,” then

you can say out loud quietly, “No, I’m not. I have a covenant of divine health with the LORD.”

Also, I heard from one teen believer that a couple of witches approached her and her friend at schools, and told her they were going to put a curse on them. But this is impossible and, after all, the devil is a liar; there is no truth in him.

The most important factor affecting your health in every dimension of life is the Word of God. We are very thankful for doctors and medical science, of course! But it is the love and grace of God that He has provided doctors and medicines and natural healing methods for us, to supplement the power of His Word.

The more you understand that the LORD’s perfect will is for you to be healthy and strong in every part of your life—and the fact that it is already all paid for by His Son, Jesus Christ when He died on the cross (John 3:16), which our faith in Him activates—the more you will live the abundant life (John 10:10). He is a good, good Father and wants the best for His kids!

OTHER THINGS YOU NEED TO KNOW

Okay, you've got to feed your body something, preferably daily (unless you are on a water fast, which definitely has to be led of the LORD and with doctor's consultation if necessary). You are responsible for your life, and you can choose to do what you want. You can choose to let your body rule you—or you can rule your body.

If you try to make lots of changes at once, you will most likely fail. (Guess how I know.) But, by introducing small changes here and there over time, and sticking to them, they will usually last. Again, it's a daily choice of how to eat and drink, just like daily exercise that adds up over time.

After decades of mistreating my body by putting tons of toxins in it and on it, I've made many changes that have greatly benefitted me. The following are short writings on various things that would probably help you too.

Sweet Sleep

Upon rising (preferably from a full night's sleep of at least 8 hours, although it's rare that I've slept that long at once during the past few years. But even being awakened during that period and going back to sleep is better than not getting enough.): I tell God I love Him and thank Him for a good night's sleep in peace and comfort and safety.

Even in America, many people don't have this—sleep in peace and comfort and safety, I mean. But if they knew the LORD, Who never sleeps (Psalm 121) Who is forever faithful, setting His angels to watch over us in love during the night, they would be able to rest. As I've told my husband many times, he and I trust God totally when we sleep; we have no care. It is only when we wake and the mind kicks in that care tries to keep in and steal our peace.

Another thing we've learned from our pastor is to ask the LORD to “open our hearts and seal His instruction” (from Job 33:16); to give us deeper revelation of His love, His Ephesians 2:10 Plan for our lives, and other needed information.

He is also faithful to give us the interpretation of dreams from Himself if we need them, and especially if we ask. Years ago, I dreamed that I was looking in a mirror and I saw what looked like a dent in my forehead, with a black thing in the middle. I looked closer and was *shocked*—for the black thing was a snake head! I grabbed it and started digging and pulled it out—utterly *revolted*. It was a long black snake and I threw it on the

ground and killed it! I could not believe this disgusting thing had been *in* me, and in my head, of all places!

The dream was vivid and stayed with me. Most people dream every night (REM sleep), but such vivid dreams that people remember are usually spiritual. I asked the LORD for the interpretation, figuring it must be some sin I had blocked and been in denial about and tried to hide from myself or something, although at the time I had confessed all known sin. (There again, the deceiver, the devil, tries to keep us not realizing various sins that he is using to block the LORD's work in and for us.)

The LORD was very gracious, and within three days He showed me that the snake represented not sin (Whew!), but *sin-consciousness*. In other words, that even though I had asked Him for forgiveness of things through the years, it was like I still felt I should be punished or something and did not deserve the fullness of God's goodness, because I had not performed well enough.

That is the gist of sin-consciousness, and the enemy tries to use it to steal people's peace. But our wonderful LORD has chosen to forgive us and remember our sins no more (Heb. 8:12), once we confess them (I John 1:9). He cleanses us with His blood and the living water of His Spirit, and sees us as blameless (Eph. 1:4). Amazing grace!

Good Vibrations

Another thing I and many do to have holy health is to switch on the radio to a good Christian station—usually KLOVE.com—putting positive music and positive attitudes into the atmosphere (Gal. 6:7-9). Or, I turn on my computer to excellent Christian artists on YouTube.com or GodTube.com, or other websites that preach the Word of God. It definitely makes a difference in the atmosphere. Through the years, I have discovered that, even if I feel a bit tired or even discouraged, with praise and worship or good preaching playing, I feel strengthened and can concentrate well!

The Word of God is alive, and *is* the life (I John 1:1)!

It is so very important what we allow to be spoken in our home, whether it is from someone who lives there, or from the radio or television, computer, or books. And, although it may torque your mind to think so right now, what you hear and see is part of what you eat every day. “The ear tries words like the mouth tries food...” (Job 34:3)

I also like to proclaim the Truth of His Word out loud, because it helps program my mind the right way—in alignment with how He thinks. So this is where my Scriptures on the bathroom mirror (and my desk, my billfold, my office walls, my kitchen cabinets, and more) come in. Years ago, I figured out I need to be up and moving in the mornings, because even though I believe in putting the Word first, to set one's mind and mood for the day, I would get sleepy sitting still reading the Bible. So I stand in front of my bathroom mirror and read the many Scriptures I have posted there. (I did this at the previous house, and when we moved to our current location a decade ago, the LORD gave me a bathroom mirror that was even bigger! So it will hold more Scriptures! I especially

like to read them aloud, for as I'm putting on my facial cream or makeup, brushing my hair or whatever, it aligns my spirit and soul with God.

Some days I read several verses, some days, just a couple (Thank the LORD He is not a legalist, or I'd never make it to Heaven! We are right with Him by our faith in Jesus, not by works! Rom. 4:1-10). But every time I read or speak the Word of God, it's a seed I'm planting into the soil of my heart, and God's Word always produces good fruit! (Isaiah 55:11)

Know that God is with you and for you, and expect Him to help you have a good day!

Then I head to the kitchen. There, I have more Scriptures posted above the sink, and many on a bulletin board on the wall. I love the Word and think it would be totally cool to have a wallpaper of the Word. (It may already exist somewhere. I know the border paper of the Word does. I need to get some!)

Pre-Breakfast Drink

After I rise and thank the LORD, the first physical thing I put in my body is a warm lemon and (organic) cayenne pepper water drink. I warm the (twice filtered) water for about 65 seconds in the microwave, then add about a teaspoon of real lemon juice and a couple dashes of cayenne pepper.

I learned this from both Dr. David Herzog (His book, *Jumpstart!* is excellent.) and Vani Hari (*The Food Babe Way*). Drink the lemon water with a straw, so the juice will not irritate your teeth. Also, you can add more filtered water if it's too strong. It stimulates the liver and helps flush toxins out of your body. I believe this has increased my alertness in the mornings. (Of course, sometimes, I go first to the rest room and sit there a few minutes before I ever make it to the kitchen, LOL.)

Next, I drink a cup or two of hot green organic tea with local honey, and a tablespoon or so of organic whole milk. (Organic whole milk is better than fat free or low fat, I have discovered.)

I used to drink coffee, but that is rare anymore. If I do, it is organic and only a cup or two once a week. I drink much less caffeine than I used to. Because I focus on the Word of God from first thing in the morning and through the day; eat healthy; and get exercise a few times a week, I have much more energy than I used to, even though I used to drink much more caffeine.

Power Breakfast

Anyway, after my tea, I either make a green power shake (see easy recipe in the back) and drink it before work, or I eat a couple pieces of gluten-free toast with organic butter or sprouted grain wheat toast with organic crunchy peanut butter, and an organic apple, plus a cup of organic fat free milk. Sometimes I also munch on organic grapes.

Occasionally, I will eat scrambled organic, cage-free brown eggs, or leftovers whatever dinner we had the night before for breakfast, or even a tuna salad sandwich on toasted wheat bread or with gluten free multi-grain crackers (CrunchMaster® is my favorite!). I sometimes put homegrown tomato and organic lettuce on the tuna sandwich.

There is almost always a big dark chocolate bar (70% or more cacao) on the table, and sometimes it's organic. On occasion, I have a nibble with the rest of my morning meal.

Do I have to say it? Truly, we are what we eat. We are all a walking bag of chemicals, and every human's chemistry is a little bit different from the next.

Sometimes I also have a hot cocktail—120 seconds' worth of twice-filtered water, with a teaspoon or more of ACV (apple cider vinegar) and about the same amount of honey. Stir and enjoy.

Recap for Morning

- Get at least 8 hours' sleep a night — or as much as possible and a power nap of 20 minutes or so later in the day, like right after work or something. You can rest without going into deep sleep. Listen to music that glorifies God, or the Word being preached, where you can barely hear it. It will minister to your body, your soul, and your spirit—even if you can't consciously understand it with your mind.
- When you wake, express your thanks to God for rest and watching over you
- Read and speak His Word. Expect good things from the day.
- Immediately upon rising, make and drink the lemon-pepper water
- Make yourself some organic green or back hot tea, organic coffee, or organic juice
- Make a green power shake or eat another good breakfast
- If you won't be able to come home for lunch, pack yourself a healthy lunch and snacks, and remember to take a bottle or two of filtered water!

Getting Past Getting Started

One expert insists that, if we can figure out in 20 seconds what would prevent us from doing something (such as, being eager to work out on the treadmill, because it is already plugged up and ready to go and all we have to do is hop on and tap the screen, instead of having to plug it up, etc.), then we will have more success and meet more goals. ACV cocktails – smoother digestion; rids toxins; rebalances body to alkaline state. For acidic state is where stuff you don't want can grow (we hear).

Speaking of working out on treadmills, my husband discovered that it takes about 30 minutes to read the entirety of Psalm 119, which is the longest Psalm in the Bible. It is a good workout for the spirit, soul, and body to read this out loud while walking at a good pace on the mill.

If possible, arrange things so it will be easy for you to be motivated to do your plan. For instance, in the exercise arena, if you're not sure about what you want to do, just get moving. Even vacuuming to high-energy praise music can be a fun workout. Just move. Do floor exercises—but be sure to do them thoughtfully, deliberately—no jerking or straining, to prevent injury (Guess how I know!). Dance around the room and raise your hands, swing your arms, raise your knees—whatever. Get moving.

I know the experts on exercise say to concentrate on the muscle groups, but my advice is to focus on our loving God Who gives us our muscle groups. When we magnify Him, His presence manifests, and when His presence manifests, He brings healing and wholeness, energy, strength, joy, and peace, and understanding. Plus, when you are shouting and smiling as you move, this burns up even more calories, and you feel great, because our darling God loves it when we praise Him, and He is smiling back.

Strengthen Your Core

Now back to the body core. Do this if nothing else: Walk at least 10-20 minutes several times a week, and do slow sit ups every day. When I worked a few years as a secretary (where I was sitting most of the day) and didn't work out after I got home, my core quickly weakened. One day, I was sitting and leaned over backwards to reach behind me and get something off the floor—and almost blacked out, because my stomach was very unfit, and a nerve was pressed and OUCH!!

I suffered a nerve issue in my back, arm, and leg, for many months, with pain and weakness in my leg, back, and even some numbness and pain in my shoulder, and was quoting healing Scriptures over my body. I have no doubt the Word was helping me tremendously. The LORD also gives us wisdom about what to do in the natural realm, and He led me to a women's conference, where I mentioned the nerve issue and was led to a Christian chiropractor He took X-rays and treated me several weeks, and many issues were resolved. I am thankful!

Meanwhile, I also got back on track with exercise. I had to start slow and small with bounces on the Cellerciser® and also sit-ups. I soon discovered it works best for me to lie on my back on a carpet or mat and put my legs up on a chair, keeping my legs relaxed and focusing on “pulling my belly button to the carpet.”

Caution: Always warm up first before stretching or doing situps! I know some people in fitness urge people to start warming up by stretching. I don't understand that, unless it is *very gently*. As one who was in sports for years, I can tell you that not warming up *before* I started stretching caused injuries, and once, even a torn muscle. OUCH. That also cost me a victory in a hurdle race, plus time out for healing.

Be good to yourself and do a few jumping jacks or run in place until your muscles warm up, then do as many sit-ups as possible, slowly and smoothly. Don't jerk. Start with five or even two if that is all you can do, and add at least one every day. Don't give up. Hold your hands behind your head and be sure to not strain your neck.

In this process of researching equipment, I discovered the Cellerciser® high-level sports rebounder), which has been a God-send. I started very slowly bouncing on this rebounder, just a few minutes at a time, and gradually built up to where, as my body healed and came into alignment with the Word, treatments from the chiropractor, and slow, steady sit-ups (which strengthens the stomach and thus the back), I could jump high and much longer, with much greater force.

Working out on the Cellerciser®—especially as I listen to high-energy praise and worship music or teaching and preaching of the Word—is also great to bring up my lightheartedness, as I sing and bounce and feel a bit like Tigger in Winnie the Pooh. There is obviously something to bouncing, and both he and I know it.

Water, Water, and More

It has been recommended by many professionals that we should drink at least four 16-ounce glasses a day, or at least half your body weight in ounces of water. This is really not a lot, if you sip throughout the day, from the time you rise till an hour or so before bed. Drinking water first thing in the morning used to make me queasy.

Now, however, I want water when I awake (I warm at least 8 ounces of water and add several drops of lemon juice and a couple dashes of organic cayenne pepper.). I noticed last winter that I wanted water even more, perhaps because of the heating system pulling moisture from the air. I keep a glass of water in the bathroom so if I wake in the night, especially if I'm alert to pray, I can have a drink or two, and don't have to go to the kitchen.

Water symbolizes the Holy Spirit (John 4:10), and water, like the Holy Spirit, is good for us. The more the better; we need a lot, every day!

It is very important that the water we drink be as pure as possible. Clayton and I double-filter our water, using two different filter brands. I fill the ice trays with the filtered water too.

I drink at least a cup of warm water first thing in the morning, and several cups throughout the day. In the evenings, I often also have an apple cider vinegar “mocktail.” So I use a lot of water, just to minister to my body.

Drinking organic juices and other things that are truly good for you is a good practice, but nothing beats filtered water. Water is the most important thing you'll drink, and the goal is to stay hydrated so you don't get thirsty. I have long used a squeeze of lemon or lime in mine, or ACV in mine, not just once per day, but every time I pour a glass. This not only makes the water taste better, but the ACV or lemon/lime juice is an agent that can help your body be more alkaline.

An acidic body is the opposite of an alkaline body, and acidic bodies are much more prone to harbor harmful bacteria and viruses that cause diseases, from what I have learned through the years. However, drinking and eating fermented foods (i.e., plain organic yogurt, kefir, kombucha, sauerkraut, and more) full of good bacteria can give you

high immunity and otherwise balance your body so that when you do eat food that is not the best, your body won't be much affected by it, or at least will recover quickly. I have also discovered that drinking a tablespoon or as much as possible of ACV will help the body be more alkaline. When I take ACV by itself, I always drink a bit of milk or eat a bite of something. Otherwise, the ACV is so strong that it has made my stomach feel a bit queasy.

Children of the Light

Most people benefit from at least 15 minutes of sunlight a day, not to mention the fresh air. This is especially important if you work inside all day and then go straight home into your climate-controlled house. It is also helpful to put your car A/C system on the fresh air setting.

The biggest benefit and the best light, of course, is the Word of God. If you don't think you have time to read a lot of the Word, even online, you can subscribe to a site that auto-sends you a Scripture and maybe even a whole devotion. If you prefer reading the actual Book, you can pray and ask the LORD which verse you should read today, for He knows exactly what you need, what will strengthen you for the hours ahead, or comfort you from the hours before.

Another part of living light is to laugh more often. God is not a stern, angry God; He is the God of love, peace, and joy! Proverbs 15:15 says, "***All the days of the afflicted are evil: but he that is of a merry heart hath a continual feast.***"

Find something that makes you laugh, and preferably something that brings glory to God at the same time. There are many good Christian comics and websites available now. Just do a search for "Christian humor" or "Christian jokes"—and be sure and include the key word: *Christian!*

Best-for-You Sweeteners

After decades of my husband and me poisoning our bodies with white sugar and white flour, we have since gained wisdom and now use sugar very sparingly. We only eat white sugar (much of it is bleached, we discovered—like, what you clean with! UGH!) on a very rare occasion, if we're eating out or at someone else's house or such. The only way I use white sugar in my house is in a sugar scrub for my skin and I actually much prefer to use sea salt, which is natural and works even better.

We do occasionally use organic brown sugar. Cane sugar is best, or coconut sugar. But mostly, we use honey. Honey does best in warm or hot things, so it can dissolve. (Honey produced as close to your home as possible, called "local honey," is best. The pollen—white dust-like stuff on the top—needs to be there for it to be the most nutritious. Honey you buy in the supermarkets almost always has been processed and does not have as many health benefits as honey straight from the hive. Usually, your local farmers market has someone that has honey, and your health food store. Some major retail chains

now carry several varieties. If not, you can do a search on the web for a beekeeper in your region.

One of the neat things about honey is that it will (according to various sources) never spoil! This is something only our Creator can do! It may crystallize, but you can just melt it and eat at will.

Liquid stevia is very good, although the taste may be harder to like, and can be used in baking too. It is good for cold or hot things. But I have found it excellent in yogurt and on cereal, and in “green drinks” (more on that soon) or tea (after I have already added honey to hot tea and might want another bit of sweetener). Be sure and buy the better brands, for some, especially the powder forms, have been known to have added fillers.

I don’t use agave nectar anymore. I have discovered some things about it that make me believe it is not as healthy as I thought it was.

Eat Your Veggies

The best way to consume vegetables and fruits, of course, is washed and raw. I have used a “vegetable wash,” which you can find at the health food store. It is good to spray the fruits and veggies you buy with this and “scrub” them a bit, then rinse them under filtered water.

I also wash organic veggies and fruit before I eat them, whether I buy them from a farmer or the store. Even if I shop at the farmer’s market, I ask them to make sure they haven’t sprayed their crops with pesticides.

My husband and I have learned—and actually prefer—to have several servings of fresh veggies and fruits with at least one meal every day. I also throw in frozen organic strawberries or other fruit with my power shake in the mornings. By the way, frozen fruit and veggies are healthier than canned fruit, from what I understand, for more of the nutrients are preserved.

Save Your Teeth!

For years, I had cavities, abscessed teeth, and other challenges, which involved terrible pain, loss of finances from missed work and trips to the dentist, and such. Sometimes the cavities or abscesses caused sinus infections. Anyway, I wound up losing several teeth and having to pay a few thousand to have four teeth replaced.

Although I grew up thinking this was caused by “bad genes,” I know now that, although genetics may have allowed a tendency for my teeth to be more susceptible to disease than many other people, it really had to do with what I put in my body, and the fact that fluoride, from what I have discovered and now believe, can actually *cause* tooth decay.

I certainly wish I’d known what I’m telling you now all those decades ago!

But better late than never. Besides the fact that I now believe in the healing power of God through prayer and speaking the Word over oneself—and I have certainly experi-

enced it in many areas of my life!—I believe in that the LORD in His mercy is bringing a “renaissance” of knowledge about how to properly treat our bodies so that these amazing creations the real us walks around in can heal itself!

Blessed are we whom He trains in His ways (Psalm 24:4-5)!

Here are a few ways the LORD has brought healing to my teeth and mouth and that may bring healing to yours:

- I stopped using toothpaste with fluoride. I have not had cavities since, although part of that blessing I would think was enhanced by the fact that I also eat very well, avoid sugar, and drink kefir and kombucha, plus, of course, speak the Word of God over my body, soul, and spirit every day!
- Swish with organic coconut oil before you brush, to loosen food from your teeth so your brushing will be more efficient.
- Floss at least every other day. If my gums bleed or if I feel something is wrong in my mouth, I will swish a fresh glob of coconut oil in my mouth and not spit it out nor rinse it out; or rinse with water and hydrogen peroxide; or rinse with strong, sugar-free mouthwash.

I have not had cavities since I have started this about 2 years ago!

Herbs and Natural Supplements

We buy organic herbs and natural supplements as much as possible. For herbs and spices, you could grow your own, for the freshest, most potent herbs and natural remedies, as long as you properly follow directions for use. Some could be toxic if not used properly. Always choose organic seeds and plants if possible, and organic products when buying the packaged herbs and other remedies. Look for those that are the most pure; the freest from fillers and additives, and preferably, not genetically modified (Non-GMO)!

I have learned that buying supplements in the capsule form, or a liquid version, or at least an organic brand that the LORD gives me peace about (along with recommendations from the health store staff that I trust), are best. The supplements must break down properly in your body and become bioavailable, meaning your body can easily use them. If they are too hard or do not properly dissolve, they will just pass through and not only are you wasting your money, but you get no benefit!

Years ago, I sold supplements. I never intended to do so, but this very polite and persistent guy from North Carolina, who spoke with a lisp, called me at least once a week for six months, bragging on the products he sold and telling me how they would help me. Finally, I told him I would try the probiotic. Having eaten major junk most of my life, as well as having had lots of antibiotics put into me from various illnesses through the years, plus never having taken a probiotic, I needed it! I didn't know how much I needed it, but I certainly did, so I believe it was a God thing that he called and persisted.

God loves me! He loves you too, and wants you to have the best life possible! Having proven to myself after years of sickness and other mess mostly caused by eating

junk and not fortifying myself with the Word, probiotics and other good things, I am writing this book to share with you everything I have learned to help you have a better life! I am so much healthier, positive, and stronger, and think more clearly, that the difference is remarkable!

Of course, as I've already said but am repeating on purpose, the thing that has changed and helped me the *most* is the daily ingesting of Word of God; reading it, speaking it, praying it, singing it. Not only being in His Presence often, at church and one-on-One in my personal time with Him, but getting His wisdom and leading to understand and try new things, gradually “replacing the wicked with the righteous,” in my diet and lifestyle.

The LORD says, in Isaiah 55:2, to ***“Hearken diligently unto Me, and eat ye that which is good, and let your soul delight itself in fatness.”*** Notice, this is not just talking about the body, but the soul: mind, will, and emotions! Wow, I believe that He is talking about “eating” by reading, hearing, and speaking the Word of God overall, and that affects our bodies and souls for good. When we eat wisely to the betterment of our bodies that also brings us good things. The “fatness” He is talking about here is not being fat around our middles, but blessed and favored with many good things!

I have taken a mélange of supplements through the years, and am glad my dear mom believed in taking them and taught me to do so. Almost all of them have benefitted me in some way—as long as they truly dissolved. I am sure I have wasted money (I now know) on some of the cheaper brands that were very hard. (If you have such, as least cut them in half or grind them up (it will taste bitter) before you take them, so you will still get some benefit!).

I have never consulted a human doctor about which supplements to take (other than a quick web browse to find doctors of nutrition or holistic health, that have their statement of faith in Jesus Christ posted on their sites), although I do depend on Dr. Rapha (as in Jehovah Raphe, our Great Physician, the LORD Who heals us; Ex. 15:26) to guide me always. He is always faithful to do so.

There are a few supplements I warn you against: (1) Anything that makes you feel like your heart speeds up when you take it (especially if the company claims that the supplement will help you lose weight), feel dizzy, or cause any other weird happening in your body; (2) Anything that, when you're reading it or thinking about it, you just can't get peace about taking. And, if you lose your peace (even though you've spent the money) about taking something, or have a weird reaction, for goodness' sake—and your safety—throw it away! Don't give it to anyone else; get rid of it.

Once, I had my husband buy a supplement with acai (all the rage a few years ago) berries in it, and, for two nights in a row in the middle of the night, I awoke with my gums bleeding! I'd never had that happen before, and the second night, asking God for wisdom, all I could think of was the supplement with the acai. So I immediately chunked it—and never had that problem again.

I am not knocking acai berries or supplements. I am stating that the LORD showed me that the supplements I took with them had caused my gums to bleed. As a true believer, I know that it is very important what we listen to, what we watch, and what we put in and on our bodies and into our surroundings. Sometimes, there are people into witchcraft and other ungodly practices who produce all kinds of things to cause people problems, and I think that must have been the case with those supplements.

God loves us and He leads us by peace. He is the Prince of Peace. If I can't get peace about a supplement, I refuse to buy it, even if I'll have to come back later. I have learned that it is better to come back, and pray and ask God Who knows all things and loves me for His wisdom on which products to buy.

My husband and I have found that the NOW® brand of supplements from the health food store is very good, although we take other brands as well. We use the capsules and liquids, which are the forms that are the fastest to be digested, other than the meal mixes. They work well, and are a mid-range price.

Otherwise, I use Dr. Jordan Rubin's RAW® meal mix. I have used many of his products and believe in them. They are a bit pricey, but the meal mix is definitely a good buy. I put it in my green shakes in the mornings, and often sprinkle it on top of yogurt for a light meal or snack.

The LORD is good, good Father, and with long life He will satisfy us and show us His Salvation (Psalm 91)—and all the more as we listen and follow His directions. His commands are light, and although I said for years, "I could give up many things, but I don't think I could give up ice cream!" I have. I have given up ice cream—the kind you can get anywhere—the kind full of things you don't even want to know about! Now I either make my own ice cream or find organic to buy. The health food store has some, and I use organic milk and organic strawberries to add to make shakes. Also, I hear the local Jason's Deli® now has organic ice milk and I shall have to try it.

You are worth investing in yourself—and choosing to avoid harmful things—for a long, strong, satisfying life!

Fermented Foods

From what I remember, I first heard about kombucha and kefir in *The Maker's Diet* by Dr. Jordan Rubin. (No, I haven't yet done the 10-day diet he suggests. I may get there.) I was not interested at the time, although I was glad to know it had health benefits. So I just skimmed over that part.

Then I must have read or heard something else about kombucha (fermented tea), because I decided to try one at the local health food store. It was pretty good, and then, over the next many weeks, I tried many, with all sorts of flavors and some even containing chia seeds (Not my fave, for it reminds me of snot, for some reason, LOL. At this point, I prefer to consume my seeds separately.).

I really liked the fact that, besides the fact that it was a decent price and tasted pretty good (better than those nasty “energy drinks” and much better for you, in that it is all good, with a natural fizz and no harmful carbon dioxide), I was investing in myself.

Instead of wasting my money on something that might taste okay but be bad for me—and thus, harming myself, I was doing my body good! I was not only enjoying the taste of good health, but raising my immunity and preventing sickness, illness, disease, and loss of money from drugs and doc visits and missing work.

Then, at a farmer’s market, where you can often find organic (meaning—overall—grown with no poisonous pesticides nor fertilizers) and non-GMO foods, I discovered that I could make my own! My husband is actually the one that suggested that, and bought me *The Big Book of Kombucha* ©.

Also, the LORD led me to CulturedFoodLife.com, a site from which I have learned much and from which I purchased my first SCOBY (symbiotic culture of bacteria and yeast) and started making my own. (I know bacteria and yeast sound yucky, but they are very important to us humans, and when they partner to produce kombucha, the result is greater health for the consumers, because these are *good* bacteria and yeast!)

Actually, I had created my own from using part of a store-bought brand. However, because it took so long, and because the starter liquid was from a commercial brew, I did not have peace about drinking it. I did put the two very pink (they are supposed to be tan or brown, or a light cream color) SCOBYs in my compost pile, so it wasn’t all wasted.

Also, being a science teacher, I was interested in the process as well as the product, and I learned some things.

Then I tried again, with a SCOBY from the friend at the farmer’s market, and when I checked the brew 5 days later, it had mold on it! I knew it was mold because I had studied the pictures from the book. At least I knew what it was before I drank it. I think that the SCOBY, which is a living organism, must have gotten too warm the day I got it from her, because I left it in the car while we sat in the restaurant talking for over an hour.

My mistake. SCOBYs are living organism and, as with most of us, don’t like being too warm.

I ordered an excellent SCOBY from Donna Schwenk CulturedFoodLife.com months ago, and have happily made many batches of beneficial kombucha. My favorite is strawberry-pineapple-ginger. The kombucha has a “zing” to it already, to me, but the ginger enhances that, not to mention the nutritional value. I use organic strawberries, of course, and (right now), canned pineapple or pineapple juice, along with organic ginger. I have discovered that the ground ginger works even better than the fresh.

Have fun and experiment with your own designs. I’ve even seen recipes for mint and for chocolate kombuchas.

While I am waiting, my husband and I tried a new brand, months ago, which I will not name. (He had recently become more adventurous and tried kefir just a couple weeks before. So he tried his very first kombucha tea, or KT). He was not impressed. Mine tast-

ed like beer, and I drank it, but only after sweetening with red grape juice and a bit of liquid stevia. The brand I had bought many of obviously had added more fruit juices to the mix. So now, I add at least a tablespoon of fruit and/or juice to each bottle of mine. (I reuse commercial kombucha bottles and just pour the fruit juice mixture and kombucha in them, till I run out, then I use quart glass jars.)

By the way, always store your kombucha in glass or some other natural container, *never plastic*. I think I learned that from Donna Schwenk at CulturedFoodLife.com.

Also, kombucha should *not* be consumed by a child less than 18, because it contains a trace amount of alcohol. Although kombucha has a trace amount of alcohol which will not impair the judgment of most people, I stopped drinking alcohol decades ago and will not return, so I don't welcome the taste of beer. Kombucha definitely has much less alcohol than many nighttime cough medicines, which I also avoid.

Rest is Vital

Rest—not just sleep—is very important. If you don't feel you've rested well at night, try to get a nap. Even just sitting in a chair where it's quiet (or, if you can't find quiet, at least listen to some slow and preferably Christian music that will help calm you and think of good things, with your earbuds) and rest your bod and mind. Better yet, put your feet up. If you can elevate your feet over your head, that's even better.

Just slowing down a bit will help refresh you. Why do you think that employers throughout America and many parts of the world *pay* their workers to take breaks? Because they know that every human needs to be refreshed after a certain amount of time. And paradoxical as it may seem, *rest promotes productivity!*

Spiritual and emotional rest are as important as physical rest, and affect physical rest.

Trying to figure everything out with your mind; trying to get along with everyone and please them; and trying to do too many things at once; not to mention trying to take everything that ever bothers you or anyone else in the universe to God in prayer, will wear you out. The enemy, who is the one who sends pressure and reasoning and anxiety, comes to wear out the saints (Daniel 7:25). The LORD, our sweet faithful Daddy God Who truly loves us so much He gave the Treasure of Heaven—JESUS—for us, commands us to work to rest in Him (Hebrews 4:1). He is a Gentleman, Who leads us. God does not pressure us.

When the LORD says in I Peter 5:7 to humble yourself and cast (release) all your cares to Him because He cares for you affectionately, *that is what He means*. Jesus is the only One Who always means what He says, and says only what He means. He is the Truth (John 14:6)!

We don't want our own families, or even students we teach, or friends we have to worry, because we love them. We want them to have peace. I have learned that it is actually a form of pride, rooted in the distrust of God and vanity of doing things ourselves

that causes us to try to do things in our own power, in our own reasoning. After all, as our pastor and others have explained, remember (and I'm preaching to me), that the first part of the verse is to *humble yourself*.

Human nature is to take care of ourselves, and do whatever we think we need to in order to accomplish our goals. We have to humble ourselves to trust God. Believe me, I have tried doing things way too many times myself. I was in error, listening to the devil, the world, my flesh, and reason, because I was not fully trusting the LORD, and it is foolish to not trust the One Who gives us every breath; is good and only good; Who has saved us by the blood of Jesus—and given us the faith to believe!.

Listening to restful music is an excellent way to rest, especially if it is worship music that glorifies Christ. Some of my favorites are SpiriTruth music ([YouTube.com](https://www.youtube.com)); [JulieTrue.com](https://www.julietrue.com); Graham Cooke's "Favor of the LORD" CD (on [YouTube.com](https://www.youtube.com)); Eddie James; Among Thorns; Elevation Worship, and more.

Naps, as I have previously mentioned, are great refreshers too. Even just relaxing in a chair for five minutes can help you more than you may think.

Adult coloring books may not be as popular as they were a year or two ago, but just doodling or coloring or doing something to refresh your mind in a fun way will help energize you.

Also, the ultimate may be to call someone who's hurting or needy and cheer them up or ask what you can do to help them. It always helps us to remember that we are so very blessed compared to millions and perhaps billions of others on the planet!

In addition, ask the LORD to help you set your mind on things above, and sing to Him. One pastor stated that we speak easily, almost without thinking, but we have to sing on purpose.

Another thing that helps me is the LORD has taught me to tell myself to think about God, instead of my hair or performance or money or whatever is trying to hinder and distract me, and to ask Him to help me focus on whatever I need to do at the moment. He is faithful!

How to Choose Restaurant Food

This should be easier, because there should be more organic restaurants. That is just my personal opinion, and I am praying for more to blossom throughout the nation!

After reading works by Dr. David Herzog, Dr. Jordan Rubin, Vani Hari, and more, I am appalled at the state of food in America.

Although I believe that each person is responsible to God for his or her life, there are things the LORD told me to avoid years ago, such as pork and catfish. So, no more ribs for me. But that's okay.

God was so gracious, because He helped me by informing me that both those beasts eat dead things, and that pork especially has no way for the toxins to escape the

body—which means the toxins stay in and go into the person that eats that toxin-infested meat. YUCK.

Because He loves you so much, the LORD will inspire you to make changes, give you the faith to do it, and then help you keep that change, if you really want to do it. He is good!

With restaurant food, it is not as easy—yet—to make good choices. I am glad that some places offer salads and fruit and yogurt and such. Still, if the meat they serve, or the yogurt or ice cream is not organic, it could be full of milk laden with growth hormone that has been proven many times to negatively affect people. Plus, the bread usually has lots of chemicals you really wouldn't want to know about, and the way things are prepared might make you want to eat something else if you knew how it was processed or even fried.

So, in a restaurant, you can ask about the meat. Some places do use drug-free meat and veggies; they just don't advertise it. And you can usually ask for a plate of fruit or meat without the bread or just get a salad and use balsamic vinegar or such. Baked dishes are definitely healthier than fried, especially in fast food restaurants. And choosing salads is a good choice overall.

Chipotle's® and Jason's Deli® are two of our fave chains that offer healthy choices for very reasonable prices.

Also, when you order tea or water in a restaurant, ask for lemon or lime to go with it. Besides enhancing the taste, the lemon or lime will help your body become more alkaline, which helps prevent harmful bacteria. The bad bugs love an acidic environment in your gut—which can be produced by eating too much sugar and starch and such.

Always ask for condiments on the side, so you can control the amount on your food.

Once my husband and I were out of town and really craving a burger and fries (which is rare), and spotted a Five Guys®. We ordered double cheese burgers and fries and split a chocolate shake. That was so rare of us to eat that way, and man was it good! I may not eat at Five Guys again, but a good thing about the chain is that they use fresh meat and other food, and fry everything in peanut oil. It makes a difference.

Another reason we could eat that way and enjoy it is because we are very healthy to start with, including ingesting probiotics and good filtered water. The good bugs (probiotics) in us quickly took care of anything not good.

Having eaten out at restaurants for most of my life, I usually have enjoyed it. I have looked forward to it. I still eat out. Of course now, I always pray over our food and ask the LORD to help us make good choices.

Also—and here is another very important thing about being healthy, especially taking probiotics and drinking good water—if your body is healthy to start with, then when you put junk (such as some restaurant food, especially some fast food) into it, the

good bugs in your bod will attack the junk coming in and quickly dispose of it, so that it usually won't affect your health.

So, the best way to eat out is to plan ahead. It is best to eat good things before you go to the grocery store, to a friend's house, to a party, or even (and sometimes especially!) to your mother's. Even drinking a couple of glasses of filtered water before these events will help prevent hunger and also flush your bod of impurities.

You don't want to push it, and part of your resistance to health challenges is of course, the way you think about things. Ask the LORD to help you think right about what you should put in your body—that is really *His* body, if you have received Christ (I Cor. 6:20).

Each to his own, but if you want to live long and strong, my advice is to base your life on the Word and ask Him to help you make better choices in every area of life, including eating out.

What Are You Feeding Your Child?

Obesity in children and teens has been recently labeled to be of “epidemic” proportions. High-fat, high-sugar, and processed food full of harmful additives and preservatives and more has been so prevalent in our American society—and the preferred ignorance of how it is doing us and our kids harm—that it seems overwhelming to try to change. Yet, there are also pockets of people, including some parents, who are working to change things. It starts with you and me.

I have been happy to see that the junk snack and soda machines, at least in my part of the country, have been taken out of the cafeterias of public schools. Hoorah for those decision makers! Anyway, I don't understand why junk machines are still in private schools—except to make money for the school. Since private schools do not (yet) receive any support from state funds, they are often doing fundraisers. But at what expense?

How about let's put in healthy snacks and drinks and offer them for sale? After all, most things taste good now even though they are healthy, compared to years ago. If someone is hungry, they will pretty much eat whatever is available—including *food that is good for them!*

Just a (healthy) thought....

Dry Skin Brushing and Body Scrubs

Some promote dry skin brushing, which means taking a vegetable brush, or a body brush and brushing the dead skin cells from one's body before or during bathing. This is said to stimulate the lymphatic system, not to mention remove drier cells. I use a home-crafted scrub of organic coconut oil and sea salt, plus sometimes a bit of baking soda. It's cheap and I can add essential oils and make it smell like I want. Use this as an excellent facial and body scrub and with no harmful chemicals in it.

Keep the dryer, but trash the dryer sheets! It is amazing at the toxins in them, according to many sources. Since I chunked mine over two years ago, I don't even like to smell a whiff of the neighbor's—and my clothes turn out just fine. It was just tradition that I started using them, simply because my mother did. But my mother didn't know what I have learned.

Use amino acids to stir fry and spray on instead of soy sauce, which has MSG that has been said to be harmful. Amino acids taste just as good and better—cause you know they are good for you! They are no more expensive than soy sauce.

Frozen fruits and veggies have more nutrients than canned goods. Cook them just enough to soften a bit; not too long.

Organic nut butters are very good. To me, organic peanut butter has more flavor than almond, although one expert said that since a peanut is “the nut of a pea,” it is not as good for one as almond. However, peas are good for us...Go figure. Anyway, nut butters are good on organic sprouted wheat toast, or organic apples.

I've noticed that organic apples, though often smaller, fill me up as good or better (better, really, since they are better for me!) than non-organic fruits, and they are very good when paired with nut butters.

Through the years, what is supposed to be the acceptable amount of eggs per week (I recommend the cage-free and organic corn-fed brown eggs.) and cups of coffee (organic is best, of course) per week have changed. Bottom line is, ask the LORD Who created your body how much you need—or at least pay attention if your body reacts wrongly to too much of those, or anything else.

You may want to try drying your own fruit, veggies, or jerky. I used to dry apples and kiwi and they were great, but it took hours and it's easier for me to buy some from the health food store. I do watch, however, to make sure there is no added sugar.

You may also want to juice your fruit and veggies. I did that for a few months, especially with ruby red grapefruits, and it was all right. It took a lot of fruit to produce a glass of juice, and then I had all the pulp to deal with and the juicer to clean. Plus, one needs to drink the juice immediately to get the max benefit, which means that juice that has been in the store has gradually been losing nutrients as it sits on the shelf.

I have discovered that many non-organic juices, especially with concentrates and added sugar, could be almost void of nutrition and just be a sweet caloric drink, somewhat like soda.

Now I choose mostly organic juices with no added sugar. I especially like Knudsen's® 100% (pure) grapefruit juice.

If you like bacon but don't want pork, try turkey bacon. I switched years ago and have mostly avoided that. Just a personal preference, but even some of the major brands of turkey bacon smell like something I don't want to eat! That may have to do with the processing of the meat, which is also an important factor.)

Organic bone broth (chicken or beef) is also excellent to sip. Once, I sneezed and my nose started running slightly, which puzzles me. However, I immediately grabbed, peeled, and ate two cloves of organic garlic from my fridge, then drank a cup (8 oz. For years, I thought it was 16 ounces, but 16 ounces is actually two cups!) of home-made kombucha, and followed it with 16 ounces (which is what a regular coffee cup holds, I discovered!) of organic chicken bone broth.

However, even before that I started speaking the Word of God over my body: **“Thank You, LORD, that by the stripes that wounded Jesus, we are healed and made whole (Isa. 53:5). I thank You that no plague comes near my dwelling (Psalm 91:10). I thank You that my faith in Jesus, springing from my faith in God, has restored me to health (Acts 3:16), and I am continually healed and freed from all distressing bodily disease! I thank You that I have no struggles, my body is healthy and strong; I am free from the burdens common to man, and I am not plagued by human ills (Psalm 73:4-50)! I plead the Blood of Jesus over this body!”**

God is good! Everything He makes is good! I thank Him for giving me the wisdom to discover and harness ACV, kombucha, kefir, and more, and for teaching me about them!

I am amazed at how very different my diet is now than what it was. I no longer put sugar or salt on my grapefruits, and prefer them plain, as I do the juice. I buy 100% organic grapefruit juice. I learned that even some major brands that say they are 100% often are made from concentrate mixes.

So, the suggestions in *Your Holy Health* may not be for everyone. But I am personally very thankful and much healthier because of the wisdom He has given me about healthy habits.

Yes, there are people who allegedly smoke three packs of cigarettes a day and drink a pint of whiskey and eat all kinds of fat and fried food and live till 109, or so I hear. That is the power of thought—not to mention the grace of God, Who is not willing that any should perish (John 3:14-16). He is keeping them alive and wanting someone to come across their paths and lead them to Him! However, we are taught in the Word to be good stewards of our bodies, which are the temple(s) of the Holy Spirit.

I also like “organic music”—the harmony of the lack of strife and the presence true agreement with others; and “drop soup”—which most of us need to eat daily—to choose to forgive—drop—whatever has bothered us that someone else did or said.

Better yet, help us, LORD, to not even let something bother us at all; to grab those wrong thoughts from the enemy and slap them down (2 Cor. 10:5) Also, as my husband says, “Expect nothing, and be thankful for everything.”

I am just beginning to learn about essential oils. I like the NOW® brand. There are many kinds that are much more expensive, that may be better, but these work well for my husband and myself. We especially like the “Breathe” blend. We put 8-10 drops of this in our diffuser every night, so that we breathe those healing oils as we sleep. Also, first

thing every morning, I often put a few drops in my palm, rub my hands together, and cup my palms over my nose, to breathe in the vapors. This helps increase my alertness quickly.

If you had the choice of feeding your family delicious food that you knew was truly healthier and only cost a bit more—and that you could save much money, time, and trouble that would have been spent on medicine, medical bills, and time lost from school and work—wouldn't you do it?

A BETTER INVESTMENT

I used to make fun of all this “health nut stuff”—while I was poisoning my body for decades by eating loads of white refined sugar, white refined flour, gallons of sodas, alcohol, and other junk too lengthy to list here. Now, in my early 50s, I feel better, think more clearly, and have more energy than I have for most of my life. Eating better has definitely helped, but I give most of the credit to the healing, restoring, living Word of God. It is the wisdom of God (which I asked Him for) that has led me to find and enjoy better things to eat.

It is part truth and part myth that organic, non-GMO (genetically modified, meaning changed from their original beneficial state the way God created them) food costs a lot more. Because people are deciding to take charge of their health stop being sick and tired, plus getting wiser to the benefits of eating organic and non-GMO foods, major chains are going the right way by offering a wider selection of organic foods, and the prices are very reasonable.

Most things cost only a little more, and I have been delighted to discover that some things, such as produce, often cost the same or less than the same items covered in pesticides. There can be quite a difference in the cost of meats, sometimes, but if you can get meat that states it is free of hormones, start there. You are worth it!

The point is to be deliberate about what you are putting into your body. Yes, it takes a little more financial investment and more time and thought, from planning the menu to seeking the healthiest choices, and making sure you have good things on hand when you have a craving. But it’s worth it—especially since you are definitely saving much, much more money and time and life staying out of the doctor’s office and prescription drug station!

For decades, there's a big craze to have a flat belly, like that is the supreme sign of good health. If you're over 18 and healthy, a flat belly may only come by surgery or discipline—and all in an effort to “recapture youth.”

Unless we are alive when the LORD Jesus returns, every physical body will die.

It is excellent to have a strong core, of course. I learned that the hard way, when, after serving as a secretary for three years and thus sitting, and not working out after work, I leaned back and suffered a pinched nerve and almost blacked out—because my core was weak. I also suffered sciatic nerve challenges in my back and leg. Thank goodness, speaking the Word of God over myself; getting treatments from a good chiropractor; starting slow and building up on Cellerciser® jumps; and doing measured sit-ups day after day have served to rebuild my core and I no longer have back problems.

There are a lot of things right with wanting to look and feel younger and better. But aside from the discipline that it takes and the benefits of (we hope) living longer and with more energy and thus having a higher quality of life, if the motivation is only to look good to gain more admiration from other people, the motive is wrong.

Of course a flat belly looks better to us Americans than a bloated one. But I wonder, would a few extra inches bother *anybody* that lives in a place where food is scarce?

I think it's all a matter of perspective.

Yes, I enjoyed my flat belly for about 30 years (more or less). And yes, I've exercised regularly for most of those years. It's been quite a while since I had a totally firm, flat belly if you don't count the slimmer stomach I discovered after fasting all food (a juice-only fast led by the LORD; I would not recommend this unless *He* leads you to do it!) for 7 days. And that's OK.

While I do sit-ups daily or almost so, I don't spend much time focusing on my abs.

Personally, I think a strong core is great, and I have one. I also many other things to do than spend a lot of time making my stomach look a certain way.

Is it wiser to invest more time and money in getting a flat belly just to show off or say you have one? What glory does God get out of that? He says that “No flesh shall glory in His presence (I Cor. 1:29).”

Truly, our bodies are only the vessels for the real us, which is our spirits, and the LORD says in Luke 12:27 to “Consider the lilies how they grow: they toil not, they spin not; and yet I say unto you, that **Solomon in all his glory** was not arrayed like one of these.”

Where does it stop? Who are we trying (on earth) to please?

Flat belly or not—truly committed to God or not—every body will turn to dust.

For the Spirit is life, and the flesh profiteth but a little while. John 6:63

Enough said. *What are you living for?*

TONJA'S POWER SMOOTHIE

- 3 TBL organic oatmeal, or 1 package instant single-serving organic oatmeal
- handful of fresh and washed organic spinach
- two handfuls of fresh and washed organic kale
- 3/4 to 1 cup of kombucha (I use plain for the smoothies and keep the flavored to drink)
- 3/4 to 1 cup of frozen organic strawberries
- 1/2 - 3/4 cup pineapple
- 1 cup of kombucha (I use plain but flavored is great too)
- 1 full scoop of RAW[®] meal mix
- 1- 1/2 sticks organic celery
- 3-4 TBL organic whole yogurt (I used to use fat free or low fat, but realized I was robbing myself of nutrients, so now I use whole yogurt.)

Sometimes I throw in a kiwi or two, or an organic chopped apple. I may also include chopped red or green pepper, and perhaps even organic garlic, if I am so inclined.

My husband says that, if he drinks this power smoothie with kombucha and/or meal mix in it, it will keep him up at night! Experiment with the fruits and veggies and such that you like. If you will keep the base of meal mix, or yogurt plus spinach or kale, you will have an excellent amount of protein and other things very good for your health!

RESOURCES

www.healthfoodemporium.com

www.jumpstartthebook.com

www.culturedfoodlife.com

www.drcolbert.com

www.foodbabe.com

www.cellercise.com

www.wholetoneschroma.com

www.drleaf.com

www.klove.com

THANK YOU for investing your time to read this book, and THANK YOU for your prayers that this book and all of our writings will accomplish the will of God wherever He sends them!

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