

August 2014

HomeCures

That Work

.COM

WEIGHT CONTROL • SPIRITUAL WELLNESS • HEALTHY RECIPES • LIVING HEALTHY

How Spirituality Affects Our Health

**Our Spirit's Role in
Whole Body Health**

Body Health by God

**God's Clean
Eating Tips**

**We All Suffer
From This Disease**

**3 Ways That God
Heals Us**

Faith to See Your Healing



HomeCures *That Work*

Spiritual Healing

Table of Contents

3 Ways That God Heals Us	4
The Faith to be Healed	5
Faith in what God has Provided	6
The Faith to NOT be Healed.....	7
On Death and Dying	8
Healing the Heart.....	8
God's Clean Eating Tips	10
Biblical Guidelines for Eating	10
Modern Day Clean Eating	12
Clean Food Recipes	13
Our Spirit's Role in Whole Body Health	16
Nourishing a Healthy Spirit	17
Here are some great ways to help build a healthy and strong spirit	18
Body Health by God	20
Your Body: Use it or Lose it!.....	21
The Importance of Exercise for our Mental Health	22
The Connection between Physical Activity and our Spiritual Health	22
Faith to See Your Healing	24
True Healing	25
Heart of Healing.....	26
Documented Spiritual Healing	27
We all Suffer From This Disease	30
Symptoms of Spiritual Disease	30
Why We Need Healing.....	31
A Different Kind of Healing.....	31

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. The products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this or the product described for diagnosis or treatment of any health problem or as a substitute for any prescription of any medication or other treatment. You should consult with a health care professional before starting any diet, exercise or supplementation program or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician. This information and products described are not recommended for women who are pregnant or children. Please note that we have a material financial connection to the provider of the goods and services from links on the website in that we receive payment for each qualified sale or payment for each potential customer referral. Scan our QR code to get more information from Home Cures That Work





I have been studying and practicing spiritual health for over 20 years. I have seen first hand how deep of an impact spiritual health can have and how it can actually change your life for the better.

Spirituality is a much talked about but rarely agreed upon topic. For many, it means a conventional Christian, Muslim or Judaic approach. How does spirituality affect our health? This month's article, [Our Spirit's Role in Whole Body Health](#) will tell you!

In order to understand the role of spirituality in maintaining good health, we need to define carefully the terms. There are primarily [3 Ways That God Heals Us](#).

If you wish to improve your spiritual health, it is important to look at how you live. You might need to change certain aspects of your life and this involves a number of steps that is explained in [God's Clean Eating Tips](#).

Do you want your mind, body and spirit working together in harmony? Ensuring your body and spirit work as one, and not out of sync, can properly influence your health. Discover mind, body and spirit unity with [Body Health by God](#).

Current and past research indicates that having a belief in God or drawing strength from prayer can increase your sense of well-being. When you need more energy or want to experience a more positive outlook in life, here is how to have [Faith to See Your Healing](#).

If you find yourself unable to cope with such things as stress, then discover this major factor in many illnesses in [We All Suffer From This Disease](#).

Every person on this earth wants to experience healing. But do you believe you can walk in divine health?

I would love to help you live your life from a spiritual perspective with Home Cures That Work.

Cheryl Ravey
Editor, Home Cures That Work



3 Ways That God Heals Us

by Dr. Scott Saunders, M.D.

Cecilia came limping into my office with left knee pain. I examined her knee and found nothing wrong with it, but ordered an x-ray anyway. The report came back showing a normal x-ray of the knee, but a bone lesion was seen just above the knee in the femur. Several tests later proved devastating. She had a bone cancer that was almost always fatal. The surgeon recommended they take her entire leg off at the hip joint – and then start whole-body radiation and chemotherapy. She declined and left the office.

Three months later I noticed she was on the schedule and I was expecting to find a woman with cancer, but I was very surprised when I opened the door. She had both of her legs. She was walking normally, not even a slight limp. My exam and found no mass in her leg. I inquired what she did.

“When I left your office, I went to Mexico to my family and we had a prayer circle. We fasted and prayed. As soon as it was done I knew I would get better. The next day the knee didn’t hurt me anymore, and I have had no pain since.” Of course, I was very curious to see what her bone looked like so I asked if we could just do an x-ray, but she declined. “I just wanted to let you know I was alright.” She left, and I haven’t seen her since.

This wasn’t my first exposure to a person being healed by the Lord, but it was the most dramatic. The Lord heals all illnesses and all wounds, but we need to have His vision. While we see the healing of the physical body, the Lord cares more about the heart. Each illness, and each healing are given to help us learn and grow, and, ultimately, to heal our hearts.

There are three ways in which God heals us:

1. Instant healing of body and spirit.
2. Using the knowledge of the world.
3. We must wait.

Though all three are miracles, the only the first type, like Cecilia, are generally considered miraculous. Because we have to do something, we often consider the second to be our own efforts, even denying the hand of God. The third is the biggest challenge we have to overcome, but is likely the most important means of changing hearts. Each is a gift from God that requires faith.

The Faith to be Healed

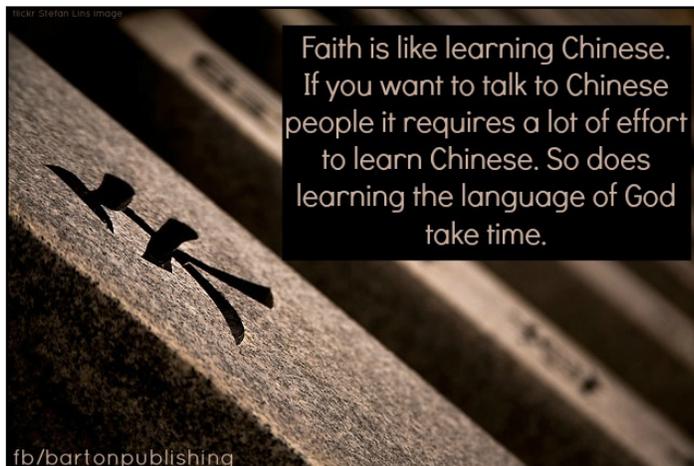
Cecilia had faith to be healed. We have many examples of people healed of terrible illnesses through the power of prayer and faith. Peter would walk down the street and people would be healed by just his shadow falling on them. (Acts 5:15-16)

The Gospel of St. John tells of Jesus spitting on the ground to make mud, applying it to the eyes of a blind man who then washed it off and was healed. (John 9:6-7)

Do shadows heal? Was it the mud? Was it minerals in the dirt? Was it the saliva of the Lord? No, it's none of these. Those Jesus healed were told, "Thy faith hath made thee whole." (KJV Luke 17:19) He gave the credit for the cure to those who were healed. It wasn't just that He had the power to heal them, but also because they had faith in Him that they were healed. God works among His children according to their faith.

Faith is not just belief; it starts with belief, but grows with evidence. Thus, faith is the beginning step to all truth.

Elijah had faith that the Lord would answer him when he proposed a contest with the priests of Baal. He taunted them as they begged their god to burn up their sacrifice. Then, he had his own inundated with water, lest anyone think there could be any trickery, and prayed while fire came down from Heaven. His faith was in the one true God, whereas their god wasn't true. The priests of Baal had belief, but lacked evidence, whereas Elijah gave the Children of Israel evidence of the true God.



Those who believe begin to gather evidence for God, and learn who He is. They learn to communicate through prayer and the Spirit. They recognize His voice, and can distinguish it from the voice of man or Satan.

It is a learning process like any other. If you want to talk to Chinese people you have to take the time to learn Chinese. It is a process that requires a great deal of effort, and will not happen just because you show up in China. Faith is like that, we need to learn the "language of the Spirit" over time in order to understand the will of God. Suddenly needing God does not suddenly give us faith, nor does just showing up in church.

Sometimes all it takes is faith to simply ask. Surprisingly, many don't turn to the Lord and ask for healing.

When the Children of Israel were wandering in the wilderness, poisonous snakes came and bit them, and many were dying. Moses went to the Lord and was told to make a brass serpent up on a pole. Any who were bitten needed only to look up at the brass serpent on the pole, which represented Christ, and they would be healed. However, many died because they didn't believe – they just didn't look! Thus, many are not healed today because they don't even have the small amount of faith to ask.

"Jesus answered and said unto them, Verily I say unto you, If ye have faith, and doubt not... all things, whatsoever ye shall ask in prayer, believing, ye shall receive." Matthew 21:21-22

Faith in what God has Provided

Faith is more than believing God will give us what we want, it is the ability to know and do His will.

When we pray for healing, God often answers our prayers in ways we don't expect. If we have faith, we will be able to recognize the voice of the Lord, and receive the gift we desire.

One patient, I don't remember her name, was vehemently against having chemotherapy for cancer, "I'm never going to take those poisons!" she exclaimed. She was sure God would heal her. Well, events happened as she got worse and her family prevailed upon her to do the chemo – and she got better! We must be willing to use the tools God has prepared for us if we want to demonstrate our faith in Him.

The story is told of a man caught in a flood. As the flood waters rose, the man had to go up to his roof. The water was getting higher so he prayed to God for deliverance. A boat came by, but the man said he was sure God would save him so the boat went on to rescue others. The waters rose more and finally a helicopter came along, but the man waved it on because he was sure God would save him. The waters rose more, he was washed off the roof and drowned.

I had a very similar experience with a woman of faith who was sure God would heal her diabetes. We did some tests and found that with some changes in her eating and exercise, along with some herbs and nutrients she could gain control of her diabetes without insulin. She rejected the program I recommended and to this day is still using insulin.

If we were to catch pneumonia, treatments are readily available so it isn't reasonable for us to forego such treatment and expect a miraculous recovery. God gives the knowledge we have, and if it is found on the Earth, then we may be expected to find what is already known.

Society grows with more knowledge and understanding over time. Part of this growth is information dispensed from God that helps us to live better.

Only a couple hundred years ago people were treated with all sorts of crazy concoctions, potions, and procedures. George Washington was arguably killed by his own physicians who drained his blood as he lay sick. Old-time treatments for scurvy, which is now easily cured by eating an orange, included mercury, alcohol, barley water, tar water, and burying up to the neck in hot sand (none of which improved the illness, and often made it worse).

Now, we have much more knowledge about the functions of the body, and how to treat and cure illness. Indeed, in spite of the retro patent medicine cartel, doctors can make the blind see, the lame walk, and the deaf hear.

Sometimes, the faith to be healed is found in trusting that God will guide us to a mere mortal who knows how to diagnose and treat our particular illness.

The Faith to NOT be Healed

Again, when we have faith, it is not in our own desires, but rather in the will of God. The purpose of prayer is not always to ask God to give us what we want, but often to ask to know His will for us in our lives. The Apostle Paul is a good example:

“And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure.

For this thing I besought the Lord thrice, that it might depart from me.

And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.” 2 Corinthians 12:7-10 (KJV)

The answer came not as Paul desired, but as the Lord willed. Paul, then, submitted to the will of the Lord, kept his “thorn in the flesh” and gloried in it.

Why we are not always healed from all our infirmities.

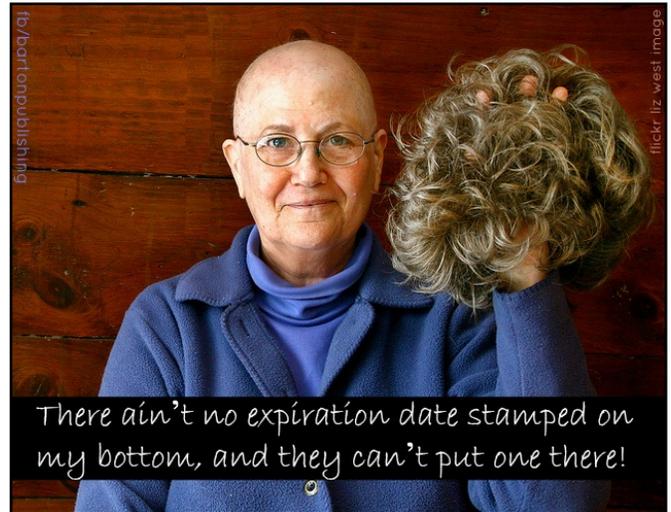
Our purpose in life is to experience the highs and the lows as we learn and grow through experience. Our hearts are changed gradually as we face life. Paul was given a weakness to keep him humble. There are many other reasons for not being healed.

I acquired a medical practice of an alternative medical doctor who had pancreatic cancer. He did all the treatments he recommended to others, but gradually declined. One day, while I was at his house signing papers he said, “Cancer has been the greatest blessing to me!”

Of course, I was curious – he had my full attention! He continued, “Over the last couple of years I have been able to say goodbye to my children, make amends, tie up loose ends, make sure my wife is taken care of, and now I have the peace of knowing my patients are in good hands – what a blessing! If I had died suddenly of a heart attack or something there would have been a lot of unfinished business left behind for others to worry about.” After battling cancer for over two years, he died less than a month later.

On Death and Dying

Eileen had lung cancer filling one lung and wrapped around the blood vessels of the heart. The surgeons couldn't operate on it so they gave her three months to live. She came to see us for alternative treatments because, as she gruffly put it, "There ain't no expiration date stamped on my [bottom], and they can't put one there!" We started a treatment program and two years later she was still working in East LA as a juvenile parole officer. The tumor in her lung shrunk down, but several years later she got multiple tumors in her brain and died.



Because I have over sixty patients in a nursing home, I am often asked to give an expected date of demise. In order to begin a hospice program, for example, a patient has to have a certified life expectancy of less than six months. However, one of the most surprising things about taking care of sick people is the seeming randomness to healing. Some people we think should pull through from minor illnesses die, while others that aren't expected to last a day continue on for years.

Death is not random or arbitrary, God has perfect timing. After many years of working with me, one of my office assistants said,

"I think lifestyle improvements don't determine how long we live so much as how well we live."

I agree; because of my experience with illness I am convinced that our days are numbered. No matter the age at death there are no mistakes. I have seen many people who are bitter and angry at God because of the death of a child, spouse, or loved one. Some said that they prayed with much faith for God to heal them, but He didn't, and they completely lose their faith, while others come to know that it is the will of God and find acceptance and peace.

Healing the Heart

The purpose of prayer is to come to understand the will of God. When we fast and pray because we, or a loved one, or even a stranger is sick, we are seeking to know His will. If we come to understand that He desires the person to be healed, we can put our faith and trust that it will be so. If the Lord tells us that the person needs to seek knowledge He has already dispensed to man, we can exercise faith in learning these things. However, if we understand by the Spirit that healing is not to come, then we also show our faith by accepting His will, and, like Paul, having patience and trust in Him.

The big picture, whether or not we are healed, is to do the work of the Lord in the salvation of His children. When Jesus and His disciples came upon a man born blind,

"His disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind? Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him." John 9:2-3 (KJV)

The man was healed and went on to be a powerful witness for the Lord.

The fact is, no matter what happens to us in this life, if we are faithful we are all ultimately healed. Our time on Earth is brief, whether we live for a day or a hundred years. Some must live with infirmities, others will be miraculously and suddenly healed, while still others will need to use the tools and knowledge God has given to man. No matter which, in the end it is all for our knowledge, understanding and growth that we experience these things.

God really is over all. There is a plan. He knows all things. He has all power.

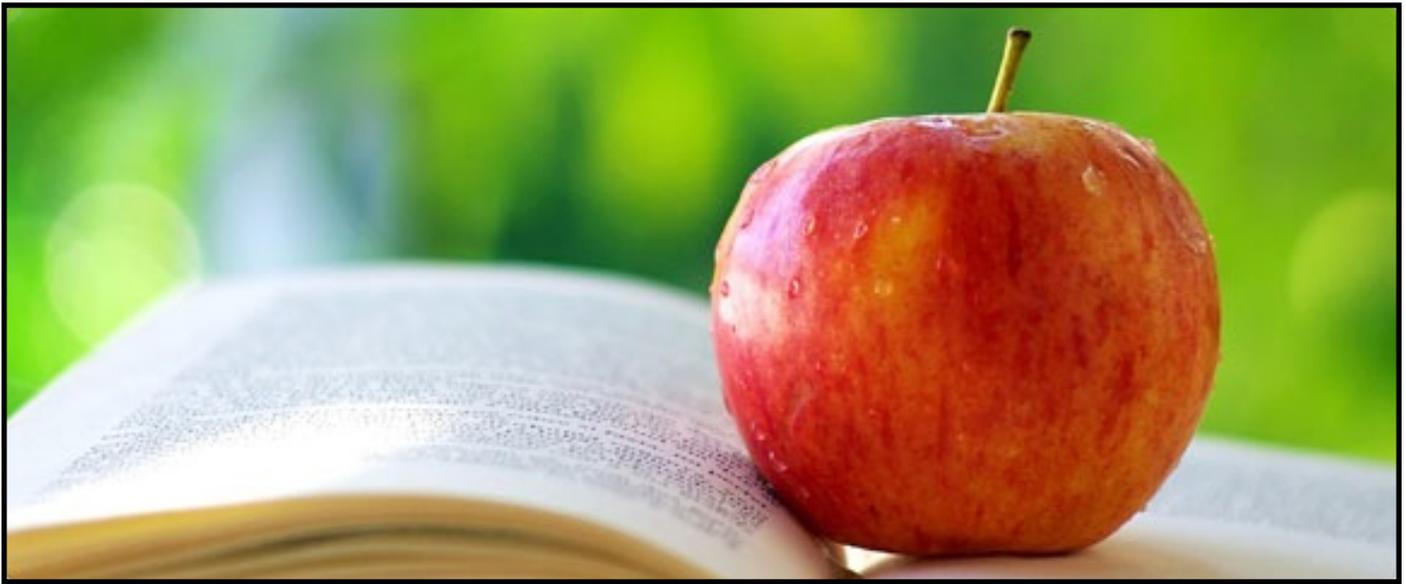
All healing comes from God, and there is no healing that doesn't come from Him.

While we look on the outward appearance of things, God looks on the heart. (1 Samuel 16:7) Ultimately, His purpose is to heal our hearts – which is the real miracle!

All who demonstrate their faith by seeking restoration, and are willing to put their trust in Him are healed – miraculously.



Dr. Scott D. Saunders, M.D. (Ask-an-MD) is a practicing physician, specializing in preventative health care, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://drsaundersmd.com>



God's Clean Eating Tips

By Amanda Box, N.D

Perhaps you've never thought about it before, but it's true. God cares about you. He cares if you are sick and He wants us to take care of our bodies. Yet what you eat is your choice. You have free will over what you put in your mouth. God cares what you eat, but He is not going to dictate your every bite.

In the Old Testament, God gave the Israelites specific dietary guidelines. Those principles do not apply to us today.

So why was God so specific about what the Israelites ate? I believe He cared about them and wanted them to be healthy! Think about it. There were millions of people living in the desert, wandering around with no running water or bathrooms. The conditions weren't exactly sanitary. What if sickness broke out? It would have spread like wildfire! So God set up guidelines to help the Israelites avoid unwanted bacteria and keep their immune systems strong.

Most people have never taken the time to study and understand why God forbade specific foods and practices during that time. They are just happy to know they are no longer bound to these customs! They are free to eat their Cheetos and bacon without consequence.

Biblical Guidelines for Eating

America is definitely not the Garden of Eden. Much of what we eat in the West is a far cry from "farm to table" food. This is a far cry from what God designed for us to eat. Instead, we favor of genetically altered, enhanced, preserved, and processed foods.

There are several verses in the Bible that provide guidelines for eating. The most popular seems to be Deuteronomy 14. God never forbids any plants for consumption. However, it is in this chapter that

considers which specific animals are clean to eat or not. The Israelites were forbidden to consume the following animals:

- Animals that “chew the cud,” but don’t have a divided hoof. This meant avoiding eating pigs, camels, and rabbits.
- Creatures in the water that do not have both scales and fins. This eliminated eating fish without scales, such as catfish. It also excluded eating sea creatures without fins, such as shrimp, crab, mussels and lobster.
- Most birds were considered clean except the raven, vulture, eagle, falcon, owl, stork, heron, or bat.
- Flying insects were considered unclean.

There is a lot of debate today around whether or not we should avoid these animals. Many animals are now “farmed” and are not caught in the wild anymore. Though some farming practices have improved our food, some have made things far worse. A lot has changed in 4000 years!

Many claim that God forbade eating these particular animals because they were scavengers. Scavengers eat garbage, which lends them to higher toxicity levels and overgrowths of bacteria. Shrimp, lobster, and crab are often called the insects of the sea. They feed on the bottom of the ocean and eat the flesh of dead fish and whatever else hits the ocean floor. Catfish and other fish without scales bottom feed, as well. They eat almost anything including other fish’s excrement.

The birds to avoid feed on dead animals, as well. So, of course, these birds are more likely to carry disease and parasites.

But, why avoid pork? Why should we give up our delicious bacon? Many argue it is because pigs can pass trichinosis to us through their meat. This parasitic infection can become a serious, and even life threatening problem for humans. It is also difficult to eliminate trichinosis from our bodies.

But, what if we raise pigs in a clean environment, virtually eliminating the chance of trichinosis? What if we fed them organic grains and other natural foods, instead of letting them feed on waste? Were pigs forbidden just because they are pigs, or because of the potential harm from contamination.

This is where I have to separate my opinion from those who strictly adhere to diets such as The Makers Diet, What Would Jesus Eat, and The Biblical Diet. I don’t agree that avoiding all the foods in Deuteronomy 14 is still necessary. This is because I believe it is “WHY” God forbade something that is important, not solely the WHAT.

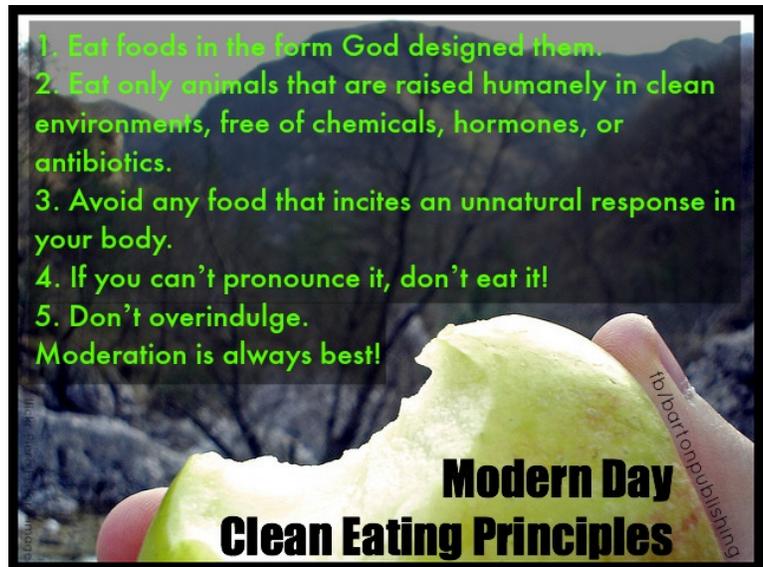
Did God forbid high fructose corn syrup? What about genetically modified organisms? Or better yet, cloned animals? Of course not. These things were not around thousands of years ago! But does that mean they are acceptable and considered healthy for us to eat? One could argue that because they are not mentioned, they are acceptable. But honestly, this is really missing the point.

The big picture here is that God set up guidelines for health. Although we are now not bound to those Old Testament principles anymore, we should take to heart why God was so specific. Under all those rules written in black and white, I believe lies a principle that rings true, even today: Eat clean foods.

Modern Day Clean Eating

Clean can mean a lot of different things to a lot of different people. Telling your children to clean their room has an entirely different meaning than cleaning a surgical room in a hospital. Eating clean foods meant something entirely different to the ancient Israelites than what clean food means to us today.

In the Old Testament, God gave specific rules for cleanliness, both for the sake of ritual and health. Now, thanks to Jesus, we are no longer bound to these rituals. Eating God's list of approved foods is now optional. Just read Acts 10:9-15:



'It was about noon the next day. The men were on their journey and were approaching the city. Peter went up on the roof to pray. ¹⁰ He became hungry. He wanted something to eat. While the meal was being prepared, Peter had a vision. ¹¹ He saw heaven open up. There he saw something that looked like a large sheet. It was being let down to earth by its four corners. ¹² It had all kinds of four-footed animals in it. It also had reptiles of the earth and birds of the air. ¹³ Then a voice told him, "Get up, Peter. Kill and eat."

¹⁴ "No, Lord! I will not!" Peter replied. "I have never eaten anything that is not pure and 'clean.'"

¹⁵ The voice spoke to him a second time. "Do not say anything is not pure that God has made 'clean,'" it said.'

Let me be clear in stating that I don't believe adhering to Deuteronomy 14 diets are wrong. I believe they are very healthy and have brought many people both wellness and healing. However, I believe that God has made the "unclean" foods acceptable, as it states above.

Some may take advantage of this verse and say that all things are now considered clean. I have to disagree. This is where common sense and practical wisdom come into play. Personally, I understand the "why" behind the "what" in the list God gave the Israelites.

If the "why" is that those foods contained something that could make them sick, then we should take this principle and apply it to ALL foods. Even foods not listed and foods that have recently joined us in the last 50 years need to be measured against that guideline.

I avoid genetically modified foods, preservatives and artificial ingredients. I don't consider them clean. They may not be tainted with bacteria, but I know they can make me very sick.

I believe a modern day Clean Diet adheres to these principles:

1. Eat foods in the form God designed them.

This means foods free of pesticides and genetic modifications. This also eliminates artificial ingredients and processed foods. Instead, shop at your local farmers market and health food stores. Or better yet, grow your own in a garden!

2. Eat only animals that are raised humanely in clean environments, free of chemicals, hormones, or antibiotics.

This not only applies to meat, but to eggs and dairy, as well! Look for words like free-range, pastured, grass fed, rBgh free, and organic on labels. These are always much healthier choices.

3. Avoid any food that incites an unnatural response in your body.

Sugar spikes your blood sugar, artificial ingredients can modify cell responses, and excess salt can raise your blood pressure. Even certain “healthy” foods can initiate a response based on your body’s allergies or intolerances. The right foods will make you feel great. They will never make you feel tired, bloated, or sick in any way.

4. If you can’t pronounce it, don’t eat it!

I can confidently say that nearly everything that God designed for you to eat, you also know how to pronounce. Those big words that sound like chemicals are usually just that! Read labels on everything from your bread to salad dressings. Chemical ingredients hide out everywhere!

5. Don’t overindulge. Moderation is always best!

Even clean and healthy foods can be overdone. For example, eating too much fruit can contribute to insulin resistance. Also, overindulging even with healthy foods can cause weight gain.

Adhering to these principles will not only keep your body clean and free from toxins, but also enhance your ability to fight off disease.

Clean Food Recipes

I don’t know about you, but my garden is currently overflowing with zucchini! This put me on the hunt for clean and healthy recipes to use up this versatile vegetable. I stumbled across this zucchini fritter recipe, and I’m happy I did. These fritters taste delicious and are packed full of healthy ingredients.



This recipe is not set in stone. Feel free to experiment by adding other vegetables like shredded carrot, cauliflower, or sweet potatoes. I enjoy topping my fritters with a dollop of sour cream and a touch of hot sauce.

Grain Free Zucchini Fritters

Ingredients:

- 2 medium zucchini grated
- 2 green onions thinly sliced
- ¼ cup almond flour or coconut flour
- ¼ cup grated Parmesan cheese
- 2 eggs
- Salt and pepper to taste
- Oil for frying (I used 2 tablespoons coconut oil)

Instructions:

1. Grate zucchini with a medium sized grater.
2. Add salt and place shredded zucchini in a clean dish towel and squeeze to get as much liquid out of it as possible.
3. Once squeezed place back in bowl and add beaten eggs, thinly sliced green onions, almond flour, Parmesan cheese, and black pepper. Mix thoroughly.
4. Heat 2 tablespoons of oil over medium heat.
5. Once oil is shimmering, add spoonfuls of mixture in hot oil and fry until golden brown on each side, about 2-3 minutes per side.
6. Place on platter lined with paper towels to soak up any grease that sticks to the fritter and serve with sour cream or other condiment.

If you have ever eaten heirloom tomatoes, then you've noticed not only their beautiful array shapes and colors, but also their amazing flavor! God sure got creative when he designed tomatoes! Heirloom tomatoes differ in that they come from seeds that have been passed down from generation to generation. Some seeds have a history of 100-300 years! You can find heirloom tomatoes at your local farmers market.

This recipe utilizes these beautiful and tasty tomatoes in a delicious salad. If you can't find heirlooms, any fresh tomatoes will do.

Heirloom Tomato Salad

Ingredients:

- 5 medium sized heirloom tomatoes, sliced
- 1 large ear of organic corn, cooked
- 1/2 of a small red onion, diced
- [2 slices pastured nitrate free bacon, cooked and diced \(optional\)](#)
- 1 oz blue cheese crumbles
- 1 small handful basil leaves, chopped
- 2 tbsp fresh lemon juice
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Lay sliced tomatoes onto a large, serving platter.
2. Remove kernels from ear of corn, and spread evenly over tomatoes.
3. Now sprinkle the plate of tomatoes evenly with the red onion, bacon, basil and blue cheese.
4. In a small bowl, whisk together the lemon juice, olive oil, and salt & pepper. Drizzle the dressing evenly over the salad, and top with a bit more salt and pepper. Serve immediately.

Though God has given us free will to eat as we please, we won't be exempt from the consequences of bad food choices. God designed our bodies and he also designed natural foods specifically for those bodies. When we eat what God designed, foods that are natural and free from chemicals and toxins, we reap the benefit of health. When we eat what scientists and chemists designed as food, we reap weight gain and disease. The choice is yours. Personally, I trust God's food and I hope you will as well. !



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at: <http://amandabox.blogspot.com/>

Grain Free Zucchini Fritters Recipe Adapted from slimpalate.com
Heirloom Tomato Salad Adapted from: laaloosh.com



Our Spirit's Role in Whole Body Health

By Amanda Box, N.D.

You are a whole person, composed of a triune nature:

Mind-Body-Spirit

Achieving whole health requires a balance of all 3 of your parts. You can't expect your body to be healthy if your mind is a mess. Neither can your mind be at peace if your spirit is in turmoil.

Think about it. When you obsess over something and become stressed, your body often manifests the consequences. You may experience a rapid heartbeat, insomnia, or nausea, for example. These are all physical symptoms from something you've been experiencing emotionally.

Furthermore, when your body experiences imbalances, your mind often suffers. Ladies, many of you experience this every month during a little something called PMS.

But what about our spirit? Does it really have anything to do with our health?

Sadly, our western culture focuses primarily on the health of our mind and body, neglecting our spirit. You'll likely never go to a doctor and hear him talk to you about the condition or health of your spirit. Many doctors don't even believe we have a spirit, let alone that it contributes to our overall health. Spiritual health just isn't a part of typical western medicine.

However, Eastern culture has understood the importance of our spirit for thousands of years. Eastern medicine takes into account that a weak spirit can contribute to illness of the mind and body. Eastern doctors recommend prayer and meditation to their patients. They understand the balance of a whole person is what contributes to wellness. They look deeper than just the symptoms.

It's pretty easy to understand why our spirit doesn't get included when we don't feel well. Our body tends to get the most attention simply because it makes the most noise. It is our body that manifests symptoms, discomforts, and pain. Our body is what typically alerts us when something is out of balance.

Our mind is often the second to show symptoms. Many of us struggle with depression, anxiety, and other psychological issues. Even some of our physical symptoms manifest from issues with our mind. What we believe, think about, and express can impact our body. When our symptoms seem to have no physical cause, doctors will then look for psychosomatic roots. They recommend medications, counseling or therapy to reduce symptoms.

However, in searching for the answers for our health, the third and most important part gets disregarded. Honestly, this is a tragedy.

It is our spirit that keeps us strong when we are physically and mentally weak.

More importantly, it is our spirit that is our direct connection to God. It does not deserve the back seat. Because we live in a physical and tangible world, we forget the important role of our spirit. It is responsible not only for communing with God, but for keeping us healthy.



Nourishing a Healthy Spirit

I'm sure you've heard the phrase, "He/She is in good spirits." There is so much truth to this idiom. We say this when someone is going through something difficult, yet they remain positive.

We always have more hope when we see someone in good spirits. We understand that this optimism can be what pulls them through whatever obstacles they may have.

I would venture to guess that many of you have never stopped to think about this. But, this example is why making sure you nourish and take care of your spirit is just as important as taking care of your body.

Having a healthy spirit can be what pulls someone from sickness to health.

Many of us have a wounded spirit. Unfortunately, none of us are exempt from pain or trauma. We have all experienced wounds, both great and small. Many times we don't truly heal from life's pains and disappointments. Instead, we often resort to coping mechanisms. Some of the most common coping mechanisms include:

- **Denial:** refusing to admit that something happened or that you feel like you do.
- **Idealism:** focusing on the good points while ignoring and never dealing with the bad.

- **Addiction:** using drugs, alcohol, pornography, or other mechanisms to make us temporarily feel better and avoid feeling the pain.
- **Stuffing:** shoving your feelings down deep into a compartment and refusing to talk about them or work through them.
- **Anger:** often accompanies one of the above mechanisms. Anger explodes out because the feelings of pain and fear have not been resolved.

Coping, rather than working through life's pain and disappointments, takes its toll on our mind, and on our spirit. The spirit and mind are so closely connected. What we feel, focus on, and believe can either build our spirit up, or tear it down. This toxic build up of negativity can eventually seep into our body, causing disease.

Mending a broken spirit isn't as easy as popping a vitamin or trying a new diet.



Exercising our body requires pushing our muscles, heart, and lungs to build endurance and strength. Caring for and exercising our spirits, however, requires transparency different kind of regimen.

Just like bodily exercises, repeat these practices often, over and over, to see results. You don't expect to gain strong arms from doing one push up, right? Neither should you expect to see significant results from walking through these steps one time. This is a lifetime commitment to health.

Here are some great ways to help build a healthy and strong spirit

1. Take a step back and look at the big picture

None of us can truly understand the difficulties of your life. But, you are here for a reason. No matter how unfair or wrong things have gone for you, you have a purpose. I promise you that. Take a step back and look at all the things in your life that hold you back. They are likely more trivial than you've let them be. Look for ways to break out of the negativity and set goals for a better future!

2. Forgive others

Forgiveness is deliberate decision. It is not saying that what someone did to you was okay. Instead, it is cutting the tie of resentment and releasing them, which in turn releases you. Wanting people to pay for what they did only keeps you bound to negativity and prevents you from moving forward. I'm not trivializing what happened to you. But you cannot move forward when chained to unforgiveness.

3. Look for daily blessings

Sometimes it's just too easy to be the pessimist. We get caught up in what's going wrong that we forget about how blessed we are. Take the time each day to acknowledge what you're thankful for.

If you have to, start a journal of thankfulness. It might surprise you to realize how many things you take for granted and how blessed you truly are! Making this a habit can turn a pessimist into an optimist.

4. Feed Your Spirit

Take time every day to do something specifically for your spirit. We feed our bodies with food, so feed your spirit, too! Things that feed your spirit include:

- Prayer
- Meditation
- Reading the Bible
- Positive affirmations

When you pray, don't pray like a beggar. Pray with expectation and declare God's goodness. Thank God for your blessings. Read Bible passages that encourage you. Speak positive words out loud over yourself. Really take the time to believe what you're saying. Science has even proven the power of positive self-talk on health. These practices are as important for your wellness as eating healthy foods and exercising the body!

If you're looking for whole body health, take the time to give your spirit the nourishment and attention it needs. Let go of negativity, forgive others, and move forward with a thankful heart for all the blessings in your life. The very thing that may be holding you back from breaking free from sickness may be your spirit! Don't neglect your spirit any longer! Gain health as a balanced, whole person and watch your life change for the better!!



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at: <http://amandabox.blogspot.com/>



Body Health by God

By Rob Fischer

Some years ago, my wife and I lived and worked in Austria over a six-year period. But we came back to the States for a year-long break during that time. When we left Austria to come home for that year, we parked our car at the home of a friend there in Austria.

After that year had passed, we went back to Austria and to our friends to collect our car. We knew the car would be dirty and in need of a tune up, but we had no idea how severely its disuse would impact the car. Just sitting there for a year the car had deteriorated badly.

We had to have the car towed to the shop where it spent the next whole week. We had to have every major system worked on to get it running well again. Disuse and exposure to the elements had taken its toll on our car! We realized after the fact that the car would have been much better off if we had arranged for someone to drive it for the year we were away.

Our bodies are much like that car. Obviously, we don't go off and leave our bodies somewhere and come back again to claim them! But in this age of modern conveniences, it is very easy to neglect our bodies and just sit there.

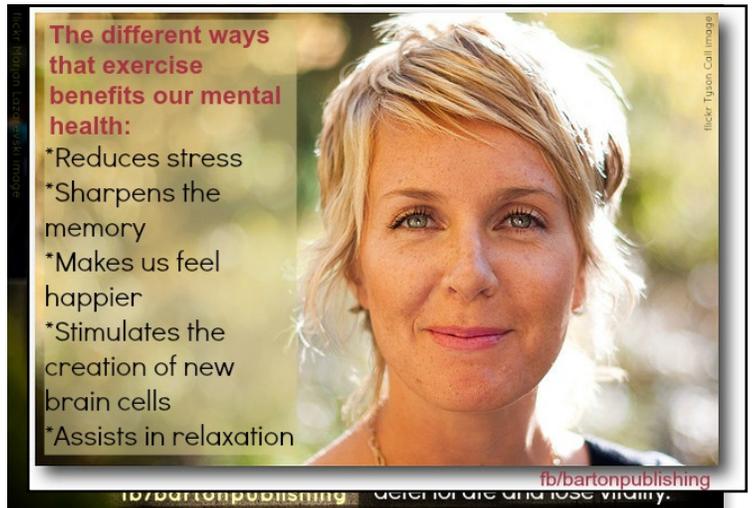
Many of us work desk jobs and have gone to great lengths to make our lives as easy as possible. We have subtly slipped into a sedentary lifestyle. But this inactivity takes a huge toll on our bodies. Every system in our bodies deteriorates with disuse.[1]

In fact, doctors now refer to sitting as the "new smoking." What they have come to realize is that sitting for an average of over nine hours per day is as detrimental to our bodies as smoking![2]

God designed the human body for physical activity. In fact, anything that interferes with physical activity actually creates a *hardship* for our bodies.[3] Did you catch that? Sedentary living poses a *hardship* on our bodies and our health!

Disuse syndrome is the medical term for a state of physical inactivity caused by bed rest, immobility and/or sedentary living.[4] Disuse syndrome is a major concern in hospitals and other medical facilities, because physical activity is such a huge part of recovery and overall health. Astronauts are so concerned with disuse syndrome that they devote two-and-a-half hours per day to physical fitness while in space.[5]

If you've ever had a stay in the hospital—even for a minor surgery—one of the things they try to do is get you up and walking as soon as possible. Physical activity is key to healing and a healthful lifestyle.



Your Body: Use it or Lose it!

What happens when we become sedentary and inactive?[6]

- After only a short time of inactivity our muscles begin to atrophy. We lose muscle mass and strength, making us more susceptible to injury.
- Our bones become less dense and more fragile.
- Our joints and ligaments stiffen and become less flexible.
- The efficiency of our heart decreases hindering the flow of blood and transport of oxygen and nutrients throughout the body.
- The amount of red blood cells declines and with it the amount of oxygen our body assimilates. Blood clots and inflammation increase as a result.
- Our hormones become less responsive and out of sync. In particular, insulin cannot do its important work of moving glucose out of the bloodstream and into the cells.
- Body temperature falls and upsets normal biorhythms. Sleep disorders become more common.
- Lack of physical activity results in degradation of eyesight, hearing and taste.
- Our nerves also become less active, disturbing many vital bodily functions.
- Disuse syndrome results in a compromised immune system. One is more prone to disease with slower recoveries.
- The kidneys and bladder deteriorate and lose vitality.
- Digestion is disrupted causing all manner of problems with the intestinal tract.
- The body produces fewer or no endorphins which provide a healthy mental state and more positive outlook.
- We are likely to become obese. “Physical activity has been shown to be the single most important factor in successful weight maintenance.”[7] With obesity come diabetes, high blood pressure and cardiovascular disease.

The Importance of Exercise for our Mental Health

The above list demonstrates the vital role physical activity plays in living a healthy lifestyle. This is true not only for our physical well-being, but also for our psychological health. Consider some of the different ways that exercise benefits our mental health:[8]

- Reduces stress by shedding harmful stress chemicals and producing other good chemicals that assist the brain in our response to stress.
- Releases endorphins that make us feel happier and help give us a more positive outlook.
- Improves our self-confidence and self-image.
- Shores up the body against cognitive decline and stimulates the creation of new brain cells.
- Sharpens the memory and increases our ability to learn new things.
- Helps in the prevention and recovery of addictions as the brain releases dopamine.
- Assists in relaxation when it's time to rest.
- Can play a significant role in promoting healthy relationships.

The Connection between Physical Activity and our Spiritual Health

Physical activity serves not only our bodies and mental and emotional capacities for optimum health, but also our spiritual well-being. In our spiritual health as with our physical health, inactivity brings death rather than life. Consider the action words below in terms of what God asks of us:

- “*Draw near* to God, and he will draw near to you.” – James 4:8 (ESV)[9]
- Jesus said, “If anyone would come after me, let him deny himself and *take up* his cross daily and *follow* me.” – Luke 9:23 (ESV)
- “Let us also *lay aside* every weight, and sin which clings so closely, and let us *run* with endurance the race that is set before us.” – Hebrews 12:1 (ESV)
- “*Walk* by the Spirit...*live* by the Spirit...*keep in step* with the Spirit.” – Galatians 5:16 & 25 (NIV)[10]
- “*Strain toward* what is ahead...*press on* toward the goal...for which God has called [us] in Christ Jesus.” – Philippians 3:13-14 (NIV)
- “*Train* yourself to be godly.” – 1 Timothy 4:7 (NIV)
- “*Flee* from [evil] and *pursue* righteousness.” – 1 Timothy 6:11 (NIV)
- “*Strengthen* your feeble arms and weak knees.” (metaphorically) – Hebrews 12:12 (NIV)

The Bible is full of other similar examples of how God uses physically active terms to move us forward in our relationship with Him. He has created us in a totally integrated fashion, so that what happens to us in the physical realm affects us mentally, emotionally and spiritually as well—and vice versa.

Over many years of following Christ, I have developed a strong link between my physical activity and what happens to me spiritually, emotionally and psychologically.

When I'm out hiking for instance, I may take the opportunity to pray and listen to the voice of God. At other times, I'll meditate on some passage from the Bible, or a character trait, or on God's character, or on the beauty and sheer wonder of all He has created for us to enjoy.

When I'm struggling in a relationship or with a problem, I'll go “pound the hills” and talk it out with my heavenly Father. He always gives great wisdom and advice if we ask Him for it.

For me there's a very close connection between the kinesthetic activity of hiking, walking, swimming, bicycling, cross-country skiing or snowshoeing and time I spend alone with God or in the company of those I love.

If we're not moving forward, growing, active, and alive, then we're dying. Physical activity is not the *crowning piece* of our health and healing, but we cannot hope to live in a healthy manner without it.

What are you doing right now to stay physically active? If you haven't been active lately, start today. Take a walk or go for a bike ride. Go with a friend or loved one or enjoy the solitude of setting out alone. Take advantage of the numerous benefits of exercise for your health—your whole health!



Rob Fischer has been writing professionally for over 35 years. His experience includes writing curricula, study guides, articles, blogs, newsletters, manuals, workbooks, training courses, workshops, and books. Rob has written for numerous churches, for Burlington Northern Railroad, Kaiser Aluminum, and Barton Publishing. He has also trained managers in effective business writing. Rob holds two Master's degrees, both focused heavily on writing. Rob has published eleven books and serves as an editor and ghostwriter for other authors.

[1] Dysautonomia Youth Network of America, Inc., "The Importance of Physical Activity," nd, <http://www.dynainc.org/living/activity>.

[2] JustStand.org, "Sit Less. Stand More. Start Now," Ergotron, 2014, <http://www.juststand.org/Portals/3/literature/sitstandbooklet.pdf>.

[3] Dysautonomia Youth Network of America, Inc.

[4] Dysautonomia Youth Network of America, Inc.

[5] NASA, "Your Body in Space: Use it or Lose it," April 9, 2009, http://www.nasa.gov/audience/forstudents/5-8/features/F_Your_Body_in_Space.html.

[6] Dysautonomia Youth Network of America, Inc.

[7] Dysautonomia Youth Network of America, Inc.

[8] Huffington Post, "13 Mental Health Benefits of Exercise," March 27, 2013, http://www.huffingtonpost.com/2013/03/27/mental-health-benefits-exercise_n_2956099.html.

[9] The Holy Bible, English Standard Version Copyright © 2001 by [Crossway Bibles, a division of Good News Publishers](#).

[10] Holy Bible, New International Version®, NIV® Copyright © 1973, 1978, 1984, 2011 by [Biblica, Inc.®](#) Used by permission. All rights reserved worldwide.



Faith to See Your Healing

By Michael Tyrrell

I Called To You For Help, And You Healed Me (Psalm 30:2)

This month's topic, *Spiritual Healing*, couldn't have come at a better time. I've been busy the last few months writing a book on healing, *Wholetones: The Sound Of Healing*. Not only did I write a book, but I also recorded a 7-disk healing frequency music project to go with the book! It is over 2½ hours of music designed to provide the perfect sonic environment for spontaneous healing in the body. This project is one of a kind! Barton Publishing will give you priority to order when it is first released.

As I write this article, I am pondering the ethics of leading pharmaceutical companies. They are producing well-made television commercials about a myriad of medications. This onslaught of media suggests these medications bring relief for everything from arthritis to impotence. What alarms me is the side-effects of the pharmaceutical drugs are often far worse than the condition itself!

It seems strange to me that in an era of medical and technical breakthroughs, Big Pharma fails to produce a drug without life-threatening side-effects.

What makes a bad situation worse is that large law firms pay for television commercials announcing class action suits against these same pharmaceutical companies that leave Americans unprotected from deadly and torturous side-effects of pharmaceutical drugs. Now, even the Supreme Court is ruling that drugs are exempt from legal liability. [1]

So, let me ask a question. If these pharmaceutical companies have truly performed the exhaustive clinical trials they claim, then why are we seeing so many lawsuits 3 to 7 years after a tragic drug hits the market? The answer is harder to swallow than their pills!

These outrageously wealthy drug companies make so much money during their launch of a medication that by the time a percentage of the consumers are impaired, they can easily settle the law suits leveled against them and STILL make a huge profit on the medication... even IF they are forced to take it off the market.

But with a Supreme Court ruling, if the FDA says a drug is safe, that takes precedent over actual facts, real victims and any and all adverse reactions. This makes Big Pharma exempt from liability for side effects, mislabeling or virtually any other negative reactions caused by their drugs. [2]

Remember in the business world it is about the bottom line and profitability, first and foremost.

True Healing

I want to make two very important points before we examine spiritual healing.

1. There is an obvious difference between healing and medicating.
2. Human beings are not born with a drug deficiency.

Healing means becoming sound or healthy again; to be restored. Medicating means to administer drugs.

When someone is healed, his or her sickness is GONE. But when someone medicates, they only feel relief as long as they take their medication. Do we really believe that man-made, synthetic drugs are necessary for our survival?

The following story from the Bible perfectly illustrates my point.

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." Mark 5: 25-34

The secret to healing hinges on one word, FAITH. Faith is far more than merely thinking. Faith is an unshakable belief that one acts upon without seeing any evidence beforehand.

“Now faith is the substance of things hoped for, the evidence of things not seen.” Hebrews 11:1

The difference between thinking and believing is knowing. When you act upon what you know before you see it, you have walked in faith!

Here is an example. When a child has a wart, a doctor will often give the child a wooden tongue depressor and tell them it is a "wart stick." If they hold the stick on the wart for a couple of days, then the wart will disappear. Usually, it does! The reason that the wart stick works is because the child believes it will, and that is childlike faith in action.

The same holds true in clinical trials; a participant receives a placebo and believes it is a powerful medication. The placebo (sugar pill) is historically from 15 to 72% effective and often outperforms the actual medication![1]

If you will allow me, I can help you move beyond the misunderstanding surrounding childlike faith so you can personally experience true spiritual healing.

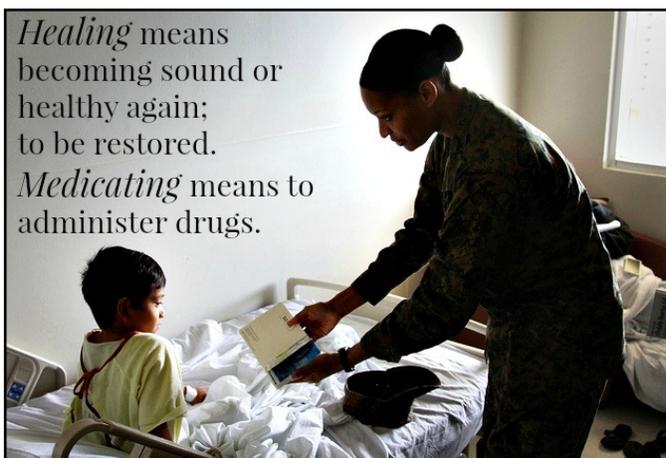
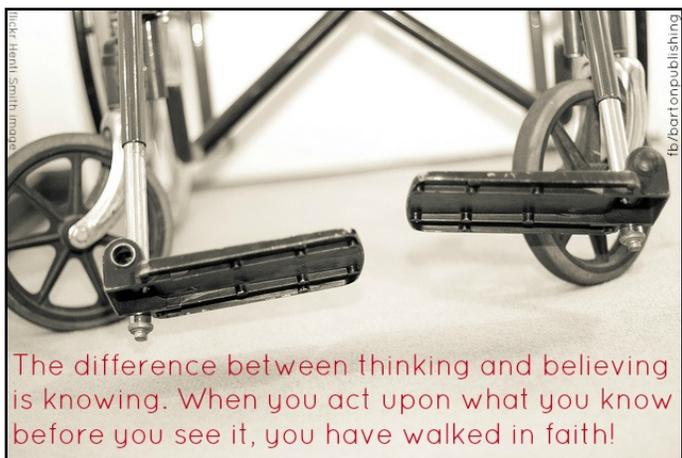
Heart of Healing

You see, the heart and the head operate independently. Belief is a product of the heart. Thought is a product of the head (mind).

Infants and young children believe wholeheartedly what they are told is an absolute. (Their minds are not reasoning from past experiences or calculated thought processes.) In turn, they trust that what their parents or authority figures tell them is the truth. They simply believe it.

As these children grow and begin to base their “truth” upon personal experience and reason, “reality” begins to trump what they once believed in their heart.

When you were young, how many of you believed Santa would make a house call on Christmas Eve? You believed beyond a shadow of a doubt that a white haired, bearded man in a red suit would leave a pile of gifts under your Christmas tree. You probably believed in Santa until some older kid told you that “Santa” was your parents. Then, it was devastating when you hid in the closet and watched Mom and Dad put the gifts under the tree, drink the milk and take a bite out of the



cookies. It wasn't your mind that was offended; it was your heart that was broken. You probably felt foolish for believing in the first place.

Unbelief is the nemesis of faith. Once you become an unbeliever, you will only believe something if you see it first because your mind is now running the show.

I will never be an unbeliever. I will never forget the life altering divine spiritual healings that I have received from the Hand of God. Here are just a couple true stories I would like to share.

Documented Spiritual Healing

In my first year of junior high school I attended a private Christian school. It was in another city so I had a long ride on the school bus every day. I had very poor eyesight, so I wore glasses. I despised them because they made me look goofy. (Designer shades they weren't!) To add insult to injury, even with corrective lens I could only see the blackboard if my desk was just a few feet away from the teacher's desk.

One day on my bus ride home, I opened the window and said aloud, "You are God. You can certainly heal my eyes!" and I threw my glasses out the window. I was INSTANTLY healed! I have 20/20 vision to this day and I am 54 years old.

I am not suggesting that you throw your glasses, hearing aid, or oxygen tank away. But I am urging you to trust God. He may choose to heal you!

While touring with the Christian band *Mylon Lefevre and Broken Heart* in 1986, the driver taking me to a music store hit a parked car. My head went through the windshield of his car because we did not have seatbelts. When I came to, I was strapped down in an ambulance and my neck was in a brace. A wonderful female emergency technician told me what had happened.

When I arrived at the hospital, nurses worked to remove debris from my leg and arm and placed a stabilizing cage around my neck. While I was laying on the gurney, a wonderful Baptist minister sat next to me and began reading me passages from the Book of Psalms.

Suddenly, a rude nurse approached and said, "Your neck is broken and you may not walk again."

True righteous indignation arose in me and I blurted out, "Either I will walk out of here in three days or you will carry me out in a body bag, Lady. God has plenty for me to do on my feet!"

Then the nurse called for a doctor and said, "He's in shock. Give him a sedative."

I told the doctor, "I don't need a sedative. I am at peace. God will heal me." And the doctor walked away.

One thing that was frustrating is that I could not move my arms or legs. I had no feeling below my waist so when they took me to x-ray they had to move me around on a board to get the position they needed for the films.

A couple of hours later the band showed up and told me they were leaving for the next gig because I was going to be in the hospital for awhile. They forgot to bring my bags so all I had were the bloody clothes I had on when I got to the hospital.

Later that evening, the surgeon on call came into my room to explain the x-rays. When I saw the film it was shocking! My C4 and C5 vertebrae were destroyed! The surgeon was kind but firm, informing me that I would no longer have use of my legs. They had contacted a renowned neck surgeon from New York who was flying in to see if anything could be done for me.

It was amazing that with all the evidence presented and no feeling in my limbs, I kept seeing myself running and jumping. I knew that I would be healed! I didn't accept ANY other alternative!

Meanwhile, my fiancé and my mom had hundreds of people praying for me. Thanks to their prayers, I felt God's presence every minute, though there was no one in my room. Not once did I feel alone.

Sometime in the middle of the night I felt an overwhelming burning sensation that started in my neck and went through my entire body. It was as if I had been literally set ablaze; I thought I was dreaming.

When a nurse woke me up in the morning to take my temperature, she informed me that the surgeon from New York ordered more x-rays. About an hour after the second set of x-ray films, a very kind man walked into my room and was visibly shaken. The man introduced himself and said in all his years of practice he had never seen anything like what he was about to show me.

The renowned surgeon put my x-rays on the screen from when I was first admitted. He showed me the destruction of my C4 and C5 vertebrae. Then he took those x-rays down and put up the x-rays he ordered when he arrived. I was floored! In place of my disintegrated C4 and C5 vertebrae, there were brand-new, perfect C4 and C5 vertebrae!!!

The surgeon went on to say that he was an orthodox Jewish man. Although he does not believe in miracles, he cannot explain how this occurred. What he said next was mind-boggling.

“I see no reason why you should not be able to move your neck or have feeling in your extremities.”

Suddenly, I moved my neck, my fingers and my feet. Up until that moment, I had no sensation, whatsoever! The surgeon smiled, touched my arm and left!

That burning sensation I felt the night before was the touch of God. That, my friends, is a perfect example of healing!

Now the plot thickens! Meanwhile, my fiancé, Lillian, and her friend Leanne were in route to the hospital. Lillian told me later that on the drive to the hospital they were numb and quiet on the trip. When they were about 45 minutes away, they suddenly looked at each other and said, “Oh my God! He is healed!” and joy filled their vehicle.

At approximately the same time, I disconnected my leg sling and neck cage and crawled out of bed. I pulled myself up using a chair and walked into the shower!!!

When Lillian and Leanne got to my hospital room, they heard water running and saw an empty bed. Lillian called out, "Honey, are you in the shower?" I said, "Yes." Then she asked, "Are you healed?" and I replied, "Yes! I am!"

When I hobbled out of the bathroom I cannot tell you what I felt when I saw Lillian and Leanne. We were completely amazed at what God had done!

They brought me a wheelchair to get me into the elevator because I had stitches in my leg. When the elevator door opened, the rude nurse that told me I wouldn't walk again was standing right in front of me. I got out of the wheelchair, walked up to her and said, "I told you so!" and had her cut off my hospital bracelet!

You see, friend...NOTHING is impossible to those who believe. What he did for me, God CAN do for you, as He is no respecter of persons.

Spiritual healing is a byproduct of unwavering childlike faith. It is YOUR faith in GOD'S ABILITY that makes you whole...period.

Like the psalmist in Psalm 30:2,

"Lord, MY God, I called to YOU for help, and You healed me."

Do NOT doubt. ONLY believe. Call out to Him right now.

There is so much more I want to share with you on this subject...not theories but documented divine spiritual healing.

It is my prayer that when Barton Publishing releases my book and CDs, *Wholetones: The Sound Of Healing*, that you and you loved ones will experience spontaneous divine healing, just as I have.

Faith moves mountains and it also heals the sick.



Michael Tyrrell, www.michaelyrrell.com is the founder of the Network Center Inc., a not-for-profit, 501(c)(3) organization founded in 2001 which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries in connection with their outreach ministries or missions based activities. Michael has been committed to training their key leaders and members to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting through the organic roots of the Christian faith and other areas as needs arise. Michael has been in full-time ministry for the last 27 years and is a writer music producer and well-known musician.

[1] <http://www.whiteoutpress.com/articles/q32013/supreme-court-rules-drug-companies-exempt-from-lawsuits/>

[2] Faith Brynie, PhD, "The Placebo Effect: How it Works," Psychology Today, January 10, 2012, <http://www.psychologytoday.com/blog/brain-sense/201201/the-placebo-effect-how-it-works>.



We all Suffer From This Disease

By Rob Fischer

As an American people, we are preoccupied with physical and emotional healing—and for good reason! It's not just our perception that disease is on the rise. Type 2 diabetes, high blood pressure, and cancer are growing at alarming rates.[1], [2], [3]

The privilege of living out our days free from catastrophic illness is becoming less and less of a reality.

Ironically, there's a different type of disease among us that is even more prevalent and deadly than those listed above. No matter who we are; no matter what our ethnic background is; no matter what genes we inherited; no matter what life choices we've made, we all suffer from this disease.

Many of us may not know we have the disease. For many, this disease is even subtler than high blood pressure (the silent killer). Others of us may recognize that we have the disease, but we choose to live in denial or we shove it to the recesses of our minds for a variety of reasons.

Symptoms of Spiritual Disease

This different kind of disease about which I'm speaking manifests itself openly. Its symptoms include:

- Pride and arrogance
- Strife
- Self-centeredness and preoccupation with self
- Anger and other toxic behaviors
- Destructive addictions of all kinds
- Lying and cheating
- Hatred and refusal to forgive

- Ungratefulness

“The whole head is sick, and the whole heart faint.”[4]

Why We Need Healing

We all inherited this spiritual disease at birth and live with its chronic effects. This spiritual disease is also highly infectious and spreads to an ever-increasing degree if left untreated. This disease affects our entire life all the time. In fact, its impact is so profound and pervasive that its healing must take precedence over any physical ailment.

A Different Kind of Healing

This different kind of disease also requires a different kind of treatment. We often mention the fact that pharmaceutical drugs only deal with the symptoms and not with the root cause of a physical illness.

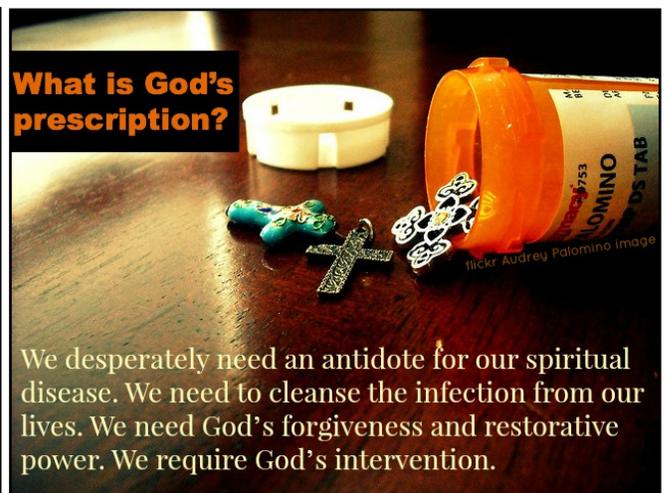
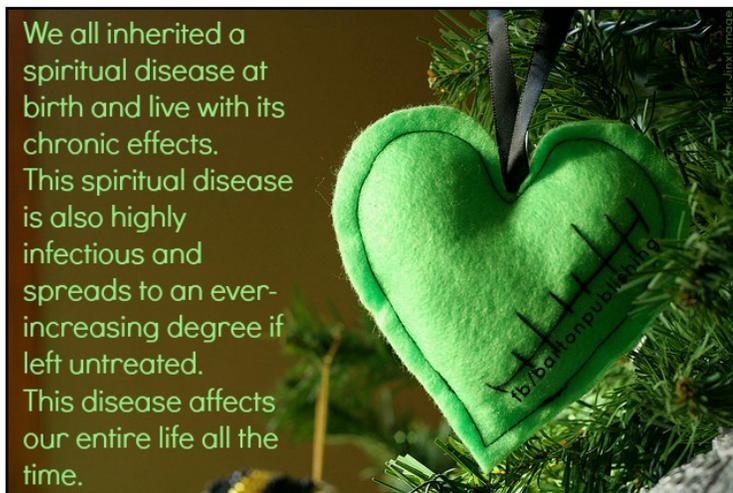
In the same way, our “synthetic” human endeavors and religious activities, while often good, don’t address the core issue, but only its symptoms.

In order to remedy this spiritual disease, we need a thorough purging—a cleansing, combined with restorative power.

Our disease is nothing less than sin—going our own way—rebellion against God. We all claim to be “good” people, but by whose standards? We can’t just compare our health with the person next to us and declare ourselves well because we’re not as “sick” as they are.

With diabetes, we cannot say that we’re *slightly* diabetic. Either we are or we aren’t. The same is true with sin. Whether we’ve sinned a little or a lot, we’re hopelessly infected.

By now, I’m sure I’m losing some of my readers. It’s the same when the doctor tells us we have cancer, or type 2 diabetes. We immediately resort to denial. “Doc, you must be mistaken. I eat right. I take care of myself. I can’t have that disease!”



Denial is a normal initial coping response, but we eventually need to accept the truth and deal with our disease. The same is true with our sin disease. Owning up to our sin and our need for healing is often a first step. We desperately need an antidote. We need to cleanse the infection from our lives. We need God's forgiveness and restorative power. This is not a disease we can beat with right living, we require God's intervention.

Fortunately, God loves us so much that he did intervene. He initiated a remedy—the only remedy—for this disease:

“For while we were still weak, at the right time Christ died for the ungodly. For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die—but God shows his love for us in that while we were still sinners, Christ died for us.”^[5]

What is God's prescription? How do we apply this antidote? The Apostle Peter explained,

“Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit.”^[6]

To “repent” means to do a 180—to turn from our sins and follow Christ instead. Baptism is a public declaration that we purpose to follow Jesus Christ. Jesus died for our sins. He paid the penalty so that we might live. He forgives us and places us in righteous standing before God the Father. And as a seal of his work in us he gives us his Holy Spirit who lives in us and teaches us to follow him and turn from sin.

You can be freed from this dread disease today simply by trusting Christ. I am a recovering sinner. I am trusting Christ to cleanse me and forgive me. I've followed him now for over 50 years and I wouldn't live any other way!

Don't live with this disease another day. Accept God's remedy today.



Rob Fischer has been writing professionally for over 35 years. His experience includes writing curricula, study guides, articles, blogs, newsletters, manuals, workbooks, training courses, workshops, and books. Rob has written for numerous churches, for Burlington Northern Railroad, Kaiser Aluminum, and Barton Publishing. He has also trained managers in effective business writing. Rob holds two Master's degrees, both focused heavily on writing. Rob has published eleven books and serves as an editor and ghostwriter for other authors.

[1] American Diabetes Association, “Statistics about Diabetes,” 2014, <http://www.diabetes.org/diabetes-basics/statistics/>.

[2] Centers for Disease Control and Prevention, “High Blood Pressure Facts,” 2014, <http://www.cdc.gov/bloodpressure/facts.htm>.

[3] American Cancer Society, “Cancer Facts & Figures 2014,” 2014, <http://www.cancer.org/research/cancerfactsstatistics/cancerfactsfigures2014/>.

[4] Isaiah 1:5, English Standard Version, Crossway Bibles, 2007.

[5] Romans 5:6-8, English Standard Version, Crossway Bibles, 2007.

[6] Acts 2:38, English Standard Version, Crossway Bibles, 2007.