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Best of the Best: Berberine for Health Benefits

Pain Management, No
Laughing Matter... Or Is It?

Tart Cherry Juice: It's
Worth the Squeeze

The God Who Made Us
Can Make Us Healthy

Home Cures That Work

Recent research is verifying what natural healers have known for centuries — berberine has an incredible range of remarkable health benefits. Berberine has been shown to inhibit the growth of bacteria and lower inflammation, which is huge since we know that inflammation is at the root of most chronic diseases.

In addition, berberine has beneficial effects on both the cardiovascular and neural systems and has proven positive effects on blood sugar. Studies have shown that antioxidant-rich berberine can even help prevent certain types of cancer! So, if you are looking for a supplement that can help you feel healthier, improve your overall well-being, and promote long-term health, look no further than berberine!

Other published studies found tart cherry juice could effectively improve the metabolic markers that increase your risk of heart disease and high blood sugar. These small, nutritious fruits offer many other health benefits too, including brain health, strengthened immune system and helps you sleep better. What's not to love?

Another tool to help you sleep better is music therapy. Listening to the right music can improve mood, cognitive function, mood, sleep, and quality of life to go with it. You want to strengthen these benefits? Add LAUGHING to your wellness routine. To learn more about protecting your memory, strengthening your focus, and building a bigger, brighter brain — without drugs — check out this month's article.

We have an infinite God who goes by many names. During times of sickness, we may call upon God using his name that is tied to healing, "Jehovah Rapha." This name means He can and will restore His creation and your broken heart.

Nature provides many tools for healing, including different berries. Add the creation of music, plus a belly laugh, and you have a powerful remedial combination. But the best possible healing comes straight from the Healer. Jehovah-Rapha is our restorer. He is our healer of not only physical illness, but of the hurts in our hearts and souls. May you meet Him this month!

For your health,

Cheryl Ravey, Editor, Home Cures That Work

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■■■ BEST OF THE BEST: BERBERINE FOR HEALTH BENEFITS

Berberine has been shown in studies to have many pharmacological effects, including antimicrobial, antitumor, anti-inflammatory and blood glucose-lowering capabilities. A growing number of studies have uncovered evidence that berberine benefits can include so much more!

■■■ TART CHERRY JUICE: IT'S WORTH THE SQUEEZE

Drinking tart cherry juice has become more and more popular as a natural remedy for issues related to inflammation, such as pain and muscle recovery. It also promotes better sleep and may reduce blood pressure.

■■■ PAIN MANAGEMENT, NO LAUGHING MATTER... OR IS IT?

Laughing and listening to the right music can improve memory, cognitive function, mood, sleep, and quality of life to go along with it.

■■■ THE GOD WHO MADE US CAN MAKE US HEALTHY

The Lord Can - God is sovereign. He is the Creator of all things, he is the Sustainer of all things, he has the power to do whatever he wills. Whatever suffering we are facing, we know that God has the power to intervene and to redeem and heal our pain and brokenness.

BEST OF THE BEST: BERBERINE FOR HEALTH BENEFITS

by Dr. Scott Saunders, M.D.





DON'T USUALLY PICK out a specific nutrient to write about. I am more focused on health problems and how to find the underlying cause and cure them. However, I'm going to make an exception with berberine because it is so good! It's hard to even say all the benefits of berberine. This is something that can help almost any health problem!

HOW BERBERINE WORKS

Berberine is an alkaloid that comes from many different plants such as golden seal and barberry root. These alkaloids have many different effects such as:

- Turning on or off enzymes and DNA/RNA.
- Influencing how energy is made.

By turning on a gene called AMPK, it blocks the use of glucose (sugar) for energy, causing the body to switch to fat-burning metabolism. This alone has huge effects on many common health issues.

Since many of the illnesses in the modern world are due to toxicity of glucose, shutting down energy from sugar is a good thing.

The other effects include:

- A direct and indirect antioxidant activity.
- As well as lowering inflammation.

This is probably the most studied and most useful herb with benefits for almost any illness.

BERBERINE FOR CANCER

Berberine promotes cell death (apoptotic activity) in many types of cancer, especially breast and colon cancer.[1] Cancer cells require glucose for energy[2] and if they don't have it, they stop dividing.[3] Berberine starves the cells of glucose for energy, especially the glycolysis pathway, thus shutting them off.

Breast cancer research is ongoing and very promising. Berberine binds to several proteins and DNA sequences to shut down breast cancer.[4] Interestingly, there is evidence that a low dose can actually be counter-productive to treating cancer. There is one study to show that it is not good to use a low dose of berberine because it can block the normal mechanisms of cell death for the cancer. [5] A full-dose of 1,500mg per day is best.

There have also been multiple studies on colon cancer. Berberine increases life expectancy with colon cancer by causing the cancer cells to get old and die.[6] It seems to do the same with skin cancer.

BERBERINE FOR INFLAMMATION

Berberine decreases inflammation in the body by blocking the receptors for the chemicals that cause inflammation, such as leukotriene B4.[7] This may work for many types of inflammation such as arthritis and hepatitis and colitis.

BERBERINE AS AN ANTIOXIDANT

Berberine has a direct antioxidant effect, and it also increases several genes that reduce oxidative damage to DNA. This is a similar effect to taking multiple antioxidant supplements such as vitamin E, vitamin A, carotenoids, and resveratrol.

extract works as well as prescription medications, decreasing insulin resistance, where prescription medications increase it.

Therefore, berberine is better than the drugs!

Moreover, it also lowers inflammation, prevents liver damage, improves cholesterol and body mass index,[10] taking the place of multiple medications.

BERBERINE FOR NEUROLOGIC DISORDERS

Mostly because of the antioxidant effects, berberine helps prevent and treat neurodegenerative diseases such as Alzheimer's, Parkinson's, schizophrenia, and Multiple Sclerosis.[8]

BERBERINE FOR HIGH BLOOD SUGAR

By blocking the use of sugar, and making the body use more fat for energy, berberine can improve the metabolic problems of type. This is essentially the same effect of the high blood sugar medication METFORMIN (Glucophage). One study comparing berberine to placebo showed significant improvement in numbers:[9]

- The HbA1c dropped from 8.1% to 7.3% (normal is less than 5.7%)
- Fasting plasma insulin decreased by 28.1%
- Total cholesterol and LDL ("bad") cholesterol also decreased without a decrease in HDL ("good") cholesterol.

The amazing thing is that this completely natural and well-tested plant

BERBERINE FOR HEART DISEASE

Anyone with heart disease should also be taking berberine regularly. This herb has multiple benefits for the heart, for both prevention and treatment of heart disease,[11] including:

- Arrhythmia
- Congestive heart failure
- Bundle branch block,
- Coronary atherosclerosis
- Ischemic heart disease
- Myocarditis
- And cardiomyopathy

Since heart disease is all about energy production, Berberine benefits any type of heart disease.

BERBERINE FOR HYPERTENSION

Some may say that berberine lowers blood pressure because some studies have shown this. However, while there is a trend towards lower blood pressure, the actual numbers aren't convincing.[12] Having said this, remember that hypertension is only the symptom of an underlying condition. Finding the cause of hypertension is the key, and in some cases, berberine will still benefit.

BERBERINE FOR CHOLESTEROL

Berberine is significantly better than statins for lowering cholesterol because it has all the benefits, without any of the risks.[13] One study used 500 mg of berberine two to three times daily for up to three months.

- Total cholesterol levels were lowered 29%
- LDL cholesterol levels were lowered by an average of 21%
- Triglyceride levels were lowered as much as 35%
- HDL levels were unchanged

This combination of benefits is good for cholesterol, but berberine has the added benefit of lowering inflammation and helping repair the blood vessels. Thus, berberine is much better than drugs for decreasing vascular disease.[14]

BERBERINE FOR PCOS (Polycystic Ovary

Syndrome)

Berberine has shown to significantly improve PCOS issues better than medication.[15] A comparison between berberine and metformin for PCOS showed that those on the berberine lost more weight than either metformin or placebo groups. Berberine also improves fertility, cholesterol, and prevents high blood sugar and fatty liver disease.

BERBERINE FOR OBESITY

Everyone is looking for the perfect weight loss pill, the one that lets you eat anything you want and still lose weight. I think this is going to be berberine. Here's the plan: Take 500 to 1,000mg of berberine



at 6pm after dinner, and don't eat or drink anything afterwards until 8am. This will have multiple benefits for:

- Sleep
- Circadian rhythm
- Weight loss
- Fat burning
- Ketosis

And prevention of high blood sugar and metabolic syndrome.

It's simple, and you don't need to count calories.

BERBERINE FOR INFECTIONS

For many centuries, Chinese medicine use berberine for infectious diseases. It has antibiotic effects on multiple bacteria, viruses, yeast, and parasites. Used as an adjunctive treatment, berberine is especially useful for chronic candida.

BERBERINE FOR ULCERATIVE COLITIS

A study in China showed improvement of those with biopsy-proven ulcerative colitis more than with a drug (mesalamine) alone.[16] Berberine helps to increase the good bacteria in the intestines while lowering inflammation.

BERBERINE FOR ANTI-AGING

While there are no longevity studies in humans, berberine does all the things that are important to increase health span. The AMPK gene is the master metabolism enzyme that controls energy production in cells. Berberine seems to turn on all the genes that increase lifespan, while protecting against inflammation and cancer. Other genes, such as mTOR and HGH (Human Growth Hormone) are a double-edged sword. They increase muscle mass and DNA repair, but also increase cancer if there is too much of them.

Berberine, on the other hand, has been shown to significantly extend the life of mice. Those treated with chemotherapy lived 50% longer, and normal mice lived 80% longer if given berberine. Of all the medications, vitamins, supplements, or preparations to help people live longer, there is none that has greater promise than berberine.

WHO YOU SHOULD TAKE BERBERINE

You may be thinking by now that everyone should be taking berberine. Perhaps. On the other hand, you can get all the same benefits and more from fasting (I always need to put a plug in for fasting). Berberine is very well-tolerated, as a rule, with many centuries of experience. The side-effects are minimal, generally consisting of intestinal upset (the same as Metformin). Those who get gas, bloating, diarrhea, or abdominal pain can just decrease the dose or stop taking it and the symptoms will resolve.

It turns out berberine is like nothing else found in nature, [so take our recommendation here.](#)

HOW MUCH BERBERINE TO TAKE

Berberine is short-acting in the body so divide the doses into three times per day. The usual dose is 500mg three times per day for a total of 1500mg. Though I could not find any studies, I suggest that you take it for five days on, and two days off, or one week on and one week off. I have seen in many other herb and supplement studies that taking time off prevents people from getting resistant to the effects. For example, wormwood extract, artemisinin, used for malaria, doesn't work if continuously taken. It is best taken either 5 days on and 2 days off, or one week on and one week off. Then the malaria parasites don't develop tolerance to it. Also, take berberine with food to get better absorption.

Berberine may just be the wonder pill for the modern age. Because our lifestyle is one of excess, berberine seems to be specifically tuned to our needs. The mechanisms of the way it works is to shut down the issues brought about by excess.

Berberine must just work wonders for you, [so trust THIS source.](#)



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Tart Cherry Juice: It's Worth the Squeeze

You might pucker at the sound of it, but your body is smiling. With a variety of health benefits, drinking even one or two glasses of tart cherry juice week can make a difference.

To start, tart cherry juice concentrate is high in ORAC (Oxygen Radical Absorbance Capacity) units—these values are used to measure and score the antioxidant capacity of foods. Tart cherry juice comes in at 12,800 units while pomegranate juice is sitting at 5,923 units, for example.

But that's not all; from insomnia to belly fat, this infrequently-sipped juice can help you from the inside out. See why it should be a mainstay in your refrigerator.

Beat Belly Fat

All those hours in the gym and you still can't get your body where you want it to be. Perhaps it's because you're not drinking enough tart cherry juice. In a study by the University of Michigan, mice were fed two different diets, and one group was also supplemented with tart cherry powder (similar properties to tart cherry juice).

Those who noshed on the cherry powder had reduced cholesterol—by 11 percent—after 12 weeks. It was also found that their body fat levels were at 54 percent, while the other non-cherry group was at 63 percent.

Reduce Post-Workout Soreness

That pain you feel when walking down a set of stairs after an especially hard workout is from muscle inflammation. Tart cherry juice is rich in a unique flavonoid called anthocyanin, which is important

during the inflammation process. While this particular flavonoid is found in a variety of other deep-colored fruits like berries, it's the specific anthocyanins, types 1 and 2, which make tart cherries the most effective.

Other research from Michigan State University found that types 1 and 2, commonly referred to as COX 1 and COX 2 are also found in some pain medications—so if you're sick of ibuprofen or other pain-reducing over-the-counter pills, stock up on tart cherry juice instead.

It's also important to note that these same flavonoids make sipping tart cherry juice an effective method for reducing pain associated with arthritis, osteoporosis and gout.

Sleep Better

Tart cherries are one of the only foods that have naturally occurring melatonin, an important antioxidant for regulating the circadian rhythms, which ultimately dictate your natural sleeping habits. Melatonin is only found in small quantities in the your body, so even a small amount can make a difference if you have trouble sticking to a healthy sleep schedule or struggle with insomnia.

Prevent Cancer

Tart cherries are high in the flavonoid quercitin, which is considered one of the most powerful "anticancer agents." But

that's not all....these little red fruits are also rich in ellagic acid, an anti-carcinogenic plant phenolic: "Some researchers say that ellagic acid may be the most effective way to prevent cancer."

Before you go gobbling up every bottle of cherry juice you can find, check each and every label. Commercial juices are likely filled with high fructose corn syrup and "natural flavors" that are anything but. Check the juice aisle for organic brands like Lakewood Organic or R.W. Knudsen Family Organic, which are made from whole fruit and nothing more. When you have the right kind, you can start reaping the benefits, whether you want to sleep better or shed those last few pounds.





PAIN MANAGEMENT, NO LAUGHING MATTER... OR IS IT?

by Michael Tyrrell

WITH OUT A doubt, pain management has become the hot topic in today's health care arena.

It is estimated that over 85 million Americans suffer from some type of chronic pain. Pharmaceutical companies have developed powerful drugs to bring "relief" to those suffering with chronic pain. The problem is these powerful narcotics merely "mask" the symptoms and once the effect wears off, the pain returns. Is it any wonder that people suffering from debilitating pain would become addicted to these drugs?

Oxycontin, a highly addictive narcotic (opiate) "pain killer," has captured the tabloids with countless stories of celebrity addictions, sting operations, prominent doctors being arrested for "back door" illegal drug sales and the closing of several pain clinics in Florida and other states.

As a "natural" health advocate, my heart breaks for anyone experiencing pain or disease. However, I am in favor of a non-narcotic, non-steroidal approach to pain management with the emphasis on finding a cure instead of a crutch. The following supplements have all shown promise in alleviating chronic pain at a fraction of the cost of prescription drugs.

- Glucosamine, Chondroitin and Methylsulfonylmethane
- Nopal Cactus
- Diatomaceous Earth (Organic Silica)
- Collagen Type 2
- Coral calcium
- Guggul

Along with supplementation, there are

some tried and true methods of therapy that I highly recommend:

- Chiropractic care
- Acupuncture
- Massage
- Cupping
- Hydro Therapy
- Infared Sauna

By this time you may be thinking, "I've tried every one of these suggestions and I don't feel any different." Well, read on. I have a couple more methods up my sleeve that won't fail!

MUSIC THERAPY

As a professional musician and songwriter. I have first hand experienced of the powerful effect music has upon the soul (thought, will and emotions). One single note can bring someone to tears or provoke them to anger.

Since the beginning of recorded history, music has been an integral part of culture. From wars to worship, we find music playing a major role in history. Truth be told, you would be hard pressed to find it many places without it!

Music sings in elevators and fills the ears of procrastinators. Face it, whether you are a hacker, a slacker or a Green Bay packer, music is the sound track of your life.

Music is so important to us that once Apple (thanks, Steve Jobs) created the iPod, it quickly became the best selling

device of all time. Why the popularity?

Convenience. People want to have a world of entertainment in a hand held device. When polled, what did Americans say was most important to them? Their music!

I have seen people completely healed after being exposed to music. I am happy to report that doctors and health care practitioners alike are beginning to sing the praises of music therapy.

When I did my research, I realized that some practitioners used music as the sole modality for healing, while others combined it with other types of treatment. Here are just a few of the benefits practitioners saw when music therapy was applied:

- Anxiety and stress reduction
- Non-pharmacological management of pain and discomfort
- Positive changes in mood and emotional states
- Active and positive patient participation in treatment
- Decreased length of treatment when music was added

I cannot stress the importance of music therapy. If you investigate the medicines often prescribed in most pain management protocols, you will be horrified by the list of side-effects. If you investigate music therapy, you will be delighted by its side-effects: healing, happiness and hope!

When I was asked to write on the topic "pain management," I was both excited and concerned. I was excited because I have a vast knowledge of the condition and the myriad of treatments available.

Concerned because I have a vast knowledge of the condition and the myriad of treatments available! I can only “scratch the surface” in this article. Perhaps, a book may follow!

Why does music therapy work? Music is frequency and everything has a resonant frequency. For example, the musical note “A” is actually 440hz. 440hz has a sound generated by frequency, the note A!

Every cell, organ and atom responds and resonates when a note or combination of notes with a corresponding frequency are played. Thus, when subjected to music, our physiology is affected both internally and externally. That's right, music affects us inside and out!

We are just now beginning to discover the amazing benefits of music therapy, yet music has been with us since the beginning of time. The Bible, for example, often speaks of music.

Let's examine a verse from the Old Testament, 1 Chronicles 15:16,

“Then David spoke to the chief of the Levites to appoint their relatives, the singers, with instruments of music, harps, lyres, high sounding cymbals, to raise sounds of joy.”

This is King David, the primary author of the greatest songbook ever compiled, the Book of Psalms. It is interesting to note that even reading the Bible's Book of Psalms (songs) has a therapeutic effect on the body. The most common effect reported is joy and peace instead of depression and anxiety.

It is also noteworthy to mention here that Bible history tells us (1 Samuel 16:14) that when King Saul was tormented, David was asked to play psalms upon his 10 stringed harp. The result? David's music brought peace to the King and an end to his torment.

LAUGHTER THERAPY

Try to recall the last time you had a really good laugh...I mean a rip-snorting, gut-busting kind of a laugh. How did you feel afterwards? That's an easy one! YOU FELT GREAT! Laughter therapy is quickly becoming a commonly accepted modality in modern health care. Here are just a few benefits of laughter therapy:

Laughter triggers the release of endorphins, the body's “feel good” chemicals. Endorphins promote an overall sense of well-being, as well as relieving pain.

Laughter decreases cortisol, a powerful stress hormone, as well as increasing infection-fighting antibodies, thus bolstering the immune system.

Laughter calms the body, relieving stress and relaxing muscles. After a good laugh, the effect can linger up to 45 minutes!

Laughter strengthens the heart by increasing blood flow and improving the integrity of blood vessels, thus decreasing the probability of a heart attack or other cardiovascular issues.

I think you will find the following “factoid” extremely interesting: People who laugh are much healthier than those who don't.

Dr. Lee Berk at the Loma Linda School of public health in California found that laughing lowers levels of stress hormones and strengthens the immune system. Six-year-olds have it best; they laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.

Let's do the math! If at age six you laugh 300 times a day and your immune system is at its peak, then you grow into adulthood with a compromised immune system and you only laugh 15 to 100 times a day. What is the solution? Laughter!

Uproarious, side-splitting laughter!

We have greatly underestimated the healing power of laughter. Part of the reason that laughter was ignored for years in the medical field is simple: it is free! Plus, you don't have to be trained to administer the therapy.

My favorite “side-effect” of laughter is its contagious nature. Even if you are in the foulest of moods, someone laughing next to you can immediately flip your switch and send you into hysterical laughter! But once again, laughter therapy is nothing new, just sadly overlooked.

If we look at the Bible once more, we will find scriptures that confirm a childlike nature, like Matthew 18:2,

“For an answer Jesus called over a child, whom he stood in the middle of the room, and said, ‘I'm telling you, once and for all, that unless you return to square one and start over like children, you're not even going to get a look at the kingdom, let alone get in. Whoever becomes simple and elemental again, like this child, will rank high in God's kingdom.’

Children are simple and they laugh a lot. Adults are complex and they take things a little too serious. I would much rather be a healthy simpleton than a sickly genius! Is laughter therapy mentioned in the Bible? You bet. Proverbs 17:22,

“A joyful heart is good medicine, but a broken spirit dries up the bones.”

The title of this article is, “Pain Management, No Laughing Matter... Or Is It?” Maybe now you know why. People who laugh a lot, live a lot.

The Bible puts it best: 3 John 1:2,

“Dear friend, I pray that you may enjoy good health and prosperity, even as your soul prospers.”

That is my prayer for you today, dear reader. I am sure I can speak for everyone at Barton publishing when I say there are three things you can do to immediately begin the healing process: live, love and laugh... a lot!



By the way, since my two favorite modalities for healing are music and laughter, someone who does both would have quite a gift indeed.

If you need a jumpstart right now, I highly recommend Tim Hawkins. You can find him on youtube.com and at: www.tim-hawkins.net

For healing music, we recommend Wholtones.com





The God Who Made Us Can Make Us Healthy

by Steve Hickey

WHEN YOU AREN'T feeling healthy or well, what is the first thing you do? Go to the medicine cabinet? Make an appointment with the doctor? Or, suffer through it and hope it's nothing serious? Most of my life I did all of the above. It wasn't until a number of years ago when I saw people healed in revival meetings in Africa that I started to look at health and wellness differently. I learned that the God who made us can make us well, and that he made the things that can make us well.

In many parts of the world, people who are ill have no access to drugs and doctors. If a person in a third-world country is not a

Christian and they aren't feeling well, then they either head to the hut of the medicine man for traditional remedies risking additional problems related to witchcraft, or they get worse and die. However, if the person is a Christian, their first response to sickness is to pray as God really is their only hope. Those who have rejected the witchcraft of the shamans have nowhere else to turn except God. Their hunger to be touched by God is tangible as they pull powerfully on Heaven above for mercy here on earth below.

There is a reason supernatural healing is far more common-place in other parts of the world and not so much here in America or the West. As wonderful as medical access and availability is in

nations like ours, there is a prevailing arrogance and spirit of disbelief among the Western medical community that, in effect, causes God to leave us to ourselves. In other parts of the world, these mental and philosophical strongholds are not as present and God seems more inclined, or free, to respond to those who cry out to him for help.

Though we may look on third-world people with pity, many of them have something we have lost – faith in God to heal. It was inspirational for me to see third-world people whose first reaction to sickness was to pray, not to call a doctor or drive to a pharmacy. Things we do first are things God notices because they reveal priority and what's important

to us. It says volumes to the One who made every intricate detail of our body if He is the last one we consult when things aren't right.

My testimony in this matter is that back in the days when we prayed for no one to get healed, no one was healed. However, when we started praying for some people to get healed, some were healed. My eyes were opened to the importance of going to God first, not last. When He sees we trust in everything else, He is hands off to help and allows us to learn the hard way how those things we have turned to are very limited. Yet, when we turn to Him first, He responds. Sometimes He responds with supernatural healing, other times He leads us to natural remedies as He did in healing me of chronic acid reflux problems.

For years, I struggled with acid reflux and a hiatal hernia. My wife would often joke about how we should buy stock in Tums because I ate them like candy throughout the day. Eventually, the Tums were not enough and my doctor started me on a dose of Nexium. At first, two or three pills a week were sufficient. Before long,

I was on Prilosec daily and still having regular episodes of discomfort. Things got worse until I got on my knees and prayed God would touch this part of my body. About this time I was talking about my heartburn problem with Joe Barton and he shared with me that there are serious negative side effects from these medications I was taking. He also mentioned that there were natural remedies. This really made sense to me in light of what I had learned in Africa, that the God who made us can make us well and that He makes the things that make us well.

Joe told me about his father finding great relief just eating a slice of an apple before he went to bed at night. I did that and a few of the other things Joe recommended, and before long I didn't need Prilosec. When I stopped doing what Joe recommended the problems started again. The moral of my story is that the God who made us can make us healthy and He ought to be our first call to be healed.

In the Creation account of Genesis 1:30, God says He gives us "every green plant for food." The Hebrew word used there for "food" is bigger than just what we

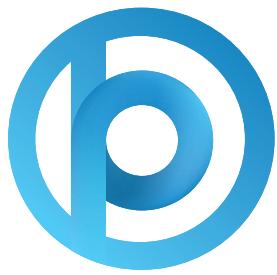
eat. God is saying He has made all the things that we need (take in, consume, and ingest) in our bodies to keep us alive, healthy and well. It was my own experience with natural healing and natural remedies that opened up what I have found to be a great big world that God has created to keep us healthy and whole.

People sometimes ask me why God allows sickness. My response is that there are a variety of reasons, several of which are beyond our understanding. However, I have come to believe that one of reasons God allows sickness is because He wants to reveal himself as Healer (Jehovah-Rapha is the Hebrew name for God our Healer).

Ask God to reveal himself as your Healer.

Ask the one who made you to lead you to the things he made that will make you healthy and well.





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