

Back to the Garden

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God's Design for Health

Excerpted from *The Hallelujah Diet* by **George Malkmus**

We spend a fortune and search the world to find cures for our physical problems, and yet we forget that inside each of us is a miraculous built-in, self-healing mechanism called an *immune system*. All we have to do is cooperate with the body and start nourishing it the way God designed it to be, so the immune system can have the proper building materials and nutrients to rebuild the cells and essential organs.

The Bible says, "Whatsoever a man soweth, that shall he also reap" (Gal. 6:7b). Remember that there are natural laws that govern this universe. The law of gravity tells us that if we get too close to

the edge of a high place, no matter what we believe, we'll suffer the consequences for violating that natural law. Likewise, we must abide by the natural law of Genesis 1:29 regarding proper fuel for nourishment of the physical body.

I like Romans 12:1 where it says, "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God..." - not a half-dead, dried-up, sickly shell that so many people resemble today! God wants us to present our bodies as a living sacrifice—holy. That's H-O-L-Y!



My friends, if you're a follower of Jesus Christ, then God bought you lock, stock and barrel—body, soul, and spirit—when you accepted Him as your Lord and Savior. We ought to take as much care of this temple (our physical bodies) as our spiritual well-being so that the Holy Spirit has a place to indwell in this world.

OUR DECLINING STATE OF HEALTH

By **Jim Rhoades**, Nutritional Counselor

After spending approximately 10 years researching and investigating our declining health, I have pinpointed seven problem areas that can be addressed to allow each of us to restore our health and enjoy a revitalized sense of wellness.

1. Poor Immune Function

2. Nutrient-Depleted Soils
 3. Nutrient-Deficient Food
 4. Environmental Chemical Impurities
 5. The Obesity Epidemic
 6. Supplements Lacking Necessary Nutrients
 7. Our Children's Health Crisis
- Put together, these problem

areas create a dire future unless we directly and effectively address them. My solutions?

- Cleanse the body of harmful impurities
- Provide the 90 different nutrients needed to rejuvenate the body
- Include enzymes to transport the necessary nutrients

Shop for High-grade Fuel:

- Freshly extracted vegetable juices
- Fresh, as well as organic, "unsulphered" dried fruit
- Green beans, peas, sprouted garbanzo beans and lentils
- Raw almonds, sunflower seeds, macadamia nuts, walnuts
- Extra virgin olive oil, grapeseed oil for cooking, flaxseed oil, avocados
- Fresh and dehydrated herbs, garlic, sweet onions, parsley, salt-free seasonings
- Raw vegetables
- Soaked oats, millet, raw muesli, dehydrated granola or crackers
- Fresh milk derived from rice, coconut, almonds and hazelnut

As a leader in your spiritual community you feel the impact when individuals suffer physically and financially. If creating a healthier congregation is important to you, The People Builders can help. Check out the **Your Healthy Church** link on our newly-designed website at **ThePeopleBuilders.com!**

CLEANSING THE NATURAL WAY

By **Becky Natrajan, M.D.**

Cleansing is the process of detoxifying the body. It can eliminate waste and impurities, nourish your body, help you lose weight and inches, and feed your body nutrients.

Choosing the right product is very important because certain ingredients can work together synergistically to improve your health. Some of the key ingredients you should look for in a cleansing program are:

- **Aloe vera**—to soothe the body's diges-

tive system

- **Trace minerals**—to help with proper absorption of nutrients
- **Suma tea**—to provide adaptogens for stress
- **Pau D'arco tea**—to fight yeast and parasites
- **Burdock root tea**—to aid the blood and lymph



- **Siberian ginseng tea**—for energy, stamina and mental alertness
- **Licorice tea**—for healthy lungs and adrenals
- **B-vitamins**—to support skin, blood and nervous systems
- **Vitamin C**—to support protein metabolism and the immune system

“Mars” Doctor Endorses Nutrition to Control ADD, ADHD

By **Dr. John Gray**, certified family therapist and author of *Men Are from Mars, Women Are from Venus*

About ten years ago, I noticed that instances of ADD and ADHD among children began to rise dramatically. As I started to study the causes, I discovered that 10 times more boys have it than girls and that it is directly related to dopamine deficiencies in the brain. Dopamine is a brain chemical that allows us attention,

focus, pleasure, and alertness.

I have found that making healthy adjustments in a child's diet, boy or girl, can help this disorder. Eating too much refined sugar creates dopamine deficiencies. Snacking on junk food causes blood sugar levels to spike and crash, preventing healthy brain chemical production.

I recommend a nutritional program that is healthy, but that also provides a whole array of nutrients so that a child doesn't

“ADD and ADHD is directly related to deficiencies of dopamine, a brain chemical that allows us attention, focus, pleasure and alertness.” **Dr. John Gray**

have sugar cravings. When children drink protein shakes with beneficial nutrients they don't feel the need to snack during the day.

Nutrition: The Key to Fighting Childhood Obesity

By **Andrea F. Henkart, Psy.D.**

There are 18 million obese kids in this country. According to the American Heart Association, more than 10% of American children between the ages of 2 and 5 are overweight. Pediatricians and gastroenterologists con-



tinue to link this obesity epidemic to an increasing number of children with diabetes, high blood pressure and liver disease.

Experts blame the prevalence of junk food and sodas marketed to kids; lack of exercise; too much time watching television and playing computer

games; the decline in the number of families that take time to sit down and eat together, and toxicity in the environment. People are getting sick because of the excessive toxins, pesticides and chemicals found in the air, the soil and the food we eat.

The **good news** is that we can take advantage of products that have a unique delivery system that promotes bio-availability within the body. It is vital that parents start to look at nutrition for children!