

“Those who would preserve their powers unimpaired for the service of God must observe strict temperance in the use of all His bounties, as well as total abstinence from every injurious or debasing indulgence...Those who like Daniel, refuse to defile themselves, will reap the reward of their temperate habits. With their greater physical stamina and increased power of endurance, they have a bank of deposit upon which to draw in case of emergency.” OHC 269



I spent 10 beautiful years living on the campus of a college and lifestyle center. A portion of my time was spent working in the lifestyle center itself. During that time I was privileged to observe patients up close. But over the course of the ten years, I heard testimony after testimony from the attending physicians of the miraculous changes occurring with the patients who came through the doors of the lifestyle center. Each person who endured the 10-18 days or more, came to the graduation and banquet program rejoicing over the bloodwork results following their lifestyle changes. Not only did cholesterol & triglyceride levels plummet, among other changes, so had their spiritual insights focused, giving them either a renewed spiritual closeness with our Savior or a relationship with Him for the first time. There was much joy, tears and praise. Having observed this process for so long has forever etched in my mind the sure and positive results of following the perfect health plan given by a loving God who desires our best in health and service. No matter a persons health issues, by a proper application of the laws of health, God having promised positive results, follows through with His part

when we cooperate fully with Him. And if you are one of the fortunate ones with a strong constitution or a genetic makeup of steel, don't let that cause you to consider that the health laws don't apply to you. The laws of health given to us make us well, if we are sick, but most importantly, they keep us well both physically and spiritually. Accept God's perfect plan for you and your family today, and reap the joyous results that are sure to come. God has promised, and He is faithful who has promised.

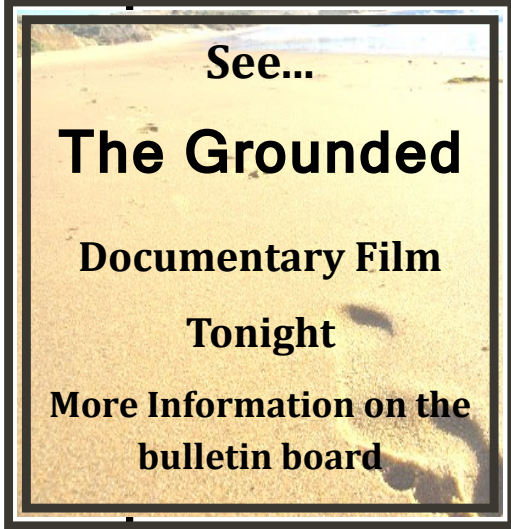
Kelly McCarthy



See the Health Informer Website for more information on this months topics.

8 Laws Of Health:

- Nutrition**
- Exercise**
- Water**
- Sunshine**
- Temperance**
- Air**
- Rest**
- Trust In God**

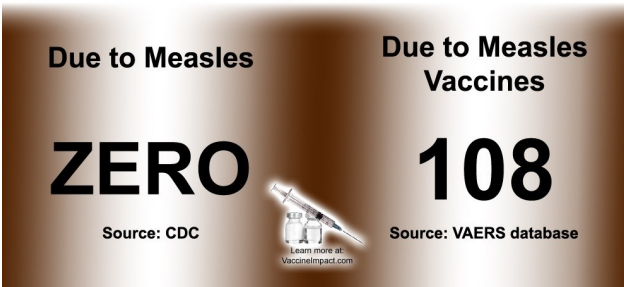


Disclaimer: The information contained in this newsletter is in no way intended to diagnose or treat disease. Please base your health care decisions on careful personal study and in partnership with your doctor.

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Website address—<http://thehealthinformers.com.fatcow.com>

Deaths in the U.S. during the past 10 years:
2004 to 2015



What is Measles?

“Measles is a highly contagious classic childhood illness. The early symptoms are sore throat, cold symptoms, inflamed eyes, cough, nasal drainage, itching, and feverishness. On about the 4th day a rash appears on the child’s neck and behind the ears, which gradually moves downward to cover the body. Most children recover fully without treatment after about 10 days. **In the vast majority of children who catch measles, the disease disappears and the only aftereffect is lifelong immunity to another attack.**”

Ervin Davis, M.D., *Vaccine Alternatives... An Essential Guide for Patients, Parents, Travelers, and Healthcare Workers*

The Measles Vaccine

“This is a very highly controversial immunization. Adverse effects include encephalopathy, hardening of the brain, paralysis of eye muscles, arthritis, hyperactivity, learning disabilities, incoordination of muscle movements, mental retardation, one-sided paralysis, painful joints, meningitis, seizures, and perhaps encephalitis, multiple sclerosis, allergic shock, Reye’s syndrome, Hodgkins disease, cancer, diabetes, Guillain-Barre syndrome, and blood clotting abnormalities, among others.

Ironically, the vaccine has not been shown to be effective. Over 80% of measles cases in some outbreaks occurred in people who had received the measles vaccine! While vaccine manufacturers claim that the decreasing incidence of measles is due to their product, Dr. Robert Mendelsohn pointed out that in 1962, the year before the vaccine was developed, the annual number of cases in the US dropped by 300,000 cases from 1958. A 20 state survey conducted in 1978 revealed that more than half of the measles cases occurred in fully vaccinated individuals.” Agatha Thrash, M.D., *Natural Healthcare For Your Child*

Measles Itchy Skin Relief— Olive oil or aloe gel rubbed into skin, cornstarch or oatmeal baths, chickweed, witch hazel applied to the skin will usually provide immediate but temporary relief. Agatha Thrash, M.D.

FACT: “A World Health Organization study revealed that those who have been vaccinated are 15 times more likely to catch measles than those who are unvaccinated.” Agatha Thrash, M.D.

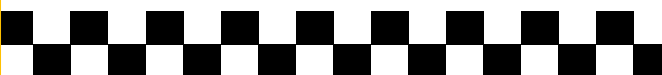
Simply Peachy Breakfast Cake

Ingredients:

- 5 1/2 cups bread crumbs 1/3 cup unsweet. coconut
- 1/8 tsp. almond extract 16 oz. can peaches
- 1/2 cup orange juice 1 1/2 tsp. vanilla
- 2 very ripe bananas

Instructions:

Combine bread crumbs with coconut and set aside. Blend remaining ingredients and layer in a 10 x 13 glass baking dish in this order: peach sauce, crumbs, additional banana slices, raisins. (Use 2 additional bananas and 2 c. raisins). End with a layer of crumbs. Bake at 300 degree for 30 min. or until golden brown. Serve warm. Note: A half recipe makes an 8 inch cake.



What's For Breakfast

On January 29, 2015, “GMO Free USA today published the results of independent lab testing which documented that Kellogg’s Froot Loops cereal contains high levels of insecticide-producing genetically engineered corn that is regulated by the EPA. Tests also documented the presence of glyphosate, the main chemical ingredient of Roundup® weedkiller.”



Source: cswire.com