



# God's Natural Healing Way Ministries, Inc.

## Newsletter

JANUARY 2010

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### HAPPY NEW YEAR 2010!

New Years resolutions?

Don't you get tired of hearing everyone talk about their New Years resolutions with all the statistics showing how many of them are actually kept? You hear the big ones like: stop smoking, lose weight, make more money, eat better foods, etc. These may be good things to do, but it never ceases to amaze me that a vast majority of people overlook the most important resolution. What do I consider to be the most important New Year resolution of them all? I feel that I need to have a closer relationship to God Almighty.

How many people do you hear say that one, and yet it is the most important one.

We know that in order to receive and enjoy the healing and peace that passes all understanding from God, that it is necessary to have a close relationship to God. We all need to have the core element that helps, sustains, heals, and comforts our entire being. God needs to be in the center of our lives, our main core. Notice in the scripture that the spirit is listed first, and the body is listed last. It is plain to see that when God is placed in the center of our lives then he can take care of the rest.

**I Thes. 5:23** And the God of peace himself sanctify you wholly; and may your spirit and soul and body be preserved entire, without blame at the coming of our Lord Jesus Christ.

Let your New Year's resolution be to draw closer to God. God's Natural Healing Way Ministry is based on this principle. We are here to help anyone and everyone draw closer to God in order to receive His healing and His blessings. Let God bless your life with more knowledge, wisdom, power, and healing. He promises that if we seek we shall find, ask and it shall be given. Let us help you with studies, techniques, and healing ways that God has designed for all of us. We are here for you.

How we use our time is a good indicator of the god we choose to serve. There is a god whose name is "the urgent" that can rule our lives if we are not diligent. The wrong use of time can lead to misery. The right use of time can result in fulfillment.

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"You need to take time to turn to God. Do not pray only when you have set aside time to do. The busier you are, the more you must practice turning to God. If you wait until the time is convenient, there is little doubt that you will end up spending little time with God. Try to come before God both in the morning and the evening. Pray during and between all your other jobs as much as you can. You cannot retire too much from the mindless chatter of the world. Learn to steal this time in little snatches, and you will find these moments the most precious part of your day" said Francois de Fenelon, a sixteenth century Christian leader.\*

The amount of time we spend with anyone or any activity is a good indicator of the value we place on that person or activity. Time equates to money for some. For others it can be a cruel dictator. It is the physical evidence of what is at the center of our lives.

People can generally make time for what they choose to do; it is not really the lack of available time, but the will to set a priority for the time they have. Time can be the evidence that convicts our soul that our devotion has waned.

What does the evidence of time tell you about yourself? Today, give God the time needed to develop a relationship that is meaningful for both of you.

This is the most important resolution anyone can make. Don't you agree?

**A RESOLVE**  
For Every Morning of the New Year

**I** will this day try to live a simple & sincere and serene life & repelling promptly every thought of discontent, anxiety, discouragement, impurity and self-seeking & cultivating cheerfulness & magnanimity, charity, and the habit of holy silence & exercising economy in expenditure, carefulness in conversation diligence in appointed service, fidelity to every trust and a child-like trust in God

From a Calendar by Bishop John H. Vincent  
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**YOUR NEW YEAR'S RESOLUTION**

Resolve to renew all your old resolves. And add a few that are new. Resolve to keep them as long as you can. What more can a poor man do.

## FOR YOUR INFORMATION

With all the rumors and myths floating around about vitamins, minerals, and herbs, we thought it would be a good idea to share what we know about certain aspects of these so you can have accurate information without myths or legends. This month we are focusing in on an herb that has many wonderful aspects for our lives.

### **Turmeric (Antibiotic, anti-inflammatory, anti-cancer, digestive.)**

As a spice, aids digestion and is used for dyspepsia, digestive and gallbladder problems. Even so it is an excellent antibiotic, it strengthens the intestinal flora. Turmeric (*Curcuma domestica*) has anti-cancer properties, as does the related *Curcuma longa*.

In combination with Gravelroot, Turmeric also helps make ligaments and tendons more flexible.

Curcumin, a yellow extract of Turmeric, has strong anti-inflammatory properties. For strong inflammations and cancer, use Curcumin in capsules as directed. For even better results, additionally take equal amounts of Bromelain.

### **WIKIPEDIA: (definition)**

**Turmeric** (*Curcuma longa*) is a rhizomatous herbaceous perennial plant of the ginger family, Zingiberaceae.<sup>[2]</sup> It is native to tropical South Asia and needs temperatures between 20°C and 30°C, and a considerable amount of annual rainfall to thrive (Materia Indica, 1826, Whitelaw Ainslie, M.D. M.R.A.S., via Google Books). Plants are gathered annually for their rhizomes, and re-seeded from some of those rhizomes in the following season. The rhizomes are boiled for several hours and then dried in hot ovens, after which they are ground into a deep orange-yellow powder commonly used as a spice in curries and other South Asian and Middle Eastern cuisine, for dyeing, and to impart color to mustard condiments. Its active ingredient is curcumin and it has a distinctly earthy, slightly bitter, slightly hot peppery flavor and a mustardy smell. In medieval Europe, turmeric became known as Indian Saffron, since it was widely used as an alternative to the far more expensive saffron spice. Erode, a city in the south Indian state of Tamil Nadu, is the world's largest producer and most important trading center of turmeric in Asia. For these reasons, Erode in history is also known as "Yellow City"<sup>[citation needed]</sup> or "Turmeric City"<sup>[citation needed]</sup>. Sangli, a town in the southern part of the Indian western state of Maharashtra, is the second largest and most important trading center for turmeric in Asia.<sup>[3]</sup>

In Ayurvedic practices, turmeric has many medicinal properties and many in South Asia use it as a readily available antiseptic for cuts, burns and bruises. It is also used as an antibacterial agent. It is taken in some Asian countries as a dietary

supplement, which allegedly helps with stomach problems and other ailments. It is popular as a tea in [Okinawa](#), [Japan](#). Pakistanis also use it as an anti-inflammatory agent, and remedy for gastrointestinal discomfort associated with irritable bowel syndrome, and other digestive disorders. In Afghanistan and northwest Pakistan, turmeric is applied to a piece of burnt cloth, and placed over a wound to cleanse and stimulate recovery. Indians, in addition to its Ayurvedic properties, use turmeric in a wide variety of skin creams that are also exported to neighboring countries. It is currently being investigated for possible benefits in [Alzheimer's disease](#),<sup>[4]</sup> [cancer](#), arthritis, and other biological disorders <sup>[5]</sup>.

In the latter half of the 20th century, curcumin was identified as responsible for most of the biological effects of turmeric. According to a 2005 article in the [Wall Street Journal](#), research activity into curcumin is exploding. In that year supplement sales increased 35% from 2004, and the U.S. [National Institutes of Health](#) had four clinical trials underway to study curcumin treatment for [pancreatic cancer](#), [multiple myeloma](#), [Alzheimer's](#), and [colorectal cancer](#).<sup>[citation needed]</sup> The British Journal of Cancer reported a study that showed that curcumin can kill esophageal cancer cells [in vitro](#).<sup>[6]</sup> Curcumin also enhances the production of [brain-derived neurotrophic factor](#), or BDNF, which supports nerve growth.<sup>[citation needed]</sup>

Turmeric has been identified as acting as an [antivenin](#) for King Cobra snake bites by Dr Eric Lattman of Aston University.

Turmeric is currently used in the formulation of some [sunscreens](#). Turmeric paste is used by some Indian women to keep them free of superfluous hair. Turmeric paste is applied to bride and groom before marriage in some places of [India](#), [Bangladesh](#), and [Pakistan](#), where it is believed turmeric gives glow to skin and keeps some harmful bacteria away from the body. The government of Thailand is funding a project to extract and isolate tetrahydrocurcuminoids (THC) from turmeric. THCs are colorless compounds that might have [antioxidant](#) and skin-lightening properties and might be used to treat skin inflammations, making these compounds useful in cosmetics formulations.

### **IN A NUTSHELL... WHAT CAN TURMERIC DO FOR ME?**

Here are 20 reasons to add turmeric to your diet:

1. It is a natural antiseptic and antibacterial agent, useful in disinfecting cuts and burns.
2. When combined with cauliflower, it has shown to prevent prostate cancer and stop the growth of existing prostate cancer.
3. Prevented breast cancer from spreading to the lungs in mice.
4. May prevent melanoma and cause existing melanoma cells to commit suicide.
5. Reduces the risk of childhood leukemia.

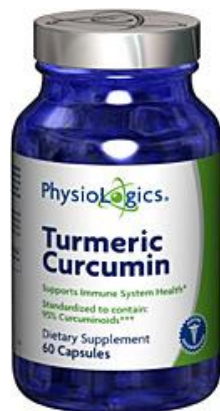
6. Is a natural liver detoxifier.
7. May prevent and slow the progression of Alzheimer's disease by removing amyloid plaque buildup in the brain.
8. May prevent metastases from occurring in many different forms of cancer.
9. It is a potent natural anti-inflammatory that works as well as many anti-inflammatory drugs but without the side effects.
10. Has shown promise in slowing the progression of multiple sclerosis in mice.
11. Is a natural painkiller and cox-2 inhibitor.
12. May aid in fat metabolism and help in weight management.
13. Has long been used in Chinese medicine as a treatment for depression.
14. Because of its anti-inflammatory properties, it is a natural treatment for arthritis and rheumatoid arthritis.
15. Boosts the effects of chemo drug paclitaxel and reduces its side effects.
16. Promising studies are underway on the effects of turmeric on pancreatic cancer.
17. Studies are ongoing in the positive effects of turmeric on multiple myeloma.
18. Has been shown to stop the growth of new blood vessels in tumors.
19. Speeds up wound healing and assists in remodeling of damaged skin.
20. May help in the treatment of psoriasis and other inflammatory skin conditions.

As you can see, there are many advantages to adding Turmeric to your life. If you would like to do this as soon as possible, please contact us so we can get you some quality and certified organic Turmeric that is Practitioner's grade and not the highly synthesized and processed version you see in the stores or spice racks. Spice up your life now!

**Steve Wright**



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## Handling Common Childhood Ailments

Taken from Kid Smart! Raising a Healthy Child by Cheryl Townsley, N.D.

As I was going through my lesson in this book, I found this information that I think will be helpful to those of you with children. By the way, I strongly recommend this book.

From page 139, **Earaches**

*"Earaches are one of the most common childhood complaints. Paul Berner in the November/December 1991 issue of the East-West Journal said, 'Minor ear infections are the most common medical problem in children under six years of age in the U.S. --- about one out of ten will have at least one infection annually.'"*

*"Of these complaints, the most common is otitis media, or inflammation of the middle ear, which is usually caused by a viral infection with a secondary bacterial infection. The most common causes of earaches are allergies, (i.e., dairy, wheat, etc.) and inhalants (i.e., dust, animal hair, and pollen). These contributors cause swollen tissues that prevent secretion drainage through the Eustachian tube. This becomes a breeding ground for bacteria. The Eustachian tube can also become blocked with impacted ear wax and water (i.e., swimming)."*

*"Earaches can also be impacted by a foreign object; overtiredness; fatty, greasy, oily, or spicy foods; over-excitement, sudden weather changes; atmospheric changes (i.e., plane or elevator), and emotional traumas."*

*"Some professionals will inform parents that not treating an earache can lead to deafness. Dr. Robert Mendelsohn in his book How to Raise a Healthy Child...in Spite of Your Doctor says, 'Many of my patients, perhaps the majority, failed to take their antibiotics (for earaches)...or get the prescription filled at all. What disturbed me more than (this) noncompliance was the realization that my noncompliant patients recovered from their infections as rapidly as those who complied, and not one of them ever went deaf.' Dr. Medelsohn also does not recommend antibiotics, decongestants, antihistamine, or tympanostomies (plastic tubes) for patients with earaches."*

*"In a Netherlands study of 171 children (double-blind study), studied by Dr. Mendelsohn, the result showed: 'Half were treated with antibiotics, and the other half were not. There was no significant difference in the clinical course of the disease---pain, temperature, discharge from the ear, or change in the appearance of the ear drum or hearing levels --- between those treated without antibiotics and those who received them.'"*

**"GENERAL RECOMMENDATIONS:**

- *Relieve pain with a heating pad, a couple of drops of heated olive or garlic oil (not hot) inserted into the ear canal. A small cotton ball in the ear can keep the oil from dropping out. Repeat twice a day or no more than four days. (Discontinue if any side effects appear.)*
- *Don't use any instrument to forcibly remove wax.*
- *Question your health care provider's antibiotic prescription. Seek other options.*
- *Check for food allergies or inhalants that could be causing chronic infections.*

Remove violators.

- *If your child does take antibiotics, follow their use with a sequence of live acidophilus to restore normal intestinal bacteria.*
- *Temporarily remove all sugar (including juice and fruit) and dairy from your child's diet. When the earache leaves, slowly reintroduce these foods and see which ones he/she tolerates or reacts to.*
- *Supplement your child's diet with EFA (essential fatty acids) in the form of flaxseed oil (1 to 2 teaspoons/day) or walnut oil (2 to 4 teaspoons/day).*
- *Marcea Weber in her book Encyclopedia of Natural Health and Healing for Children recommends: peel and grate an onion. Squeeze out the juice. Warm the juice and apply 2 – 3 drops in the ear with an eye dropper or cotton wool. Works immediately.*
- *Have children 4 years and older gargle with 2 teaspoons sea salt and 2 teaspoons lemon juice added to 1 cup warm boiled water three times a day.*
- *Have child drink plenty of water and use a vaporizer."*

*I Hope you find this helpful. I am continuing to find good information that I will pass on to you throughout this newsletter. Please call us if you have any questions, or if we can do anything for you.*


*Continue to pray for me and this ministry as I endeavor to keep it going, as Larry wanted it to. I miss him very much and appreciate so much all of your support and love that you have shown me since his passing.*

With love and blessings.

**Marie Tillman**



Written in Cheryl Townsley's fun, practical style, ***Kid Smart!*** will provide you with:

- 
- A father's approach to health.
  - Delicious, healthy recipes that kids will eat.
  - A power-packed, nutrition-filled coloring book.
  - Healthy strategies by age group without introducing rebellion.
  - A practical overview of nutrition with nutrition and supplement requirements.
  - Helpful tips for common childhood ailments, healthy pregnancies and much more!