God's Natural Healing Way Ministries, Inc.

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It's February 2010!

Valentine's day? This is the time that we always talk about hearts, love, and affection. This can be a happy time if you have someone to be your valentine, or a sad one if you don't or are rejected. Is this confusing or what? It is suppose to be a time of fond emotions but can end up in sadness and depression. Well, let's take a look at what this thing called love is REALLY about.

The first thing we must realize is that God is love. He is perfect, true, and wonderful. This means that love is the same thing. Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God; for God is love. I John 4:7-8 Love is perfect because God is perfect. Man has adulterated love, not God. God is the same yesterday, today, and forever. God designed us to love one another with the same love He has shown us. This is why He says in His word; *And everything you do must be done with love. 1 Corinthians. 16:14*

Let's take the example from God and use it in our lives. Wouldn't the world be a much nicer place if everyone lived applying God's love to people they come in contact with every day? If everyone lived in God's love towards each other, then we would have no use for jails, police, wars, etc. Imagine what our leaders would be like and do if they were filled with God's love and practiced it. *If I had the gift of prophecy, and if I knew all the mysteries of the future and knew everything about everything, but didn't love others, what good would I be? And if I had the gift of faith so that I could speak to a mountain and make it move, without love I would be no good to anybody. If I gave everything I have to the poor and even sacrificed my body, I could boast about it; but if I didn't love others, I would be of no value whatsoever.* I Cor.. 13:1-2 Let us all love God and love each other. This all starts with one person though, so let it start with me.

FOR YOUR INFORMATION

"Hold fast to the bible as the sheet anchor of your liberties. Write its precepts in your hearts, and practice them in your lives. To the influence of this book are we indebted for all the progress made in true civilization, and to this we must look as our guide in the future. Rghteousness exhalteth a nation, but sin is as reproach to any people." - Ulysses S. Grant (18th President)

February 5, 2010 was the anniversary date of the United States Constitution. We would like to pay tribute to this occasion and supply you with some really fun facts about our country and its Constitution. A nation wide survey revealed that an alarming 78% of Americans have never read the Constitution in its entirety. That is completely horrifying. Let's go through some of it together as to try and peak your interest in reading it all the way through. If you need help, please go to this website: http://www.usconstitution.net

TEST YOUR KNOWLEDGE

(*Fill in the blanks if you can. Answers are at the end of this newsletter)*

We the people of the United States, in Order to form a more ____1____ Union, establish _____2_____, insure domestic _____3_____, provide for the common _____4_____, promote the general Welfare and secure the blessings of _____5_____ to ourselves and our Posterity, do ordain and establish this Constitution for the Unites States of America.

How many articles are there in the U.S. Constitution? __(6)__

Article 1 section 8 is about the general powers of _____7_____?

Article 2 section 4 is about all civil officers removable by impeachment. It states: The President, Vice President and all ___8____ of the United States , shall be removed from Office on Impeachment for, and Conviction of ___9___, Bribery, or other high crimes and ___10___.

WHY TO BECOME A BIG ORANGE FAN

Yes I thought I would never be a **big Orange** fan, but I am now a convert. **Sorry** I don't mean the University of Tennessee or Texas. I mean the the big orange you see in the super market and in Florida (Orange Bowl). I want you to discover the benefits of the big Orange just as I did, and maybe you will be a **big Orange** fan too.

The Orange

Citrus aurantium

PARTS USED - Fruit, peel, leaves, flowers, seeds, essential oil.

USES

Digestion in the stomach is stimulated by the strongly acidic fruits of the bitter orange, this acidic effect also aids in bringing prompt relief from flatulence. An infusion of the orange fruit is said to ease headaches, calm heart palpitations, and lower fevers. Elimination of waste products from the body is hastened by the juice, furthermore the juice is very rich in content of vitamin C - a vitamin essential for proper immune system functioning and as a agent for warding off infection from all kinds of pathogens. There are side effects of excessive use; the acidic nature of the orange juice can exacerbate the symptoms of arthritis in individuals affected by the disorder. The raw fruit is highly regarded in the Chinese herbal medicine system, where it is known as the zhi shi, they believe it helps "regulate the qi," and thus aids in giving relief from persistent flatulence and abdominal bloating. The remedy is also believed to open up the bowels and allow the faster passage of stools. Bitter orange is primarily known for its essential oils, the neroli and the other oils are all sedative in action. The oils are also used in the Western system of medicine, where the oils are used to bring about a reduction in the heart beat rate and to lower cardiac palpitations; the oils are also used to encourage sleepiness in people suffering from insomnia, and are used as an herbal aid to soothe the digestive tract irritations affecting a person. The diluted neroli oil is often applied to the skin as a relaxing massage oil for people affected by different external disorders. The sedative and anti-spasmodic action of the distilled flower water is also very effective and highly regarded.

The health of the cardiovascular system is also promoted effectively by eating an orange a day. A daily glass of orange juice was found to reduce the risk of stroke by twenty five% in trial patients during one study. The regular consumption of citrus based drinks also give similar benefits as results from countless other studies have confirmed - thus all citruses and oranges in particular are really healthy and beneficial. The high vitamin C content of oranges is very good for health. Oranges are also high in levels of the flavonoids, like the compound hesperidin,

these substances can revive the vitamin C molecule following its elimination of a free radical in the body. The vitamin C in the body is thus strengthened and amplified in its effect by the presence of the hesperidins. The orange juice has also been shown to be capable of elevating HDL cholesterol or the so called "good" cholesterol and at the same time reducing levels of the LDL the so called bad cholesterol during a recent human subject based clinical trial. The health of the heart is also benefited by the high fiber present in oranges. The high quality dietary fiber pectin is found in many citrus fruits and the levels of this fiber are especially high in tangerines - this type of dietary fiber is preferred as it has many benefits. Cholesterol levels in the body can be significantly lowered by the presence of pectin in the body, and the fiber is a major component of this process. Blood sugar is also stabilized by the presence of the pectin in the body. At least three grams of fiber can be found in a single orange - this fiber has major health benefits for the human body. **Cardiovascular disease** is also prevented by the oranges due to its ample supply of the compound called folate, a vitamin at times called folacin or folic acid, as supplements of this B vitamin are called. The B vitamins including folate are vital for many cellular and physiological processes in the body. The average North American diet has been found deficient in the total folic acid levels needed and is below the recommended daily allowances for this important nutrient. Thus a mild to moderate deficiency of the folate is very common in the general population. The deficiency in folate is regarded as one among the most common vitamin deficiencies affecting the populations around the world. The fact that cardiovascular disease can be reduced by the consumption of dietary folate is well known as it plays an important role in the prevention of disease. The presence of folates in the body is also vital for the maintaining normal DNA. Folate also has a role in the prevention of caner of the colon and cervical cancers, while some suggest that breast cancer may also be linked to folate deficiency. The high concentrations of the compound homocysteine in the blood is lowered by folate and this is a major role of the vitamin. A by-product of protein metabolism, the compound homocysteine is an amino acid and has a significant role in the onset of cardiovascular disease. Cardiovascular disease and even vascular disease of the eye has been directly correlated to the presence of high levels of homocysteine in the blood of patients. Homocysteine in the blood is removed by the folate in concert with other B vitamins such as B12 and B6 and perhaps the compound betaine - this is another plant-derived compound probably capable of lowering homocysteine from the human circulatory system when it is present in high levels. Blood vessels can be damaged by the homocysteine build up in the body; this damage can trigger an serious cardiovascular event. Increased folate intake has been actually seen to improve the health of the heart health in people with developed heart disease based on results from several trials.

The potential of **oranges playing a very significant role in the prevention of cancer** is another area which has been recently researched. By inference itself, it is known that people who follow the Mediterranean diet, have a very low incidence of cancers affecting the breast, the lung, the pancreas, the colon, the rectum, or the citruses are known to be a very prominent item in the Mediterranean diet. The presence of numerous anticancer agents in the citrus fruits has also been confirmed lately - indeed, the amounts of these beneficial compounds are higher in the citruses than in any other groups of food eaten anywhere in the world. Anti-cancer agents in the oranges are believed to act most potently when the whole fruit is eaten rather than the use of extracts. A synergistic effect of the anti-cancer agents in the orange which amplify each other's effect on the body is believed to be occurring in the body. An anti-cancer action is also evident in the soluble fiber- pectin that also benefits the cardiac system directly. **The orange is also known to possess antagonists of growth factors for cancer cells;** further research will hopefully reveal how these compounds can decrease the growth of tumors in the body. The metastasis of cancer cells in some prostate and melanoma cancers in the presence of pectin has been observed in test animals under laboratory conditions.

The presence of a singular phyto-nutrient in the orange is attracting a lot of the clinical attention in recent times due to its potential as a health promoting compound. **This compound is found in the orange peel,** which is almost always thrown out as thrash. A phyto-nutrient called limonene in the volatile oil of the peel of citrus fruits and oranges is the compound that is generating interest clinically as a potentially useful compound. Oranges, mandarins, lemons, and limes contain significant amounts of limonene in the peel and smaller quantities in the pulp. **Cancer is stopped in its primary stages by the limonene**, the compound induces this by stimulates the antioxidant detoxification enzyme system in the body - due to this, cancer cells are unable to grow or spread out. The ability of the proteins in cancer cells which trigger abnormal growth of cells is also effectively reduced by the limonene. The blocking and suppression of tumor cells induced by limonene has been confirmed at least in animals - further research on humans is needed. Compared to

all other human populations, the Mediterranean people have the lower rates of certain types of cancers. The main reason for this according to researchers is due to their diet and to some degree because of regular consumption of the citrus peel in the meal.

Oranges also contain abundant vitamin C, a vitamin with a great role in fighting cancer cells and cancer causing antioxidants. The usefulness of the vitamin C in this role can be seen by the fact that a relatively consistent inverse ratio exists between the amounts of vitamin C in the daily diet and cases of the stomach, some oral cancer, and cancer of the esophagus affecting people. The vitamin C is the main compound which protects against some dangerous chemicals like nitrosamines, a major cancer inducing groups of chemicals found in food - the cancers of the mouth, the stomach, and the colon are linked to the presence of high levels of this compound.

The chances and risks of stroke attacks also seem to be reduced by consumption of oranges, and the fruit may well protect against stroke. In one case study involving the stroke risk reduction using fruits and vegetables - citrus fruits and juices were seen to be very effective at inducing a reduced risk from stroke. Clinicians also say that the risk of a sudden stroke in healthy men can be lowered by as much as 25 % by drinking a glass of orange juice a day, while the same risk seems to be lowered only by 2 % from the other consumption of other fruits and juices. When it comes to stroke prevention, the use of the natural fruit or juice seems to give the best and ideal results, while simply taking the vitamin C in supplement form does not appear to confer similar benefits as the fresh fruit - this is interesting, as some other agents in the fresh fruits are the main cause of the beneficial effects. The other protective substances in citrus juices must be what causes the beneficial effects and the power that orange has in protecting a person from sudden strokes. The compounds called polyphenols in the body are the main agents believed to be responsible for this beneficial action according to the current clinical assumptions. At the same time, the most effective means of lowering the risk of developing cataracts in the eye seems to be the consumption of 350 to 400 milligrams and above of supplemental vitamin C daily for a period of one decade.

Article by
http://www.herbs2000.com/herbs/herbs_orange.htm

We Need Your Help!

We are always looking for more information to share with everyone that would be of benefit. We are asking all of you to send us your information so we can put it in our newsletters each month to share it with everyone. We would love the following:

- Your favorite healthy recipe (as many as you like to send)
- Health and fitness information
- New strategies or concepts in natural healing
- Success stories of healing or miracles from God

If you could send us some of this information, we would be glad to share it with everyone. When you send us something, please tell us if you want us to share your name with it as well. If you want to remain anonymous, that's fine, just tell us. Thank you for your assistance with this, and we hope to make this newsletter more relevant and personal to everyone who reads it. Thank you very much everyone.

Happy Valentine's Day and best wishes to you in this New Year!

- *Following is a recipe that uses orange juice for a yummy cake!*

Orange Gingerbread Cake

1-1/2 cups spelt flour – or whole wheat pastry flour
1 cup barley flour – or whole wheat pastry flour
1 tsp. baking soda
1 tsp. baking powder
½ tsp. ginger
½ tsp. cloves
¼ tsp. salt – optional

½ to 1 cup dates, chopped

2 egg whites
¼ cup oil
½ cup orange juice --- or water
½ cup milk (soy, rice, almond, or dairy)
1 cup maple syrup --- or granular sweetener

DIRECTIONS:
Makes 20 squares

1. Mix all dry ingredients together. Add dates and mix.
2. Beat egg whites, oil, juice, milk, and syrup well. Stir into flour mixture.
3. Pour into an oiled 9" x 13" pan and bake at 350 degrees about 30 to 40 minutes or until done.

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PhysioLogics® The Logical Choice for Health.

I want you to check this website. It has awesome assistance that you can solicit. As you can see, there are several areas that are of interest. As you know, this is where we get many of our professional nutritionals. http://www.physiologics.com/pages/healthnotes.aspx Let me know what you think about it!

Healthnotes Home
Vitamin Guide
Food Guide
Health Conditions
Health Remedies
Recipes
Rx Answers
Health Centers
Personal Health Tools
Diet Finder

Thank You

I want to take this opportunity to let you all know how very much I am blessed! And it is ***from God through many of you***. Because of the kind generosity of many monetary love gifts, I have been able so far these five months to take care of the financial needs that I have.

As you can imagine, the Practice has dropped off considerably with the death of my beloved husband and your beloved caregiver, Dr. Tillman. His passing has been a deep loss for me personally and I have been concerned as to how I would take care of myself. For 37 years I always depended upon Larry for my emotional and financial needs and to make the decisions. He would always say "*I'll take care of it darlin', don't worry about it"* And so it was---but now I have to do all of this myself and it has been a great change in my life with his passing.

I have asked God many times to give me the strength and wisdom to make the decisions that I have needed to make and to take care of me. And so He has. Maybe that's the lesson that all of us needed to learn from Larry's passing-----that we needed to depend upon God and not so much one human man. You all know that Larry always gave God the credit for the good that you received; he would always say *"I'm good but I'm not God*!" And so I now lean on God more and He has sent me monetary and emotional blessings by touching so many of your hearts.

I have had those who are giving me their church contributions, or extra over and above their statement charges; or given me loans to replace the high interest charges on some of my financial responsibilities; those who have just sent me money out of the blue; who have given me a percentage of their income tax refunds and/or other of their own monetary gifts; and those who have purchased needs for me and just given them to me. According to ***James 1:27***, this is truly a form of pure religion! I am humbly grateful to all of you!

Not only have I been blessed with monetary gifts, but with those who have given me many items of emotional fulfillment---poems of comfort about my dear husband, lovely framed religious reflections, books, cards, telephone cards, prayers, and just words of comfort!

For all of these, ***I THANK YOU*** from the bottom of my heart! **Thank you for not forgetting me.**

Vantage Training: Steve and I will be going to Nashville for an Intermediate workshop on the Vantage point tester. We will be attending a 1-1/2 day workshop on February 12 and 13 to learn the Vantage the way Dr. Tillman used it. Please pray for a good experience for both of us.

We will be in touch with those of you who are close enough to come in and get your first free workup. If you don't hear from us within a couple of weeks, please feel free to call and set up an appointment.

HTMA. We are now doing Hair Tissue Mineral Analysis. *What is this?* Your hair contains all the minerals present in your body, including nutritional minerals as well as toxic heavy metals. HMA is a laboratory test that measures this mineral content in the hair. In most cases, the test results reflect how much of these elements are in your tissues and provide a vivid picture of your internal environment. With this information, a world of metabolic events can be interpreted. Not only can your nutritional status be viewed, but we can also learn much about how efficiently your body is working. We use Trace Elements (TEI), a leading worldwide laboratory. You receive a detailed TEI Hair analysis Report with interpretations and recommendations.

Steve's Office Hours: To remind each of you, Steve is in the office to assist you on Monday and Tuesday afternoons at 3:30 p.m. and on Thursdays all day. You can call him during those times, or call me and I can make an appointment for you.

RX Complement Magazine: The new issue of this very informative publication is now in the office. I will be giving them out as I send remedy/ nutritional orders. If you would like an issue before then, however, just let me know and I'll be glad to send it to you. This is a free publication from Physiologics.

Website: I am working on an update to the website http://www.godsnaturalmedicine.com and will let you know whenever I have it completed. The present website is in much need of improvement and updates, and we hope to have it completed within a short time. It will have some new features to it and we also hope to add newsletter archives so that they can be shared with others.

Addition to Staff: Janis Planck Williams, ND, has been added to our staff as a consultant. Janis is very talented and trained in many areas and will be our ND on staff. We are hoping that she will also be coming into the office to do some various services for our clients and even bring some of her own in as well. Janis was also trained by Dr. Tillman and has a great deal of expertise to add to our staff. We look forward to introducing her to you more in the future.

My progress: My studies to get my formal natural Health education are progressing right along. I am finding that many of the things that Larry and I did in the practice in the 11 years and 9 months together are coming back to me. I am very glad that I am doing this and look forward to completing it. I am enrolled in Trinity School of Natural Health working on the ND program which includes a Master Herbalist, Certificate in Nutritional Counseling, and Certified Health Specialist as well as Doctor of Naturopathy.

Products on Special: I have the following products which I need to get off of my shelves, and I am marking them down considerably.

- **Complete Cleanse:** A two-bottle herbal and fiber formula: Delivers a synergistic blend of more than 20 herbs and 10 fibers to efficiently & gently work with your body's natural processes. **REG $28.50 now $18.00.**
- **Coloklysis:** Fiber-rich colon cleansing formula. For periodioc cleansing of the colon tract. Mix 1 scoop to 12 ounces of water. Natural orange flavor. **REG $21.50 Now $15.00.**

Memberships. We are once again back on the Membership program. Thanks to those of you who have renewed yours. Blessings to you all.

Marie Tillman

ANSWERS to Test Your Knowledge: 1. perfect 2. Justice 3. Tranquility 4. defense 5. Liberty 6. VII (7) 7. Congress 8. civil officers 9. Treason 10. Misdemeanors