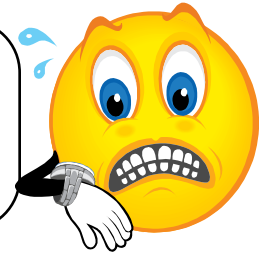


God's Natural Healing Way Ministries, Inc.

Newsletter

May/June 2010

Well.....I'm late again on the newsletter! Steve had his part ready in time but I just didn't get it ready to go out. Anyway...here is a combined May and June Newsletter. We will try to get back on schedule and have a really good one for you in July! Blessings to you all.



APRIL SHOWERS BRING MAY FLOWERS!

Everyone has heard this expression before, and it reminds us of regeneration and new life. Flowers hold a distinct charm and purpose in our lives. Send a woman some roses and see what happens. A very popular trend is flower fragrances in pot pourri, perfume, and body sprays. It is time to explore the real value of flowers in order to benefit our health and happiness. Let's discover the importance of Australian bush flower essences to enhance our vitality.



Flower Remedies are not new. The Australian Aboriginals have always used flowers to heal the emotions, as did the Ancient Egyptians. There has also been a very long tradition of use of Flower Essences in India, Asia and South America and they were also very popular in Europe in the Middle Ages. Hildegard von Bingen (12th century) and Paracelsus (15th century) both wrote about how they collected dew from flowering plants to treat health imbalances. This healing method was rediscovered by Dr. Edward Bach sixty years ago through the use of English flowering plants. Today our society and its needs are totally different to that of sixty years ago. There has been a great need for remedies that would help people deal with the issues of the 21st century - sexuality, communication skills and spirituality to name but a few. The answer to this need has come from the Australian plants, developed and researched by Naturopath, Ian White a fifth generation Australian herbalist. Ian grew up in the Australian bush. As a young boy his grandmother, like her mother before her, specialized in using Australian plants and would often take him bush walking. From her deep understanding she would point out the many healing plants and flowers. He learned a profound respect for nature through her and went on to become a practitioner and a pioneer working with and researching the rare remedial qualities of Australian native plants.

Australia has the world's oldest and highest number of flowering plants exhibiting tremendous beauty and strength.

Also Australia is relatively unpolluted and metaphysically has a very wise, old energy. At this time there is a tremendous new vitality in this country. This, combined with the inherent power of the land, is why the Australian Bush Flower Essences are unique. Practitioners and prescribers world wide are now incorporating the Australian Essences to form an integral part of their therapy. The Bush Remedies not only help to give clarity to one's life but also the courage, strength and commitment to follow and pursue one's goals and dreams. They help to develop a higher level of intuition, self esteem, spirituality, creativity and fun. The more the Essences are used, the more one is likely to experience greater awareness and happiness in one's life. Then everyone benefits....the individual, society and the planet. The effect of these Essences is similar to that of meditation in that they enable the person to access the wisdom of their Higher Self. This releases negative beliefs held in the subconscious mind and allows the positive virtues of the Higher Self - love, joy, faith, courage etc. to flood their being. When this happens the negative beliefs and thoughts are dissolved, balance is restored and true healing occurs.

Flower Essences are not therapeutic drugs - but work on the mind, body and spirit and are obtained by extracting the healing vibrational quality from the most evolved part of the plant - the flowers. They work on an emotional level, harmonizing negative feelings and belief patterns, held in the subconscious mind.

Original 50 Essences

The original fifty essences and the conditions they are claimed to help are as follows.

The ones highlighted in yellow are the ones we have available for you. They are in a 1 oz. Bottle, 30C potency, and the cost is \$7.00



Bauhinia is said to help people who are resistant to change or new ideas, to aid them in becoming more receptive and open, both to new ideas and new people.

Billy Goat Plum is claimed to help people with feelings of self-disgust or self-loathing, especially but not exclusively in regard to sex. It is said to help them overcome such feelings and develop a healthy acceptance of the physical body and enjoyment of sex.

Black-Eyed Susan This essence is said to help people who are impatient, always "on the go", overcommitted and rushing. The essence is said to help them be more patient, peaceful and "centred".

Bluebell is said to help "open the heart". It is for people who are cut off from their feelings and cannot express them, often afraid to let go of possessions, and often controlled and rigid. The essence is supposed to help them open up, to be more trusting and sharing.

Boronia is said to help in situations where someone cannot get someone out of their head, situations where they are pining for a lost love or something similar. It is also said to help people who are obsessively thinking about something and cannot obtain peace of mind.

Bottlebrush This essence is said to help in situations where someone is having difficulty adjusting to major changes in life or substantially new and challenging roles, eg parenthood, major career change, impending death and so

on. The essence is said to help them cope with new changes and give them the ability to move on.

Bush Fuchsia is said to help with problems of self-expression, inhibition, dyslexia, nervousness and similar problems. It is supposed to give people a new calm, clarity and fluency in expressing themselves.

Bush Gardenia This essence is claimed to help couples find a new interest in each other and inject new energy into their relationship if things between them have been going stale. It is said to help with families as well as romantic relationships.

Bush Iris is said to aid in spiritual awakening, to promote spiritual awareness and open the door to further spiritual growth. It is claimed to enhance meditation and similar disciplines and, for people who are materialistic, to help them to have a more balanced outlook.

Crowea is said to help people who are worried and anxious, often for no apparent reason. It is said to help them feel calmer, more "centred" and more peaceful. It is also said to have a general "balancing" effect on the body and feelings in a way that is similar to a treatment of Kinesiology.

Dagger Hakea This essence is said to help resolve feelings of resentment and bitterness that have accumulated.

Dog Rose is said to help with everyday, nagging fears, anxieties, shyness, apprehension and insecurity.

Five Corners is said to help with feelings of low self-esteem, self-dislike and lack of self-acceptance.

Flannel Flower This essence is claimed to help with a dislike of physical closeness and intimacy, dislike of being touched; and to promote a liking of physical activity.

Fringed Violet is said to help people recover from shock and trauma, as well as fear and fragility after an attack.

Grey Spider Flower This essence is said to help with feelings of extreme terror, as distinct from more nagging fears and anxieties.

Hibbertia is supposed to help people who are always accumulating knowledge because it gives them a sense of superiority over others.

Illawarra Flame Tree This essence is said to help people who are afraid of rejection and hold back as a result.

Isopogon is said to help with a variety of mental and intellectual issues, including the need to learn from mistakes and the need to recall learned skills.

Jacaranda This essence is said to help people who are scattered and unfocused, dithering and undirected.

Kangaroo Paw is said to help people who are socially inept and need more social skills, sensitivity towards others and general social awareness.

Kapok Bush This essence is said to help people who give up easily, are easily discouraged, do not follow through.

Little Flannel Flower is claimed to help people discover the "inner child", to counteract excess seriousness and lack of a sense of fun.

Macrocarpa This essence is said to stimulate the adrenal system and thus provide renewal and freshness to people who are burned out.

Mountain Devil This essence is said to clear strong, negative feelings like anger and hatred, so that "unconditional love" can come through.

Mulla Mulla This essence is said to be associated with heat and fire and thus allegedly helps to clear up any trauma associated with burns.

Old Man Banksia is said to help people who feel sluggish, worn out, over-committed and low in energy, possibly with low thyroid activity.

Paw Paw is said to promote intuition and guidance from "Higher Self", thus helping particularly when people feel overwhelmed by an important decision.

Peach-Flowered Tea-Tree This essence is said to help people who have mood swings, tend to lose enthusiasm and not follow through, and are sometimes hypochondriacs.

Philotheca This essence is said to help people who have trouble accepting praise and acknowledgement from others, and recognizing their own qualities.

Red Grevillea This essence is supposed to help people who feel stuck, have trouble moving on, and are often too reliant on others.

Red Helmet Orchid This essence is said to help men bond with their children, and also to help resolve resentment towards male authority figures.

Red Lily is said to help people be more grounded when they need more balance in the "spiritual and earthly planes"; for people over the age of 28.

She Oak This essence is said to help with female problems, including women who have trouble getting pregnant for no apparent reason.

Silver Princess This essence is supposed to help people find their aim in life when

they are listless, directionless and uncertain of their direction.

Slender Rice Flower This essence is said to overcome prejudice and narrow mindedness, thus promoting tolerance and harmony.

Southern Cross is supposed to help with the "victim mentality", with a sense of powerlessness, lack of control and of getting nowhere.

Spinifex This essence is said to have a cleansing action that can help with candida, parasites, micro-organisms and waste products.

Sturt Desert Pea Ian White describes this as one of the most powerful essences, which is said to help in resolving long-term sadness, pain and sense of loss.

Sturt Desert Rose This essence is said to resolve feelings of guilt and low self-esteem, and to help people be true to themselves.

Sundew This essence is similar to Red Lily and is said to help with grounding, especially for people up to the age of 28.

Sunshine Wattle This essence is supposed to help people who are gloomy and pessimistic, especially as a result of a long history of bad luck.

Swamp Banksia This essence is said to help people who are suffering from a temporary loss of energy, enthusiasm and interest.

Tall Yellow Top This essence is said to help with feelings of alienation, not belonging, of feeling that one was born on the wrong planet.

Turkey Bush This essence is supposed to put people in touch with their creativity and help them overcome blocks and lack of believe in their abilities.

Waratah is said to help with depression and to also help people

remember and utilise old survival skills when needed.

Wedding Bush This essence is supposed to help people who have trouble making commitments, whether in relationships, marriage, employment or even life goals.

Wild Potato Bush This essence is said to help people who feel weighed down and encumbered by any kind of physical restriction or limitation.

Wisteria is said to mainly help women, specifically with feelings of sexual frigidity and general tension and inhibitions about sex.

Yellow Cowslip Orchid his essence is said to help with a tendency to be excessively critical, nitpicking, judgmental and officious.

Australian bush flower essences along with Bach flower essences can provide a wonderful means of support for our minds, lives, and families. I can only imagine the flowers that were in the Garden of Eden, and would love to know their purposes. Give God the proper respect and praise for giving us these flowers.

So now that we can see how God created flowers for our well-being, shouldn't you be thinking about whom to send flowers to?



The following articles are from the Vitamin Power Newsletter that I receive periodically. I thought the information from these articles would be beneficial to you. The products here which have been reduced in price are due to the fact that people ordered them and never picked them up. I need to get them off of my shelf and so I am offering them at a reduced cost. Please let me know if you would like any of them.

Vitamin E May Decrease Risk of Chronic Obstructive Pulmonary Disease (COPD), Study Finds

Long-term, regular use of vitamin E in women 45 years of age and older may help decrease the risk of chronic obstructive pulmonary disease (COPD) by about 10 percent in both smokers and non-smokers, according to a study conducted by researchers at Cornell University and Brigham and Women's Hospital.

"As lung disease develops, damage occurs to sensitive tissues through several proposed processes, including inflammation and damage from free radicals," said researchers with Cornell University's Division of Nutritional Sciences. "Vitamin E may protect the lung against such damage."

The results of the study are being presented at the ATS 2010 International Conference in New Orleans.

"The findings from our study suggest that increasing vitamin E prevents COPD," reported the researchers "Previous research found that higher intake of vitamin E was associated with a lower risk of COPD, but the studies were not designed to answer the question of whether increasing vitamin E intake would prevent COPD. Using a large, randomized controlled trial to answer this question provided stronger evidence than previous studies." They reviewed data compiled by the Women's Health Study, a multi-year, long-term effort ending in 2004 that focused on the effects of aspirin and vitamin E in the prevention of cardiovascular disease and cancer in nearly 40,000 women aged 45 years and older. Study participants were randomized to receive either 600 mg of vitamin E or a placebo every other day during the course of the research.

Although fewer women taking vitamin E developed COPD, they noted the supplements appeared to have no effect on asthma, and women taking vitamin E supplements were diagnosed with

asthma at about the same rate as women taking placebo pills. Importantly, the decreased risk of COPD in women who were given vitamin E was the same for smokers as for non-smokers.

Further research will explore the way vitamin E affects the lung tissue and function, and will assess the effects of vitamin E supplements on lung diseases in men.

"If results of this study are borne out by further research, clinicians may recommend that women take vitamin E supplements to prevent COPD," the researchers noted.

Story Source: *American Thoracic Society (2010, May 16). "Long-term use of vitamin E may decrease COPD risk"*

Natural Vitamin E-400 IU
D'Alpha Tocopheryl Acetate Softgel Capsules

Each soft gel capsule contains pure Vitamin E 400 IU (International Units) derived from nutritive vegetable (prime-quality soy) sources.

This natural supplement provides 1332 % of the U.S. Recommended Daily Allowance for essential Vitamin E.

As a convenient daily dietary supplement, one capsule per day is recommended.

No caffeine, corn, gluten, milk or egg derivatives, sodium, starch, sugar, wheat or yeast;
No artificial colorings, flavorings or preservatives added.

PROD. NO.	SIZE	PRICE
504R	100	10.90
504U	250	25.90
504V	500	49.90

I have a 250 count bottle of this that has Expiration date of 10/09. I will sell for \$15.00

Vitamin D May Play Key Role in Immune System Activation



Insufficient levels of vitamin D may reduce our immune system's ability to react to infection, reports new research from Denmark.

Vitamin D is necessary to trigger T cells - the immune system's killer cells - into action, and insufficient levels of the vitamin mean the cells remain dormant and inactive, according to findings published in *Nature Immunology*.

"Scientists have known for a long time that Vitamin D is important for calcium absorption and the vitamin has also been associated in helping prevent diseases such as cancer and multiple sclerosis, but what we didn't realize is how crucial vitamin D is for actually activating the immune system - which we know now," said scientists from the University of Copenhagen.

The study adds to an ever growing body of science supporting the benefits of maintaining healthy vitamin D levels.

In adults, it is said vitamin D deficiency may precipitate or exacerbate osteopenia, osteoporosis, muscle weakness, fractures, common cancers, autoimmune diseases, infectious diseases and cardiovascular diseases. There is also some evidence that the vitamin may reduce the incidence of several types of cancer and type-1 diabetes.

According to the Copenhagen-based researchers, activated T cells can become one of two types of immune cell: Killer cells that attack and destroy all cells carrying traces of a foreign pathogen; or helper cells that assist the immune system in acquiring "memory". If the cell is

not activated it is known as a naïve cell.

For their research, the scientists examined the expression of a specific molecule (PLC-gamma1) that would enable the cell to deliver an antigen specific response. They found that naïve T cells had very low expression of PLC-gamma1 and that triggering of the T cell led to a 75-fold increase in PLC-gamma1 expression. Their data also showed that induction of PLC-gamma1 was dependent on vitamin D.

"When a T cell is exposed to a foreign pathogen, it extends a signaling device or 'antenna' known as a vitamin D receptor, with which it searches for vitamin D," explained the researchers. "This means that the T cell must have vitamin D or activation of the cell will cease. If the T cells cannot find

enough vitamin D in the blood, they won't even begin to mobilize."

The findings could help combat infectious diseases and global epidemics; Last year the Public Health Agency of Canada (PHAC) confirmed that it will be investigating the role of vitamin D in protection against swine flu.

Source: ***Nature Immunology***
Published online "*Vitamin D controls T cell antigen receptor signaling and activation of human T cells.*"

Vitamin D 400 IU

Softgel Capsules

Vitamin D aids in the absorption of calcium and phosphorus so it is vital for the nutritional support of bones and teeth. It is also essential for healthy nerve and muscle function.

Formulated without caffeine, corn, gluten, milk or egg derivatives, sodium, soy, starch, sugar, wheat or yeast;

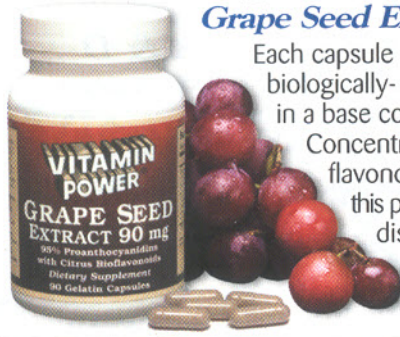
No artificial colorings, flavorings or preservatives added.

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1044U	250	10.90

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Grape Seed Extract 90 mg Per Capsule

Grape Seed Extract Plus Green Tea Extract and Functional Food Nutrients



Each capsule contains natural Grape Seed Extract - 90 mg. supplying 95% Proanthocyanidins (OPC) biologically- active Flavonoids, fortified with 50 mg. of Citrus Bioflavonoids and specially-formulated in a base containing additional antioxidants including: Green Tea Extract, Broccoli, Kale, Radish Concentrates and mixed Carotenes. Scientists believe the antioxidant activity of these specific flavonoids are significantly greater than that of Beta-Carotene or Vitamins C and E. Include this powerful natural antioxidant supplement with your daily nutritional regimen to help fight disease-causing free radicals and support your immune system to maintain a healthier, active life.

No caffeine, corn, gluten, milk or egg derivatives, salt, sodium, soy, starch, sugar, wheat or yeast; No artificial colorings, flavorings or preservatives.

PROD. NO.	SIZE	PRICE
325H	30	10.90
325P	90	29.90

I have a 30 count bottle of this that has Expiration date of 04/08. I will sell for \$5.00.

Benefit Of Eating Grapes May Help Lower Blood Pressure, Reducing Potential Heart Damage...

A University of Michigan Cardiovascular Center study suggests grapes may prevent heart health risks beyond the basic blood pressure-lowering impact that can result from a diet rich in fruits and vegetables. The heart-protective benefits may be the result of the phyto-nutrients and naturally occurring antioxidants present in grapes, stimulating a protective process in the genes that reduces damage to the heart muscle.

The controlled laboratory study was presented at the 2009 Experimental Biology convention in New Orleans. The researchers examined the effect of a blend of green, red, and black grapes that were mixed into the diet as part of either a high or low-salt diet.

Comparisons were made between subjects consuming the grape powder and those that received a mild dose of a common blood pressure drug hydrazine.

After 18 weeks, the subjects that received the grape-enriched diet had lower blood pressure, better heart function, and fewer signs of heart muscle damage than the those that ate the same salty diet but didn't receive grapes.

Those that received the blood pressure medicine, along with a salty diet also had lower blood pressure, but their hearts were not protected from damage as they were in the grape-fed group.

There are the small changes that diet can bring, but the effect of grape intake on genes can have a greater impact on disease down the road, explained the researchers performing doctoral work in nutrition science at Michigan State University.

Heart cells, like other cells in the body, produce an antioxidant protein called Glutathione, which is one of the first defenders against damaging oxidative stress. High blood pressure causes oxidative stress in the heart and lowers the amount of protective Glutathione.

However, intake of grapes actually turned on Glutathione-regulating genes in the heart and significantly elevated Glutathione levels. This may explain why the hearts of grape-fed subjects functioned better and had less damage.

The study received funding from the National Heart, Lung and Blood Institute, part of the National Institutes of Health, through a National Research Service Award. Although the current study was supported in part by the

California Table Grape Commission, which also supplied the grapes and grape powder, the authors note that the commission played no role in the study's design, conduct, analysis or the preparation of the journal article for publication.

The latest results take research on the health benefits of grapes "a step further" by examining the mechanisms impacted by antioxidant-rich grapes.

Such naturally occurring phyto-nutrients have already been shown in other research to reduce other potentially harmful molecular and cellular activity in the body. The study further demonstrates that a grape-enriched diet can have broad effects on the development of hypertension and the risk factors that go with it.

More Products at Reduced Prices....

Nutra Femin

Herbal-Vitamin-Mineral Supplement Formulated For The Mature Woman

Natural nutritional support addressing the specific needs of women experiencing normal mid-life changes.



Each 3 Tablets Contain:

Black Cohosh (Cimicifuga Racemosa)	Potency:	.600 mg
Vitamin B-1 (Thiamine HCl)10 mg
Vitamin B-2 (Riboflavin)15 mg
Vitamin B-3 (Niacinamide)20 mg
Vitamin B-6 (Pyridoxine HCl)20 mg
Folic Acid (Folacin)400 mcg
Vitamin B-12 (Cobalamin Conc.)100 mcg
Biotin100 mcg
Pantothenic Acid (Calcium Pantothenate)10 mg
Buffered Vitamin C (Calcium Ascorbate)100 mg
Magnesium (Magnesium Oxide)300 mg
Potassium (Potassium Gluconate)30 mg

PROD. NO. SIZE PRICE

774P	90	15.90
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No corn, caffeine, gluten, milk or egg derivatives, salt, sodium, soy, starch, sugar, wheat or yeast; No artificial colorings, flavorings or preservatives.




RED YEAST RICE SRYR

Assists the body maintain normal cardiovascular homeostasis.

Red yeast rice (Standardized Monascus pupureus)	450 mg
Gugulipid® (Commiphora mukul) (Registered trademark of Sabinsa Corporation)	25 mg
Oat bran (Avena sativa)	50 mg
90 capsules	

CIRCUTONE PCIT

Herbs known for their relaxing, dilating and tonic effects on the cardiovascular system.

Hawthorne (Crataegus oxyacantha)	250 mg
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Ginkgo (Ginkgo biloba)	100 mg
Valerian (Valeriana officinalis)	100 mg
Arjun (Terminalia arjuna)	75 mg
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Herbs which tonify the bowel, liver and skin and have a lymphatic cleansing effect.

Clivers (Galium aparine)	250 mg
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Figwort (Scrophularia nodosa)	75 mg
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Expiration date of 12/09— Reduced to **\$7.50**

Product	Regular \$	Reduced \$
SYRR	\$24.00	\$ 11.00
Exp Date	11/09	
PCIT	\$24.00	\$ 11.00
Exp Date	9/10	
PDT	\$19.95	\$ 5.00
Exp Date	12/08	

I hope that someone will want these products. They have never been opened so they are still good...we just can't sell it at regular price whenever the expiration date has been reached.

I want to share some information with you about how Hair Tissue Mineral Analysis can help to find imbalances that can be causing problems. It is always important to find nutritional deficiencies and then work from there—after we get that in good balance, the homeopathic remedies are the medicine of choice.



MINERAL IMBALANCE, ENDOCRINES AND HAIR TISSUE MINERAL ANALYSIS

----- David L. Watts, Ph.D., Director of Research -----
Trace Elements, Inc.

The recognition of the importance of trace elements in health and disease has been gradually increasing, and has now become much more appreciated.

- For instance, in the past, many genetic diseases have been found to be related to mineral imbalances, such as, acrodermatitis enteropathica, a genetic disorder, which is caused by a deficiency of zinc.
- Menkes's disease, an inherited inborn metabolic error is associated with copper deficiency.
- Wilson's disease, another inborn error of metabolism is related to copper toxicity.
- Selenium deficiency is related to Keshan disease.
- More recently however, studies have found mineral imbalances related to

many common health problems, such as chromium and diabetes, magnesium, zinc, copper and heart disease, zinc and iron, and immune disorders, to mention a few.

Based on this current research, it should be understood that the determination of nutritional deficiencies and excesses are important, however, the relationship, or balance between the nutrients is more important.

This was emphasized by Vitale and associate in the following statement, "From a global stand-point, although dietary deficiency is definitely at the more serious end of the spectrum, the opposite end, dietary excesses and aberrations, may contribute to the burden of disease."(1) This was further reiterated, "Nutrition no longer deals with fully reversible single deficiencies but with imbalances, and faulty regulation of metabolic events, which may

or may not have a dietary etiology."(2) It is now recognized that nutritional imbalances can lead to subclinical deficiencies that are estimated to outnumber frank deficiencies by ten to one.(2)

Balance between nutrients is particularly important among the micro and macro elements. As stated by Davis, "trace elements have to some degree an interrelationship with other major nutrients such as proteins, carbohydrates, lipids, macro elements, and vitamins.(3)

Through our own research, and research by other investigators, we have found that hair tissue mineral analysis (HTMA) is an excellent method of assessing mineral relationships.

Marie Tillman, NC
Distribution Partner
Trace Elements, Inc.

HAIR TISSUE MINERAL ANALYSIS

God's Natural Healing Way Ministries, Inc.
Clarksville, TN 37043

Hair tissue mineral analysis is an analytical test which measures the mineral content of the hair. The sample hair is prepared in a licensed clinical laboratory. Call for information and a submittal kit.

Phone: 931 358-2277
Email: godsnaturalmedicine@charter.net

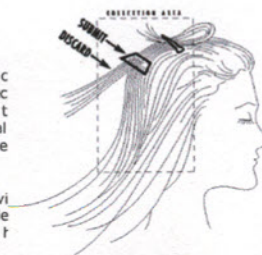
Why use the hair? Why not use the blood?

Hair is ideal tissue for sampling and testing. First, it can be easily and painlessly and can be sent to the lab without special handling requirements. Second, clinical results have shown that a properly obtained sample can give an indication of mineral status and toxic metal accumulation following long term or acute exposure.

A HTMA reveals a unique metabolic world: intracellular activity which cannot be seen through most other tests. This provides a blueprint of the biochemistry occurring during the period of growth and development.

OBJECTIVE OF THE PROGRAM

The purpose of this program is to re-establish a normal balance of body chemistry through individually designed dietary and supplement suggestions. Properly followed, this may then enhance the ability of the body to more efficiently utilize the nutrients that are consumed, resulting in improved energy production and health.



Scalp hair is the only source recommended for analysis.