

God's Natural Healing Way Ministries, Inc.

September 2011 Newsletter



Message In a Bottle Essential Oils

This edition of *God's Natural Healing Way* newsletter will cover some very useful and interesting information concerning Essential Oils and their many uses.

There are many undeniable facts about Essential Oils that people concerned with their health should keep in mind.

FACT 1: Essential Oils are mentioned in the Bible over **500** times!

FACT 2: For many centuries Essential Oils were considered the treasure of many empires and were used suc-

cessfully as the original form of medicine!

FACT 3: The original thieves of King Tut's



tomb only robbed the Essential Oils leaving gold and other treasures behind!

FACT 4: Caravans of 3,000 camels transported

a costly treasure, Frankincense, over thousands of miles across the famous Frankincense Trail!

According to *All Natural Prevention*, many "Essential Oils are derived with harsh chemicals, diluted or copied making it imperative to choose high-quality oils."

Call Marie for her expert advice and to schedule an Essential Oil consultation as she uses only the purist oils and finest ingredients for optimum results.

Second Anniversary of the Passing of Dr. Larry Tillman

September 1st is the second anniversary of the untimely passing of Dr. Larry Tillman., so it is fitting to pay tribute to the man who made it his life's work to help and heal all of us.

Take a few minutes to remember one of the kindest and most sincere men that any of us has ever known. Remember what his work has done for each and every one of us. His faith in

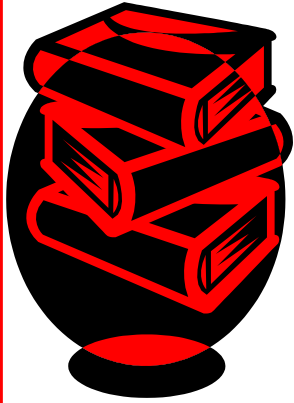
our Lord, accompanied by his strength, love and wisdom shall never be forgotten, as he was an extraordinary earthly savior to those of us who placed our lives in his hands.

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Going Green Tip

- Separate your used plastic bottles, glass bottles, and discarded newspaper and junk mail into separate piles and take about 30 minutes driving to your local recycling center every Saturday morning. It's good for your environment and will give you great satisfaction!



“We have traveled full circle to rediscover the original remedies given to us at the very beginning of life.”



Essential Oil History & Explanation

According to the translation of ancient Egyptian hieroglyphics and Chinese manuscripts, priests and physicians were using extracted oils from plants for thousands of years before Christ. This makes Essential Oils the earliest known medicine.

Plants contain complex and powerful substances known as Essential Oils. These aromatic liquids are derived from shrubs, flowers, trees, roots, bushes, herbs and seeds.

These distinctive components defend plants from insects, harsh environmental

conditions and disease. They are vital for a plant to grow, live, evolve and adapt to its surroundings. Referred to as the essence of the plant, pure Essential Oils not only protect the plant, but determine its aroma.

According to *All Natural Prevention*, “Essential Oils” are not really oils. They are the highly concentrated liquid that comes from the plant. For example, Rose Essential Oil has a strong floral and sweet fragrance that is intoxicating and highly romantic. It takes thousands of flower petals to

create the drops that are in a single bottle of therapeutic grade Rose Oil. Also, adding a single drop of Peppermint Oil to a glass of water has approximately the same concentration as 20 bags of Peppermint Tea.

In ancient times, sweet smelling oils were more respected for both medicinal and healing properties than scent, while today the opposite is true.

Thus, modern society is ignoring the greatest attribute of Essential Oils—their health-giving properties.

Essential Oil Use

According to *All Natural Prevention*, “Western civilization has been very limited in its use and understanding of Essential Oils. Most Americans think Essential Oils are only used for aromatherapy when in fact they can be much more powerful in many other ways.”

- ◆ Essential Oils have been shown to quickly effect the entire body when absorbed through the skin.
- ◆ You can get remarkable effects just by putting the Oils on your feet.
- ◆ By adding Essential Oils to your massage oil base you receive multiple

benefits at once. The skin is touched, circulation is increased, and the Essential Oils are both absorbed and inhaled.

- ◆ Adding 5-20 drops of Essential Oils to your bath water is an easy and very delightful way to soothe your body and relax.
- ◆ Diffusing Oils into the air has powerful effects on your environment, your body, and your mind. Many Oils are known for their abilities to kill germs.
- ◆ Many Essential Oils are powerfully healing and

nourishing for the skin. Add Essential Oils to a natural cleanser, toner, moisturizer or lotion to promote a healthy complexion.

- ◆ Essential Oils are a great alternative to chemicals and animal byproducts found in commercial perfumes and colognes.
- ◆ Research indicates that some Essential Oils are more effective when taken orally.
- ◆ Virtually every household cleaning product can be replaced by Essential Oils.

Call Marie for more information on Essential Oils.

Essential Oil Types

To get you started on your Essential Oil journey, here are a *few* examples of Marie's special blends.

- ◆ **Airborne Bacteria Blend**-Clove-Lemon-Cinnamon-Eucalyptus-Rosemary in Grapeseed Oil
- ◆ **Asthma Blend**-Eucalyptus-Hyssop-Oregano-Pine Needle in Grapeseed Oil
- ◆ **Breast/Lymph Blend**-Tangerine-Lavender in Grapeseed Oil
- ◆ **Calm Blood Pressure Blend**-Lavender-Ylang Ylang in Grapeseed Oil
- ◆ **Carpal Tunnel Blend**-Cypress-Lavender-Marjoram-Lemongrass-Peppermint in Grapeseed Oil
- ◆ **Chest Congestion/Cough Blend**-Cypress-Eucalyptus-Frankincense-Lavender-Pine Needle in Grapeseed Oil
- ◆ **Easy Breathe Blend**-Bergamot-Lemon-Tea Tree-Eucalyptus-Clove Bud in Grapeseed Oil
- ◆ **Gout Symptoms/Circulation Blend**-Black Pepper-Cypress-Frankincense-Lavender-Myrrh-Peppermint-Roman Chamomile in Grapeseed Oil
- ◆ **Grief/Sorrow Blend**-bergamot-Roman Chamomile-Clary Sage-Eucalyptus-Juniper-Lavender in Grapeseed Oil
- ◆ **Infection/Blood Pressure Blend**-Black Pepper-Cypress-Frankincense-Lavender-Myrrh-Peppermint-Roman Chamomile in Grapeseed Oil
- ◆ **Insect Bite Blend**-Thyme-Lavender-Eucalyptus-Chamomile in Sweet Almond Oil
- ◆ **Large Intestine Blend**-Black Pepper-Peppermint-Wild Rosemary in Grapeseed Oil
- ◆ **Lymph Blend**-Black Pepper-Myrrh-Peppermint in Grapeseed Oil
- ◆ **Muscle Blend**-Black Pepper-Cypress-Frankincense-lavender-Myrrh-Peppermint-Roman Chamomile in Grapeseed Oil
- ◆ **Pain Blend**-Black Pepper-Lavender-Peppermint-Roman Chamomile in Grapeseed Oil
- ◆ **Sciatica Relief Blend**-Thyme-Basil Cypress-Marjoram-Lavender-Peppermint in Grapeseed Oil



Marie has many, many more blends available to suit your specific needs.

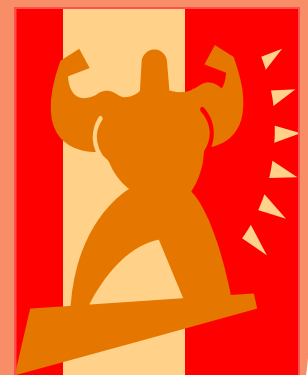
Youthful Vitality

According to Dr. Frank Pernice, a certified nutrition consultant, the following nutrients can promote luminous mind-body vitality by delivering anti-aging benefits to aesthetics, energy levels, and mental clarity-all while helping to stave off age-related diseases.

- ◆ OMEGA-3 FATTY ACIDS
- ◆ RESVERATROL
- ◆ VITAMIN C
- ◆ CoQ10
- ◆ GINKGO BILOBA
- ◆ VITAMIN D

- ◆ B VITAMINS

Call Marie to discuss the benefits of each of these nutrients and how they can fit your specific needs to promote overall good health and that youthful vitality that we all seek!



I'm Not God

*At a time in my life when I so desperately needed healing
I arrived at his doorstep not sure of what I was feeling
I had heard of a man who could fix me with his magic machine
But as it turned out, there was so much more to be seen*

*I was met by a couple who so graciously welcomed me into their home
Who both immediately let me know that I was not alone*

*Yes, the magic machine was there and did its job
With the aide of a mini cotton swab
It took only minutes to analyze me
Then there came a moment that I felt quite silly*

*After all my worrying and fretting and crying
Dr. Tillman with his cool demeanor and his beautiful loving wife Marie let me know that, I was
not dying*

*Until I met the couple who has restored my faith and pride
I never understood what it really meant to put those fears aside*

*It wasn't just the magic machine that put me at ease
It was the Tillman's faith that has lead me once again, to believe
The true magic and healing came from the Tillman's faith and love
And of course, the almighty power from the Man above*

I'm Not God

*I was always amazed that no matter what my plight,
I always felt better before I had even left their sight.*

*While we may not understand why Dr. Tillman was taken from this land
We are forced to carry on and remember that he believed that it is at God's hand
He is now sharing his gifts in his special place in the sky
Letting all of our lost loved ones know that they are all still in our eyes*

*Mrs. Tillman, I beg you to please let his strength become your own
Awaiting the day when all this earthly strife will be gone
You are left here to help us all in our times if need
And please never forget that we understand and respect your grief*

*Remember Larry's words at the end of each healing day
As he looked at you lovingly and said, "It's just you and me babe."*

*If I am to learn anything from this tragic loss, I have to remember Dr. Tillman's words that he
spoke with a half smile and comforting nod
"I'm good, but I'm not God."*

*This tribute to Dr. Larry Tillman was contributed by one of the thousand's of people that have
been touched by the Tillmans. It was written immediately after his passing .*



SEPTEMBER 2011
NEWSLETTER

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*God's Natural
Healing Way*
updated web-
site coming

soon!

Medicine the Way God Intended It!

September's Bounty



Although fresh apples are good all year, September is one of the best months to enjoy their sweet, full-flavor. As our thoughts are turning to Autumn and the holiday season, now is a great time to test recipes for future family get-togethers. Since it's still warm outside, enjoy a cold, delicious Waldorf Salad (<http://www.foodnetwork.com/recipes/food-network-kitchens/waldorf-salad-recipe2/index.html>), a healthy Roast Pork Loin with Apples (<http://www.foodnetwork.com/recipes/food-network-kitchens/roast-pork-loin-with-apples-recipe/index.html>) or a luscious Apple Crisp (<http://www.foodnetwork.com/recipes/food-network-kitchens/apple-crisp-recipe/index.html>). Just keep in mind when a recipe calls for vegetable oil: substitute extra virgin olive oil; and try to substitute honey for sugar, when possible. Remember to buy organic or home grown fruits and vegetables. **ENJOY!**



Marie's Journey



As you know, Dr. Larry Tillman left this earth two years ago. Please remember that he wasn't just "Dr. Larry Tillman;" he was father to Shannon, Keenan, and Melissa; beloved Grandfather to Jeremy, Savannah, and Kendyl; great-grandfather to Jakob; and most importantly husband, soul mate and best friend to Marie.

Marie is still grieving and continuing her healing journey. Please consider that

although she is heartbroken about her overwhelming loss, she has continued to forge ahead with the dreams that she and Larry shared for over 37 years.

Marie prayed to our Lord to be able to continue the practice without having to work outside of the home so that she can remain focused on her client's health. Therefore, our continued support is imperative.

She is working hard day and night to make sure your health remains her number one priority. She is ONE class away from receiving her Naturopathic Doctorate!

So the next time you call, make sure to encourage her and keep her in your prayers. She is truly dedicated and committed to the dream that she and Larry shared.



Please remember to pray for me as I continue to mourn the loss of my beloved Larry. It has been an emotional struggle for two years now, but I am keeping the faith. Psalm 34:18: *"The Lord is close to the brokenhearted and saves those who are crushed in spirit."*

Bless you all,

Marie Tillman