

God's Natural Healing Way Ministries, Inc.

October 2011 Newsletter

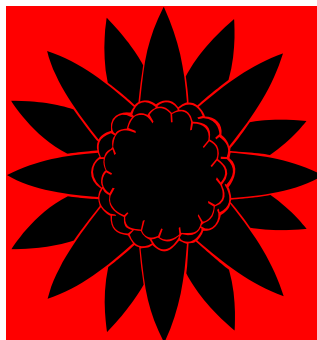


Bach Flower Therapy

There is no doubt that modern scientific medicine has had spectacular successes in the fight against physical illness. But it can do nothing against spiritual and emotional suffering; indeed, it even seems that the drastic measures of chemical-technical therapy have driven the pathogenic locus of illness from outside to inside and increased the incidence of mental and emotional problems.

More than fifty years ago, the distinguished doctor and researcher Dr. Edward Bach developed his new form of "flower therapy," which

focused on the mental and emotional factors as causes of illness. Given the results of modern treatments, it's little won-



der that the popularity of Dr. Bach's flower therapy continues to grow by leaps and bounds.

Bach Flower therapy does not seek the physical

cal symptoms of an illness but instead looks to the underlying or predominant mental and emotional conditions and aims to treat the psychic, not the physical, symptoms. Bach flower therapy attempts to treat the patient's soul; physical problems are secondary.

Dr. Bach had a sound basis for this unusual concept. He came across a phenomenon based on the structure of the personality and the emotional constitution. He discovered that the same illness can cause very different psychic symptoms in different individuals.

Homeopathic Health Emerges

According to Rx Complement©:

- * 33% of the US population used some form of complementary health-care in 1990
- * 66% of the US population was expected to use

some form of complementary health-care in 2010

- * There was a 60% increase in student membership of the North American Society of Homeopaths in 2008

* \$54 Billion in healthcare costs could be saved annually by using proven mind-body therapies

These facts show that Natural Health is finally emerging as a widely recognized and viable form of health care for all.

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Going Green Tip

- Since the Sierra Club has found that the air *inside* our homes is **100%** more polluted than the air *outside* our homes, now is the **PERFECT** time of year to open the windows!
- Fresh air gives everyone a fresh perspective; so get outside and take a walk!



*"Still-in a way-
nobody sees a flower;
really-it is so small-we
haven't time, and to
see it takes time, like
to have a friend takes
time."*

-Georgia O'Keeffe



Bach Flower History & Explanation

According to the Bach-centre.com, in 1917 Dr. Edward Bach was working on the wards tending to soldiers returned injured from France during World War I. One day he collapsed and was rushed into an operating room suffering from a hemorrhage. His colleagues operated to remove a tumor, but the prognosis was poor. He was told that he only had three months to live.

He eventually returned to his laboratory to continue his advanced research with the time he had left. However, as the weeks

progressed, so did his health. He became convinced that his improvement was due to his intense sense of purpose. This is when he began to aspire to the holistic or "whole-person" approach to medicine.

He took a job at the Royal London Homeopathic Hospital. Up to then, Bach was working on bacteria, but he wanted to find remedies that were purer and less reliant on the products of disease.

By 1930, he left his lucrative practice and began concentrating solely on a

more natural method of healing.

Eventually, Dr. Bach abandoned the scientific method and its reliance on laboratories and relied on his natural gifts as a healer. He began allowing his intuition to guide him to the right plants.

Over the years of trial and error, which involved preparing and testing thousands of plants, he found one by one the remedies he wanted.

Each was aimed at a particular mental state or emotion. Thus, Bach Flower Therapy.

Bach Flower Use



According to Dr. Götz Blome, M.D., author of *Advanced Bach Flower Therapy*, Bach Flower therapy is unusual not just from an intellectual standpoint but also because the manufacture of the essence is unique because all essences, with one exception (Rock Water, which comes from rock springs), are made from flowers. The essence (the soul, so to speak)

of the plant is most clearly expressed in its flowers. The healing properties unique to each plant either are the result of the effects of the sun or are transferred through boiling in spring water.

The tinctures are then mixed with alcohol and diluted into a final mixture, which is taken with a dropper. In addition, several complementary

essences can be mixed together.

Thus, Bach Flower remedies are made and taken in the same manner in which we are all used to.

The strength of Bach Flower therapy lies in the normalization of psychic disruptions and the resolution of inner conflicts and the improvement of physical conditions.

38 Bach Flowers

The following is a list of the 38 Bach Flowers used in therapy:

- * Agrimony
- * Aspen
- * Beech
- * Centaury
- * Cerato
- * Cherry Plum
- * Chestnut Bud
- * Chicory
- * Clematis
- * Crab Apple
- * Elm
- * Gentian
- * Gorse
- * Heather
- * Holly
- * Honeysuckle
- * Hornbeam
- * Impatiens
- * Larch
- * Mimulus
- * Mustard
- * Oak
- * Olive
- * Pine
- * Red Chestnut
- * Rock Rose
- * Scleranthus
- * Star of Bethlehem
- * Sweet Chestnut
- * Vervain
- * Vine
- * Walnut
- * Water Violet
- * White Chestnut
- * Wild Oat
- * Wild Rose
- * Willow



Each of the thirty eight flowers has a unique and specific purpose. However, as stated before they can be combined with other flowers/essences to produce a different therapeutic result.

The original Bach Flower Remedies are still collected at the same sites used by Dr. Edward Bach and are prepared according to his method(s).

Marie is well-versed in Bach Flower treatments and remedies. Be sure to ask her during your next appointment about Bach Flowers and what they can do for your individual needs.

Super - Sized

With bucket-sized soft drinks, bagels the size of baseballs, and burgers that you can barely get your mouth around, it's no wonder that, according to the CDC, one-third of adult Americans are currently obese.

In the last 20 years portions have been ballooning — and we've been getting bigger right along with them. From 1980 to 2008, obesity rates doubled for adults and tripled for children.

Thanks to the National Heart, Blood and Lung Institute (part

of the National Institutes of Health), we can look back at what portions looked like 20 years ago and compare that to what they look like now. Hint? They've gotten a lot, lot bigger.

Bagels

Then: 3-inch diameter, 140 calories *Now:* 6-inch diameter, 350 calories

Fast Food Cheeseburgers

Then: 333 calories *Now:* 590 Calories

Spaghetti and Meatballs

Then: 1 cup of spaghetti and sauce with 3 meatballs, 500 calories *Now:* 2 cups of pasta and sauce with 3 meatballs, 1,025 calories

These are just a few examples, but there are many, many more. Just keep these facts in mind when dining out. By cutting your portion sizes by at least 25%, you should feel and see a "Super-Size" difference in no time at all!



Therapeutic Lexicon

There are many words, phrases and abbreviations associated with Natural or Homeopathic Health that many of us are unfamiliar with. It can be a bit confusing at times. The following is a sampling of words and phrases and their definitions to give us all a better understanding of the world of Natural Healing. Most of these have been taken for *Yasgur's Homeopathic Dictionary*. The others were provided by Dr. Marie Tillman.

- **Acute**-Brief and severe
- **Chronic**-Having long duration, or frequently reoccurring
- **CHS**-Certified Homeopathic Specialist (Diploma)
- **Classical Homeopathy**-A therapeutic medical science which holistically treats illness and inherent constitutional problems by applying the "like cures like" principle and using minute quantities of specifically prepared substances; these substances can be from plant, animal or mineral kingdoms.
- **Classical Naturopathy**-Concentrates on identifying destructive aspects in lifestyles that lead to imbalances. Before symptoms manifest and long before a diagnosis can be rendered, these destructive aspects of our lifestyle can be identified and corrected. Once corrected, the body automatically corrects itself.
- **CNC**-Certified Nutritional Counselor
- **CNHP**-Certified Natural Health Practitioner
- **Complementary Remedies**-A remedy which assists or reinforces another remedy in its actions.
- **Constitution**- 1) The overall mental, emotional and physical makeup of the person, including temperament, appearance and behavior, corresponding to one of the major homeopathic remedy types; 2) The physical makeup of the body, including the mode of performance of its functions, temperament, appearance, behavior characteristics, the activity of its metabolic processes, the manner and degree of its reactions to stimuli, and its power of resistance to the attack of disease-causing organisms.



Therapeutic Lexicon

- **Holistic**-A belief system based on the doctrine that the individual (or situation) must be studied or viewed as a whole (physically, emotionally, mentally, and spiritually). Holistic medicine is based on the awareness of Oneness.
- **Homotoxicology**-An integration of the information provided by the basic medical sciences with the principles of homeopathy in order to create 1) a greater understanding of health and disease; and 2) remedies of a more curative activity.
- **Iridology**-A therapeutic science which uses maps of the iris (colored portion of the eye) to discern the health of the individual. Certain areas of the iris relate to certain areas of the body.
- **MH**-Master Herbalist (Diploma)
- **Naturopathy**-A system of therapeutic medical science comprising many natural healing techniques. It is a "drugless" system and employs herbology, spinal and soft tissue adjustments or manipulations, homeopathy, botanical medicines, hydrotherapy, acupuncture, nutritional guidance, and supplements (vitamins, glandular extracts, enzymes, etc.)
- **ND**-Doctor of Naturopathy (Degree)
- **Reflexology**-The science of foot and hand massage. There are hundreds of points on the hands and feet which reflex to different areas of the body.
- **Whole Foods Diet**-A nutritional system which stresses the use of whole, natural, pure foods. The theory associated with a whole foods diet is that an everyday diet should be comprised of 60% raw and 40% cooked food and should include 60% vegetables, 20% fruits, 10% starches, and 10% protein.

These represent only a few terms, and I will continue to publish them in future editions of the newsletter. If you have any questions, please feel free to ask Marie for an explanation the next time you speak with her.





OCTOBER 2011
NEWSLETTER

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*God's Natural
Healing Way*
updated web-
site coming
soon!
Medicine the Way God Intended It!

October's Bounty

Calories

There is a definite chill in the air and Halloween is right around the corner, so pumpkins are in abundance! Now is the perfect time to spruce up your Autumn recipes with a few healthy, low fat pumpkin-based recipes.



Pumpkin-Cranberry Muffins, Pumpkin Pancakes, Cream of Pumpkin Soup, or even Pumpkin Pasta Bake will definitely help take the chill out of the air and add flavor to your table. These easy recipes can be found at :

[Top Ten Low Fat Pumpkin Recipes-Top 10 Low Fat Ways to Use Pumpkin](#)

For a flavorful treat toast your leftover pumpkin seeds sprinkled with sodium-free Ms. Dash or cinnamon and a little sugar at 350° for 30 minutes, turning once. Enjoy Autumn!



God Intended It!

Marie's Journey



CONGRATULATIONS MARIE! For those of you who are unaware, Marie Tillman has now received her Naturopathic Doctorate!

My last update let you know that she only had one class to complete, but according to the Trinity School of Natural Health , Marie is now **Dr. Marie Tillman!** What an accomplishment and triumph for Marie.

As God has lead Marie through her grief and

healing; He has also lead her through her studies. She has accomplished so much more than she ever dreamed of since the untimely passing of her husband, Dr. Larry Tillman.

Anyone who knew him knows how Larry would be swelled with pride for his beloved Marie. He constantly and lovingly reminded Marie that she "knew much more than she

realized." Well, she has proven him right!

Please keep in mind that Marie (who still prefers to be called by her first name), is doing her best to focus on Natural Health and her clients needs.

Be sure to congratulate her on her success and accomplishments the next time you call for her for remedies!



Please remember to pray for me as I continue to mourn the loss of my beloved Larry. Our Lord proves his presence and belief in me every passing day. Psalm 34:18: *"The Lord is close to the brokenhearted and saves those who are crushed in spirit."*

Bless you all,

Marie Tillman