

God's Natural Healing Way Ministries, Inc.

November 2011 Newsletter



Gluten

Gluten has been mentioned in the media frequently over the past few years. Gluten-intolerance, Gluten-free, and Gluten-allergies have become common terms. In other words, we are beginning to see Gluten in a negative light.

According to *The American Heritage, Science Dictionary*, Gluten (glōt'n) is a yellowish-gray, powdery mixture of plant proteins occurring in cereal grains such as wheat, rye, and barley. The gluten in flour makes it ideal for baking, because the chainlike protein molecules of the gluten trap carbon dioxide and expand with it as it is heated. Gluten is also

used as an adhesive and in making seasonings such as monosodium glutamate (MSG).

Many people are Gluten-intolerant and don't even



know it. Due to the manner in which many foods are processed, it seems impossible to avoid Gluten. However, with a little research and change of habits, it can be done.

According to healthtools.aarp.org, Gluten intolerance can occur at any age, and for un-

known reasons.

While gluten intolerance is not inherited, it is more likely to occur if you have family members with the same problem. In addition, it is believed that it is more common in Caucasians and those of European ancestry and it is more prevalent in women than men. Estimates vary from 1 in 5000 to 1 in 300 people suffer from Gluten allergies. So it is wise to be tested.

You don't have to be allergic to Gluten to live a Gluten-free lifestyle. In fact, many experts agree that it is healthier for most people to try to curb their Gluten intake.

Flu Season is Here!



As the Holiday season approaches and we spend more time socializing with family and friends, we need to take precautions to keep healthy and flu-free!

The steps are simple:

1. Call Marie for your **COMPLEMENTARY** Multiple Flu & Immune

Remedy.

2. Success the Remedy.
3. During the flu season, take 1 dropper full per week.
4. If you are exposed to the flu, take 1 dropper full a day for 7 days. Then take 1 dropper full 3X a day

for 7 more days.

5. If you develop flu symptoms, take 1 dropper full 3 times a day or more (if symptoms are severe) until the symptoms improve. Then take 1 dropper full 3X a day until symptoms are gone.
6. CALL MARIE!!



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Going Green Tip

- The Sierra Club states that the average U.S. Office worker goes through 10,000 sheets of paper per year!
- Print on both sides of the paper.
- Recycle toner and ink cartridges and buy remanufactured ones.
- Store whatever you can online instead of printing it!



*"He that withholdeth
corn; the people
shall curse him: but
blessing shall be
upon the head that
selleth it."*

-Proverbs 11:26



Gluten Lexicon

The following is a useful list of foods and their gluten explanation taken from glutenfreeliving.com.

- * **Barley**-A grain that contains gluten. It is found in some soups and is processed to make malt flavoring.
- * **Buckwheat**-Despite the name, Buckwheat is a fruit. Nutritious and gluten-free, it can be ground into flour. Buckwheat groats are the hulled seed of the buckwheat plant. When groats are toasted, they are called kasha. Buckwheat is sometimes combined with wheat flour in pancake and baking mixes, so you can't assume all buckwheat products are gluten-free.
- * **Citric Acid**-This is gluten-free. It is usually made from corn, beet sugar or molasses. Even when made from wheat, citric acid is so highly processed and purified that no gluten protein would remain.
- * **Corn**-A gluten-free grain. It is used to make corn flour, corn starch, grits, hominy and polenta, all of which are gluten-free. Also called maize. Corn gluten does not contain the protein harmful to those who have celiac disease.
- * **Flavors**-Flavors are rarely made from gluten-containing grains, according to the Flavor Extract Manufacturers Association. If wheat is used to make a flavor, "wheat" must appear on the label. Some flavoring is made with ethanol that comes from wheat. In that case the flavor would be gluten-free because ethanol is distilled. Distillation removes the gluten protein.
- * **Herbs**-All plain herbs are gluten free.
- * **Hydrolyzed Vegetable Protein or Hydrolyzed Plant Protein**-The source of the protein should always be listed on the label of a food that contains HVP or HPP. If it is "hydrolyzed soy protein," it would be gluten free; if it is "hydrolyzed wheat protein" it would not be gluten free.
- * **Malt**-Malt flavoring is usually made from barley and is not gluten free. Labels do not have to specify the source of malt flavoring but some companies voluntarily note which grain is used. In rare instances, malt is made from corn and would be gluten free. Malt extract, malt syrup and malt flour are made from barley and are not gluten free. See Vinegar for info on malt vinegar.
- * **MSG**-Monosodium glutamate is a flavoring made through the fermentation of corn, sugar beets, or sugar cane. It is gluten-free.
- * **Oats**-Pure oats are gluten free. However, oats require very strict growing conditions to eliminate contamination from wheat. Oats grown under normal conditions and used in mainstream oat products are rarely "pure," and are not considered gluten free. There are a few brands of gluten-free oats grown and processed in a manner that eliminates cross-contamination. These are labeled gluten free.
- * **Potato**-A vegetable used to make potato flour, potato starch and potato starch flour. It is gluten free.
- * **Rice**-A gluten-free grain. Brown, white, enriched rice and other kinds of plain rice are gluten free. Rice mixes are often seasoned and the seasoning can contain wheat which would be labeled. This is often true of wild rice mixes, though there are some brands that do not contain wheat and are gluten free. Rice flour is a common ingredient in gluten-free foods.

We recommend Elisabeth Hasselbeck's book, *The G-Free Diet*. Go to gfreediet.com for details & purchase information.

Gluten Lexicon

* **Rye**-A gluten-containing grain. Rye flour is primarily used in rye bread. Aside from rye flavoring, it is rarely used to make ingredients.

* **Seasonings**-Seasonings can contain a wide variety of ingredients. Some are not gluten free because they contain wheat flour or wheat starch, which will be noted on the label. Others contain only spices, herbs and gluten-free ingredients and are gluten free.

* **Sorghum**-A nutritious gluten-free grain that can be eaten like popcorn, cooked into porridge, or ground into flour. Used to make gluten-free beer. Also called milo.

* **Soy**-A legume, soy is gluten free. It can be eaten as bean, ground into flour and processed to make other ingredients like lecithin.

* **Soy Sauce**-Most brands of soy sauce contain wheat, which will be listed on the label. Some brands only contain soybeans and are gluten free.

* **Spices**-Pure spices are gluten free. Some contain silicon dioxide, but it is gluten-free and used to keep the spice free flowing.

* **Starch**-On food labels, starch always means cornstarch and is gluten free.

* **Tapioca**-An ingredient made from the root of the cassava plant, tapioca is gluten free. Tapioca flour, also known as tapioca starch, is often used in combination with other gluten-free flours to make baked goods. Also called manioc.



* **Teriyaki Sauce**-Most contain soy sauce and are not gluten free. There are several specialty gluten-free brands available.

* **Tofu**-Often used in vegetarian recipes, tofu is made from soybeans, water and a curdling agent. When plain, it is gluten free. If soy sauce made from wheat is used to flavor tofu it is not gluten free.

* **Vanilla**-A gluten-free flavoring made from distilled alcohol and flavor extracted from the vanilla seed (pure extract) or from artificial vanilla flavoring (artificial

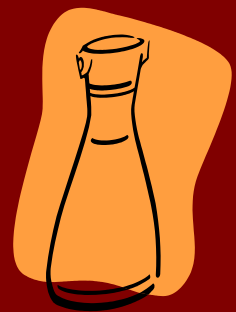
extract). Distillation removes the gluten protein from the alcohol.

* **Vinegar**-Distilled vinegar is gluten free and has always been gluten free. There is no evidence that suggests vinegar might be dangerous for those who follow the gluten-free diet. The only vinegar to avoid is malt vinegar, which is made from barley and is not distilled.

* **Wheat**-A gluten-containing grain. Bulgur, durum, einkorn, farina, graham, kamut, semolina, and spelt are all forms of wheat.

* **Whey**-The liquid part of milk that is separated from solids when cheese is made. It is used as an additive in many processed foods and is gluten free.

* **Yeast**-All brand-name packaged yeasts sold in the US are gluten free. Autolyzed yeast in a food product is generally considered gluten free. Brewers' yeast, when it's a by-product of beer, is not considered gluten free. Brewers yeast nutritional supplements, however, can be made from either brewer's yeast or sugar. If made from sugar, they are gluten free.





Since Thanksgiving is this month, Marie requested that you send her a short note describing what each one of you is thankful for. She wants to thank you for your participation and wonderful sentiments. Be sure to remind her that those of you who participated will receive 10% off your next order, as Marie is thankful for your dedication to her work. The following are your wonderful thoughts:



"I am THANKFUL MOST OF ALL FOR THE WORD OF GOD JESUS!!! THE HAND OF GOD IS MIGHTY ON MY LIFE! I THANK GOD FOR MY GIRLS, FAMILY, FRIENDS AND AMERICA!!!"
J. Bagwell, Clarksville TN

"I am thankful for the knowledge I have been given of the gospel. What a privilege to know Jesus as my Savior Lord and King. I am also thankful for my wonderful husband God has given me and our 49 years together." D. Merritt, NM



"I am so thankful for my husband, family, and friends that God has put into my life. They are the glue that holds me together when things around begin to fall apart." J. Leffel

"I am thankful for the power of prayer. With my prayer and the prayers of others the things that seem impossible become possible." J. Leffel

"I am thankful that Marie took her courses so now she can take care of us! I'm thankful she is carrying on Dr. T's work." S. Donato, Clarksville, TN



"I am thankful for the Lord's direction in our family that brought us to a new understanding of Natural Medicine and to the guidance provided by Dr. Tillman and continuing now through Mrs. Tillman!" S. Comperry, Beavercreek, OH

"I'm thankful for the Tillman's and their ministry because without them we would be in a lot worse health. We are forever grateful." The Littletons, Dickson, TN

"I am thankful that the Lord called me out of darkness into His marvelous light" (2 Peter 2:9) over 30 years ago! B. Spangler, Goodlettsville, TN.



"I am thankful for the beauty of nature and for the enlightenment and company of good books." C. Kelly, Destin, FL

"I am thankful for my family who constantly bring joy into my life." S Russom, Fountain, Colorado





"I am thankful for Jesus, who gives me strength." D. Evans, Clarksville, TN

"I am forever thankful that God saw fit to pull me from the dens of drug and violence and introduced me to Larry Tillman." L. Wilson, Davisburg, MI

"I am thankful for the people that God places in my life." P. Boyd, Clarksville, TN.

"I am thankful for The Gathering, Nashville, TN. and Grace Community Church, Clarksville, TN." P. Boyd, Clarksville, TN

"So very thankful for a loving and supportive family." E Littleton, Dickson TN

"I'm thankful Marie is willing to work so hard to allow me the blessings of continued access to God's Natural Healing Way Ministries!" P. Taylor, Hopkinsville KY

"I am thankful for my children. The two or four legged kinds. Both keep me going."

"We are very grateful for the healing ministry of Dr. Tillman and his wife Marie. Where conventional medicine was not working, their ministry provided prayer, help, and sound advice. That is why we continue to rely on the ministry for our family." The Nakamoto Family Burns, Tennessee

"Here are two things that I am thankful for: I am always thankful for all of the many blessings that God has given me throughout my life and continues to give me. I am thankful for my daughter and all that she does for me." Martha P., Clarksville, TN

"We are thankful God has restored George after the horrific accident in 2009 when a truck hit him on a riding lawnmower." G & A Ragan, Hopkinsville, KY

"I am thankful for my Husband Gary, my Son Brandon and my future Daughter in Law, Whitney. Everyday, they bless me more than the day before :)" M Kogut, Clarksville TN

"I am thankful for my wonderful Christian husband and our family (daughter, son-in-law, grandson, granddaughter, grandson-in-law and our great grandson)!" Ruth R. Goodlettsville, TN

"I am thankful for an opportunity to improve my health early, naturally and peacefully." M. Ivy, Clarksville, TN

"I thank God for hanging with me. And I'm thankful for my family, friends and Marie for helping me get my health back." R. Ladd, Clarksville, TN





**NOVEMBER 2011
NEWSLETTER**

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**The new website is
here!**

Visit us at:

Godsnaturalmedicine.com

Medicine the Way God Intended It!

November's Bounty

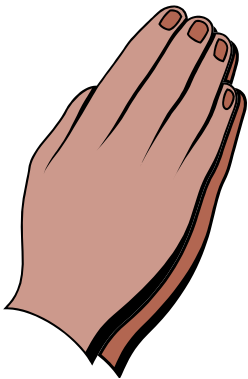
The Holidays are the time of year when it is very easy to overindulge. There is nothing wrong with treating yourself, but keep in mind that those extra pounds are very difficult to take off. The Mayo Clinic has a list of healthy recipes to help get us through this time of year without becoming unhealthy and over weight while still satisfying our holiday taste buds. Roasted Turkey with Balsamic Brown Sugar Sauce, Stuffing with Cranberries,

Honey-Glazed Sweet Potatoes, Garlic Mashed Potatoes, Shrimp marinated in lime juice & Dijon mustard, Smoked Trout Spread, Fresh Tomato Crostini, and Warm Chocolate Soufflé are a few of the choices. From Appetizers to desserts, these recipes are wonderful and healthy. Visit: <http://www.mayoclinic.com/health/search/thanksgiving-recipes/NU00643>

Enjoy and Happy Thanksgiving from God's Natural Healing Way!



Marie's Journey



This issue of God's Natural Healing Way Newsletter concentrates on thankfulness.

As Marie has had God by her side on her long healing journey; she has taken time to realize that she is very thankful for our Lord's guidance, love, nurturing and comfort. She has spent many lonely days and nights reaching out to God, and He has answered her prayers.

Marie is thankful for having

Larry in her life for as long as she did. She is thankful for her family, her friends and her knowledge. She realizes that all of these things are made possible by our Lord.

The saying goes, "When God closes one door; he opens another." Although still grief stricken, Marie has come to realize the truth in this statement.

Take time to appreciate

your loved ones this Thanksgiving and keep Marie in your prayers and thoughts. As anyone who has lost someone dear knows, the Holidays can be very difficult.

Larry and Marie are much more than healers to all of us; they are family. Our health and well-being are a priority to Marie as she continues to fulfill the dream she shared with Larry.



As the Holidays are upon us, my wish is that each and every one of you are thankful for your health and well-being. Remember your family and friends; but first and foremost; thank God above for our bounty. God Bless and Happy Thanksgiving.

Marie Tillman

Marie is now proud to offer a new line of all natural, pure bath products just in time for the Holiday Season. Each is made from all natural products and have soothing and rejuvenating qualities. Each is made with essential oils which produce different healing properties. And they smell delicious enough to eat! Be sure to place your order early as quantities are limited and these make thoughtful, comforting Christmas gifts for everyone on your list!

Candy Cane Bath Salts \$6.00



Few scents are as distinctly tantalizing as the cooling, minty vibrancy of Peppermint. Add 4 table-spoons to your bath water for a relaxing, refreshing, rejuvenating lift to your mind, body and spirit. Close your eyes, relax, and soak for at least 15 minutes. Candy Cane Bath Salts are great for circulation and the nervous system.



Gingerbread Body Scrub \$6.00



Give in to pure aromatic temptation and entice your senses with the rejuvenating sensuality of Gingerbread Body Scrub. Ginger is celebrated for its warm, lively aroma and brings on nostalgic feelings of the Holidays. Use this scrub on your entire body during your daily shower; then rinse. Proceed with your regular soap. This scrub can be soothing when massaged into overworked muscles, and is wonderful for respiratory health.



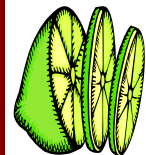
Lemon Salt Hand & Foot Scrub \$6.00



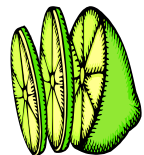
Arouse your senses with the cleansing, energizing, and purifying freshness of Lemon Salt Hand & Foot Scrub. Treasured for its sweetly mild, citrusy fragrance, Lemon Salt should be applied to your hands and feet during your daily shower to soften and smooth rough and/or dry skin.



Lime Body Scrub \$6.00



Weave harmony into your often-hectic days with the stimulating, cleansing, brisk, and balancing freshness of Lime. Beloved for its mild, yet zesty citrus aroma, Lime Body Scrub can be used on your entire body during your daily shower. Rub into your joints to soothe, invigorate, and comfort.

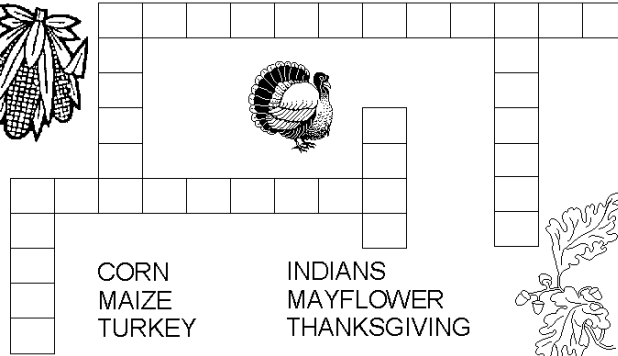
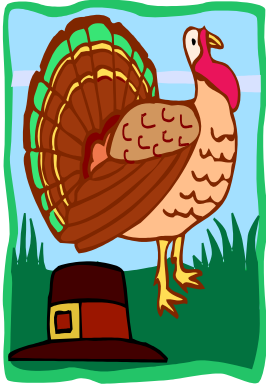


Please place all orders by December 10th for a December 20th pick-up.

Thanksgiving Activity Page

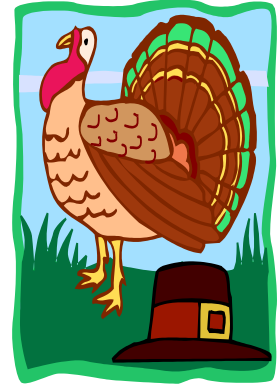
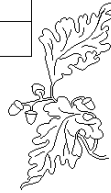
Thanksgiving Crossword

Fit all the words into this puzzle below



CORN
MAIZE
TURKEY

INDIANS
MAYFLOWER
THANKSGIVING



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Color the First Thanksgiving Day