

God's Natural Healing Way Ministries, Inc.

Newsletter

November 2009 (Marie did not get this one out!)

Hello everyone,

I pray that you all are enjoying the health and balance that God has designed and purposed for all of us. Let me take the time to thank you for being faithful to our Creator and this ministry. We have felt a time of deep sorrow with the passing of our beloved brother, Dr. Larry Tillman. His knowledge, personality, and wisdom will be greatly missed in this ministry. God has promised us that through difficult times we shall be made stronger than before if we remain in God's purpose and direction. This ministry is based on God's word and promises. Dr. Larry Tillman was a great pioneer and visionary in developing and implementing God's Natural Healing Way Ministries Inc. He dedicated his life to helping and healing people while edifying their spirit in the Lord. His dream and dedication will continue.

Through this time of grief and loss of Dr. Larry Tillman, a new and exciting opportunity has presented itself. God has a purpose for this ministry and He has shown us that it will continue to love and care for people. Dr. Tillman's research and techniques will continue through the selection of an apprentice known to the community and the Tillman family. Steven Wright (CHP) will continue this ministry. The decision to have Steven continue this ministry has come with much prayer and prudence.

Dr. Tillman performed the marriage ceremony for myself and my wife, Holly, in 2000. In 2003, I suffered a major car accident and was introduced to God's Natural Healing Way Ministries Inc. by using remedies to help heal several injuries without using painkillers or prescription drugs. I began studying under Dr. Tillman and was certified through God's Natural Healing Way Ministries Inc. by him in 2005. I have continued to practice this ministry on a part time basis while increasing and developing skills. I am confident and anxious to resume this ministry with the same care and concern for people Dr. Tillman has instilled. The most important thing is to bring people to God's love and healing power by following the instructions God has given to us. That ministry is what Dr. Tillman dedicated his life to. This is the same purpose and philosophy I will attempt to continue in this ministry.

You can expect the same level of quality and concern through God's Natural Healing Way Ministries Inc. as everyone is accustomed to, yet still feel an innovative spirit towards healing. Marie and I, together, will bestow the same dedication and spirit to all who receive it for the glory of God.

I will also be sending out a monthly news letter with all kinds of information, tips, concerns, and general directions to help everyone learn and grow together in God's Natural Healing Way Ministries Inc.

Thank you and God bless you all,

Steven Wright
(Certified Homeopathic Practitioner)



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Hello everyone,

As we rapidly approach the holiday season I must say that this year has passed by in a flash with many unexpected developments and changes. Our goal is to serve you with the knowledge and skills God has revealed through his word and also share many health tips and secrets to greatly optimize our health and happiness.

This month's newsletter includes some information on recent developments in God's Natural Healing Way Ministry Inc. along with some Christmas suggestions and remedies to help reduce the chance of a miserable feast. We supply these topics for your information and discernment. May God truly bless you and your family as to enjoy a very warm and Merry Christmas.

Marie Tillman has received training and instruction on the point tester machine (VANTAGE) in Atlanta, Ga. She is very anxious and excited to have the opportunity to learn skills of this innovative tool. This will enable us to continue Dr. Tillman's techniques and further God's blessings on this ministry. We will always strive to learn methods to promote God's natural healing ways. This big blessing we will be sharing with you in time for the holiday season. Feel free to make an appointment at any time as to avoid the holiday rush to receive this blessing that God has given to his ministry. This blessing will also bear more fruit around the first of the new year (2010) as Steve plans to receive the same training and experience as Marie. This will enable us to serve anyone and everyone in a more efficient and effective fashion. More information on this development will be given in the upcoming newsletters.

I recently found this article on the web which came from Redbook magazine. I don't really read much of these types of media, but found this information to be accurate and of great value. Please feel free to pass along this information to anyone who can benefit from it and remember to tell them about God's Natural Healing Way Ministries Inc. Thank you, and may God truly empower and enrich your life.

Merry Christmas and Happy New Year from

Marie Tillman



Steven Wright



The true meaning of Christmas is:

"Behold, the virgin shall be with child, and bear a Son, and they shall call His name Immanuel," [fn] which is translated, "God with us." Mat. 1:23

GOD'S HELP FOR THE HOLIDAYS

Don't let this holiday season ruin your happiness and cheer. Be prepared for life's little surprises. Take action now to help prevent unpleasant things such as:

- Food poisoning
- Bloating
- Diarrhea
- Multi flu remedy
- Stress relief formula
- Trauma/ Rescue remedy

Ask now for these holiday remedies and beat the rush. Don't get caught with these nasty symptoms and spoil your visits, parties, and celebrations. Get your natural remedies for these things and enjoy the holidays without suffering and misery. You will be glad you did!

Peachy Frozen Yogurt

Yields 2 ½ cups serves 4
Total time 5 min. Prep time 5 min

Ingredients

- 1 bag(s) (10- to 12-ounce) frozen sliced peaches
- 2 container(s) (6 ounces each) low-fat peach yogurt
- 1 tablespoon(s) sugar 🍯

Directions

1. In food processor with knife blade attached, process frozen peaches until finely shaved. Add yogurt and sugar. Process just until smooth. Serve immediately. If not serving right away, pour into 9" by 9" metal baking 🍯 pan; cover and freeze 1 hour for best texture.

12 Surprising Things That Are Making You Tired

By Stacey Colino Content provided by:

REDBOOK

Energy Buster: All Work, No Play

Acting like a serious, responsible adult is darned exhausting. All those routines, dripping with sameness, can get tedious. And your body registers boredom as tiredness. "The 24/7 push to be efficient and productive can wear you out physically and emotionally. Your brain needs downtime," explains Alice Domar, Ph.D., director of The Mind-Body Center for Women's Health at Beth Israel Deaconess Medical Center in Boston.

Energy Buster: Shunning the Sun

"If there's not enough natural light, the body goes into sleep mode," Goodrick says. In a recent study involving more than 600 adults, researchers at the University of Massachusetts found that feelings of depression, hostility, anger, irritability and anxiety were highest in the winter and lowest in the summer. "Light exposure, diet and exercise, which all tend to vary with the seasons, may partially explain such mood differences," says coauthor of the study Morton Harmatz, Ph.D., a professor of psychology.

Energy Buster: Barely Breathing

When you breathe shallowly (as you do most of the time), you aren't taking in enough oxygen; as a result, you're likely to have lower levels of oxygen and higher levels of carbon monoxide in your blood, which can make you tired, says Domar. Plus, when you don't get as much oxygen in your blood, your heart rate and blood pressure go up. That's taxing to your body.

Energy Buster: Being a Desk Potato or a Sofa Spud

Sitting in one position for long periods of time can sap your energy, Schwartz says. Your body equates that stillness with going to sleep. Also, if you're staring at a screen (computer or TV), you tend to blink less frequently, leading to dry eyes and eyestrain. This can put you in the mood for shut-eye.

Energy Buster: Sleep Inconsistency

Your body's internal clock craves consistency, so if you spend your weekends staying up late and then sleeping in the next morning, you're giving yourself jet lag without even leaving town, says Margaret Moline, Ph.D., director of the Sleep-Wake Disorders Center at New York-Presbyterian Hospital. An erratic schedule can have a hangover effect, causing you to feel foggy long after you awaken. A study conducted at Brigham and Women's Hospital in Boston found that even if you sleep for enough hours, you're more likely to be irritable or downbeat if you wake up at a time other than what you're used to.

Energy Buster: Mild Dehydration

A lot of people are walking around in a mild state of dehydration," says Susan Kleiner, a registered dietician in Mercer Island, Wash. "When you feel thirsty, you've already lost 2 to 3 percent of your body fluid." Even this mild dehydration can make you feel tired or lethargic: Your blood volume lowers, which means you don't get as much blood to your brain and your heart has to pump harder.

Energy Buster: Bright Lights at Night

Normal levels of indoor lighting can be enough to disrupt your brain's notion of night and day. Bright lights can reset your body's internal clock, making it hard for you to nod off when you want to and wake up on time, Moline says. According to research from Brigham and Women's Hospital, brightly lit settings seem to reduce and delay the secretion of sleep-inducing melatonin.

Energy Buster: The Vitamins-Plus-Coffee Breakfast

This common meal substitute is actually a vitality drainer. "Vitamins are not a source of energy," says Nancy Clark, R.D., author of Nancy Clark's Sports Nutrition Guidebook. Skipping breakfast altogether is another dead end: If you start the day without taking in calories, your metabolic rate and other functions slow in order to preserve energy. As a result, you wind up feeling droopy. "Putting breakfast in your body will give you more sustained energy through the morning," says Clark. Not hungry in the morning? You probably ate too much the night before.

Energy Buster: Overdoing Exercise

Working out every day may not be a good energy strategy, especially if you're a beginner or trying to get back in shape. "The body needs time to recover after exercise, to replenish energy stores and repair muscles," says Richard Cotton, chief exercise physiologist for the American Council on Exercise in San Diego.

Energy Buster: Toting Around Extra Pounds

Gaining as little as 5 pounds can cause fatigue. "If your body's carrying extra weight, it's exhausting," says Schwartz. "It also puts extra strain on your heart, which can make you tired."

Energy Buster: Slouching

Poor posture doesn't just make you look tired, it creates the feeling as well. "When the joints aren't aligned properly, the whole body has to work so much harder," says Sherry Brouman, a physical therapist in West Los Angeles and author of Walk Yourself Well. Poor posture places excess strain on your back and hips, which can make you feel tired and achy.

Energy Buster: Too Much Noise

Noise is stress. "It compromises your quality of life and has damaging physiological effects," says Arline Bronzaft, Ph.D., former professor of psychology at Lehman College at the City University of New York. "Your pulse rate and blood pressure increase, your adrenaline surges; anything that puts added stress on the nervous system eventually depletes your energy." Noise is also a stressor because you are not always in control of it. During the day, you may be able to tune out a certain amount of noise, "but you have to work harder to complete tasks because you're actively working to try to ignore the sound," explains Bronzaft. Ultimately, that's physically exhausting.