

God's Natural Healing Way Ministries, Inc.

December 2011 Newsletter



Natural Herbs

The Scriptures reveal that God has made provisions for man to enjoy good health. In Genesis 1:29 God said, “Behold, I have given you every herb bearing seed...and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat.” Man was designed by his Creator to eat herbs of the land.

A herb is any edible vegetation. Yet it is clear that man does not eat every herb—only those that “taste good.” Thus, man omits from his prescribed diet, foods that may be bitter but which are thought to dissolve tumors and cleanse and

relax the body. Foods which are sour, are known to tighten, tone and constrict loose spongy tissues in the body. Foods which taste hot stimulate the meta-



bolic actions of the body. God has provided but man has pursued foods which are sweet, aromatic, easy to prepare and are easily preserved. It's no wonder that sickness, lack of energy and vitality abound on much of the Earth.

In the book of Revelation

(22:2) there is a tree (not a pharmacy) that has leaves for the healing of the nations. The Scriptures are full of instances where foods (herbs) were used in the Divine order of the restoration of health. God's “pharmacy” consists of foods (plant life), not drugs.

It is obvious that the mixing of drugs in Biblical times was not the esteemed practice that it is today and raises the question of whether drugs have a part in God's plan for maintaining the health of His creation. Natural herbs have no negative side effects and are the tools of good health.

Zip it up!

The common cold is arguably the most common illness in humans. According to the U.S. Center for Disease Control and Prevention (CDC), it is also one of the most common causes of work and school absenteeism., with up to 22 million school days lost each year in the U.S.

We all probably recall our

mother's telling us to zip our coats, jackets and/or sweaters before going out into the cold weather. While that may have been a bit aggravating for us as kids, that age-old advice still holds true for adults.

We definitely want to avoid a sore throat, cold, tonsillitis, strep throat or the flu.

In addition to concentrating on proper nutrition (which includes fresh fruits & vegetables ALL year), getting plenty of exercise, avoiding stress, frequently washing our hands, and avoiding smoking, dressing warm is yet another way of staying healthy all winter.

Call Marie for your free Multiple Flu & Immune Remedy!

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Going Green Tip

- A great way to reduce your carbon footprint is to think seasonally, by finding out what foods are grown in your area during each season.
- Spend more time in the produce section and less time in the frozen food aisle and the chips and cookie aisles.
- Buy a live tree for Christmas. It will make a beautiful addition to your yard!



To raise new questions, new possibilities, to regard old problems from a new angle, requires creative imagination and marks real advance in science.

-Albert Einstein

Natural Herbs Q & A

Q: What are Herbs?

A: Herbs are the highest quality food known to man containing vitamins, minerals and trace elements in natural balance and harmony.

Q: Why use Herbs?

A: It is our sincere belief that our Creator put Herbs upon the earth to maintain and restore our health. We believe that herbs get to the cause of health problems.

Q: Are there bad side effects with using Herbs?

A: No, but some people experience cleansing action on the body when first using Herbs (nausea, diarrhea, aches, etc.). It is this detoxifying process that helps bring the body into a state of health.

Q: Do I treat Herbs like drugs?

A: Herbs are food, not drugs. Herbs can be taken in large quantities with no harmful side effects. Mixing Herbs have less of a side effect than eating different foods together. Therefore, you can take the Herbs you want to get greater health benefits. Most chemical drugs can be taken at the same time as Herbs, but it is preferable to take at different times.

Q: How many Herbs should I take and for how long?

A: "When using a new herb, begin with a recommended dosage and observe how your body reacts to it. If you do not receive the desired result, increase or decrease the dosage accordingly.

When Herbs are used for restoring health, dosages will need to be 5-7 times that which is required for maintaining health. Depending of course on the ailment and the severity of it, approximately 3 months of sustained high dosage is usually required before the body is repaired. Sometimes it takes a full year of reparation to occur so that a person goes through all four seasons. The science of Homeopathy teaches that it takes 1 month for every year of illness for the person to REBUILD the body." (Dr. Jack Richardson, *"The Little Herb Encyclopedia"*)

Q: How soon should I get results?

A: It's impossible to give a set answer. There are many factors involved-the severity of the problem, the person's assimilation & digestive system, the number of herbs taken, and the particular problem. However, some problems like constipation and blood sugar imbalances will usually get excellent

results within a day, while someone with cancer or arthritis may not feel any difference for weeks.

Q: Can I quit taking my chemical drugs?

A: Herbs are a slow and safe remedy. Don't ever quit taking drugs you're dependent on. Many people have decreased drug dosage and frequency with the use of herbs.

Q: When is the best time to take Herbs?

A: Since Herbs are food, you can take them whenever you want. Most people will take them before meals so the liquid won't dilute their digestive juices. Others on a busy schedule will take them first thing in the morning and last thing at night. (Some people who take them after meals will experience burping). Herbs for insomnia and cleansing are mostly taken at night. Appetite depressants and blood sugar balancers are best taken 15 to 30 minutes before the problem hits.

NOTE: Don't forget the importance of proper food and enough water. Call Marie for any other questions you may have about Herbs or Vitamins.

Peppermint's Many Uses

According to The Ananda Apothecary, peppermint essential oil is considered by aroma therapists as one of the more indispensable essential oils. It should be a part of every traveler's first aid kit as it can work wonders for motion sickness and general nausea.

Research has found peppermint oil to be effective for Irritable Bowel Syndrome. Further, French literature suggests peppermint for asthma due to its liver

strengthening and regenerating properties.

The main constituent of peppermint is menthol, which causes a quick, soothing, sensation of coolness when inhaled or applied to the skin.

The aroma of peppermint essential oil is strengthening and stimulating and has been repeatedly studied for its effectiveness in arousing concentration, focus, and mental sharpness. (It is noted that use during the day is better than before bed-

time). It is also commonly used for headaches and migraines by placing a drop on each temple.

The most researched therapeutic activity of peppermint involves support of the digestive system. It stimulates the liver and gall bladder to release bile, supporting digestive activity. The oil also inhibits muscle spasms in the intestines.

Call Marie for more information on Peppermint Oil and its many uses.

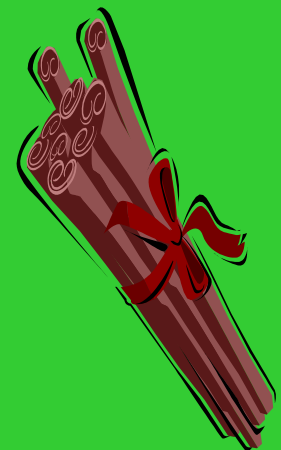


Cinnamon's Taste of Health

Cinnamon is one of the many spices, like nutmeg and ginger, that remind us of the Holidays and cozy winter nights by the fireplace. Do you love the warm, comforting flavor of cinnamon? Not only is cinnamon a culinary favorite, the essential oils found in this bark-derived spice deliver a multitude of healing properties. Well known for controlling blood sugar, cinnamon also helps with indigestion, nausea, menstrual cramps, inflammation and high cholesterol.

Cinnamon's anti-fungal and antibacterial properties are especially intriguing in this age of food-borne illness scares. A recent study published by the Institute of Food Technologists found that an "edible film" made from cinnamon's essential oils protected foods from three different types of bacterial pathogens.

So be sure to add cinnamon to your grocery list as it can be sprinkled on your morning tea, yogurt, apples, and toast. Use cinnamon sparingly, as a little goes a long way.





Visit

NaturalPedia.com
for Knowledge of
the World.
Naturally.

Historical Uses of Natural Herbs

- **Alfalfa**-For pituitary gland, arthritis, chlorophyll, high nutritive, alkalizes body rapidly, detoxifies body and liver.
- **Barberry Bark**-Used as a laxative. Good for typhoid, jaundice, and improves appetite.
- **Bayberry**-For congestion and sinuses.
- **Bee Pollen**-Great energy food and help alleviate allergies.
- **Bilberry**- Used to cure night blindness, regeneration of retina purple, varicose veins, and kidney problems.
- **Black Currant**-Builds blood, high in vitamin C, highly alkalizing, one of the highest sources of the Omega-6 fatty acid, GLA.
- **Blue Cohosh**-Regulates menstrual flow, makes childbirth easy. Good for whooping cough, bronchial mucus, palpitations, high blood pressure and spasms.
- **Boneset**-Helps cure jaundice, fevers, flu, night sweats, bronchitis, skin disease.
- **Butcher's Broom**-Great for overall circulation, leg circulation, varicose veins, hemorrhoids, phlebitis, thrombosis.
- **Capsicum**-Catalyst for all herbs, stops internal bleeding, circulation, use with lobelia for nerves. Use as a stimulant for healing.
- **Catnip**-Used for curing convulsions in children, insomnia, is soothing to the nerves, and can help with insanity.
- **Chamomile**-Used for nerves, toothache, helps to stop smoking, drinking alcohol, and muscle pain.
- **Chickweed**-Used as a bronchial cleanser and eats carbohydrates (fat). Helps with deafness and peritonitis.
- **Damiana**-Used for sexual impotency, reproductive organs, loss of nerves, energy to limbs.
- **Dandelion**-Diuretic, kidney and bladder, iron anemia, gout, high in calcium and other vitamins and minerals.
- **Dong Quai**-Used to treat female problems, including menopause and hot flashes.
- **Evening Primrose Oil**-Great for weight loss, high blood pressure, eczema, hot flashes, M.S., arthritis, alcoholism.
- **Eyebright**-Aids the vision the uppermost parts of the throat as far as the windpipe.
- **Fennel**-Used to eliminate colic in babies, helps kill appetite, aids in digestion when uric acid is the problem.

Historical Uses of Natural Herbs

- **Feverfew**-Used for migraine headaches, muscular tension, intestinal worms, appetite stimulant, promotes menses.
- **Ginger**-Stimulates circulation (pelvic area) and helps prevent gas, indigestion, and paralysis of the tongue.
- **Goldenseal**-Antibiotic, acts as insulin and cleanser. Good for morning sickness, it is a cure-all type herb.
- **Hawthorn Berries**-Used to dilate the coronary blood vessels in a mild way and restore the heart muscle as well..
- **Ho-Shu-Wu**-Used for impotency, longevity. Used for tumors, piles, menstrual problems, colds and diarrhea.
- **Hydrangea**-Used to cure gallstones and kidney stones.
- **Juniper Berries**-Used for kidney or bladder problems relating to pancreas and adrenal glands. Works well for dropsy and leucorrhoea.
- **Kelp**-Good for thyroid, arteries, nails, preventing hair loss, and cleanses radiation from the body.
- **Licorice Root**-Natural cortisone. Good for hypoglycemia, adrenal glands, stress, voice problems, and colds.
- **Marshmallow**-Used to bathe sore and inflamed eyes, also used for bladder and kidney problems.
- **Passion Flower**-Used for menopause, headaches, neuralgia, hysteria, and high blood pressure caused by mental problems.
- **Peach Bark**-Good for bladder, uterine problems, jaundice, inflammation of the abdomen.
- **Red Clover**-Used as a blood purifier and relaxes the nerves and entire system.
- **Rosehips**-Used as an infection fighter, also used as a stress herb.
- **Sage**-Used to prevent night sweats, expels worms in children and adults, stops bleeding of wounds and cleans old ulcers and sores.
- **Siberian Ginseng**-Used for male hormone therapy, longevity, prostate, & stomach problems.
- **White Oak Bark**-Used in douches and enemas, varicose veins, loose teeth, bladder goiter, gallstones, kidney stones, fever and sores.
- **Yellow Dock**-Blood purifier, cleanser, cures acne, high in iron, tones entire system.
- **Yucca**-Used for rheumatoid and osteoid forms of arthritis.



“To the uninformed, naturopathic medicine, as well as the entire concept of natural medicine, appears to be a fad that will soon pass away. To the informed, however, it is quite clear that naturopathic medicine is at the forefront of the future.”

*-Michael Murray,
N.D.*



DECEMBER 2011
NEWSLETTER

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The new website is
here!

Visit us at:

Godsnaturalmedicine.com

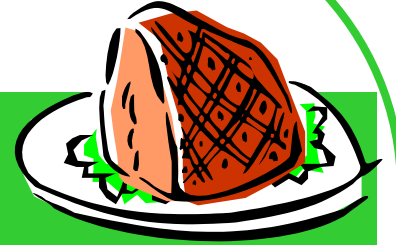
Medicine the Way God Intended It!

December's Bounty

Bananas, cherries, honeydew, oranges, raspberries & strawberries are in season in December. Take advantage of nature's bounty and make a colorful and delicious fruit salad to accompany Christmas breakfast or brunch. <http://pinterest.com/pin/323023024/> Now is a great time to get the kids to try new things. Something about the Christmas season makes children a little more open to your ideas. Do you think it might have something to do with Ole St. Nick's upcoming visit?

Asparagus, broccoli, cauliflower, celery, cucumber, lettuce, mushrooms & spinach are wonderful, healthy choices and great additions to any salad. <http://pinterest.com/pin/192516310/> Make good use of what is available in your area and build a colorful Christmas menu.

Enjoy and Merry Christmas from God's Natural Healing Way!



Marie's Journey

Now that Marie has completed her Naturopathic Doctorate, she is putting her vast knowledge to great use by helping each and every one of us. But sometimes we forget to put her knowledge to good use.

Larry used to say, "I have cured more mantles and bed side tables than you can imagine." What he meant by that was that people would visit, get their remedies, take them home and then neglect to take them!

We all know that these remedies are designed specifically for each of us...and they work! However, they only work if you take them properly.

Marie is constantly updating her skills and knowledge and is bringing God's Natural Healing Medicine to the next level.

Let this serve as a friendly reminder that we have to do our part to get the

maximum benefits for our optimal health.

As the year winds down, take a fresh approach to your good health by updating your remedies, vitamins and essential oils. Also, it is cold and flu season. Be sure to call Marie for your **free** Multiple Flu and Immune Remedy! Enjoy your family and good health throughout the Christmas season! Merry Christmas and God Bless!



My prayers are with each and every one of you this wonderful season. Please have a safe and Merry Christmas. Spend time with your loved ones and give thanks to our Lord. Please keep me in your thoughts and prayers.

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.



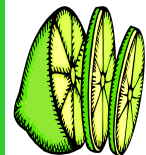
Lemon Salt Hand & Foot Scrub \$6.00



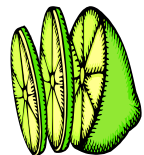
Arouse your senses with the cleansing, energizing, and purifying freshness of Lemon Salt Hand & Foot Scrub. Treasured for its sweetly mild, citrusy fragrance, Lemon Salt should be applied to your hands and feet during your daily shower to soften and smooth rough and/or dry skin.



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.



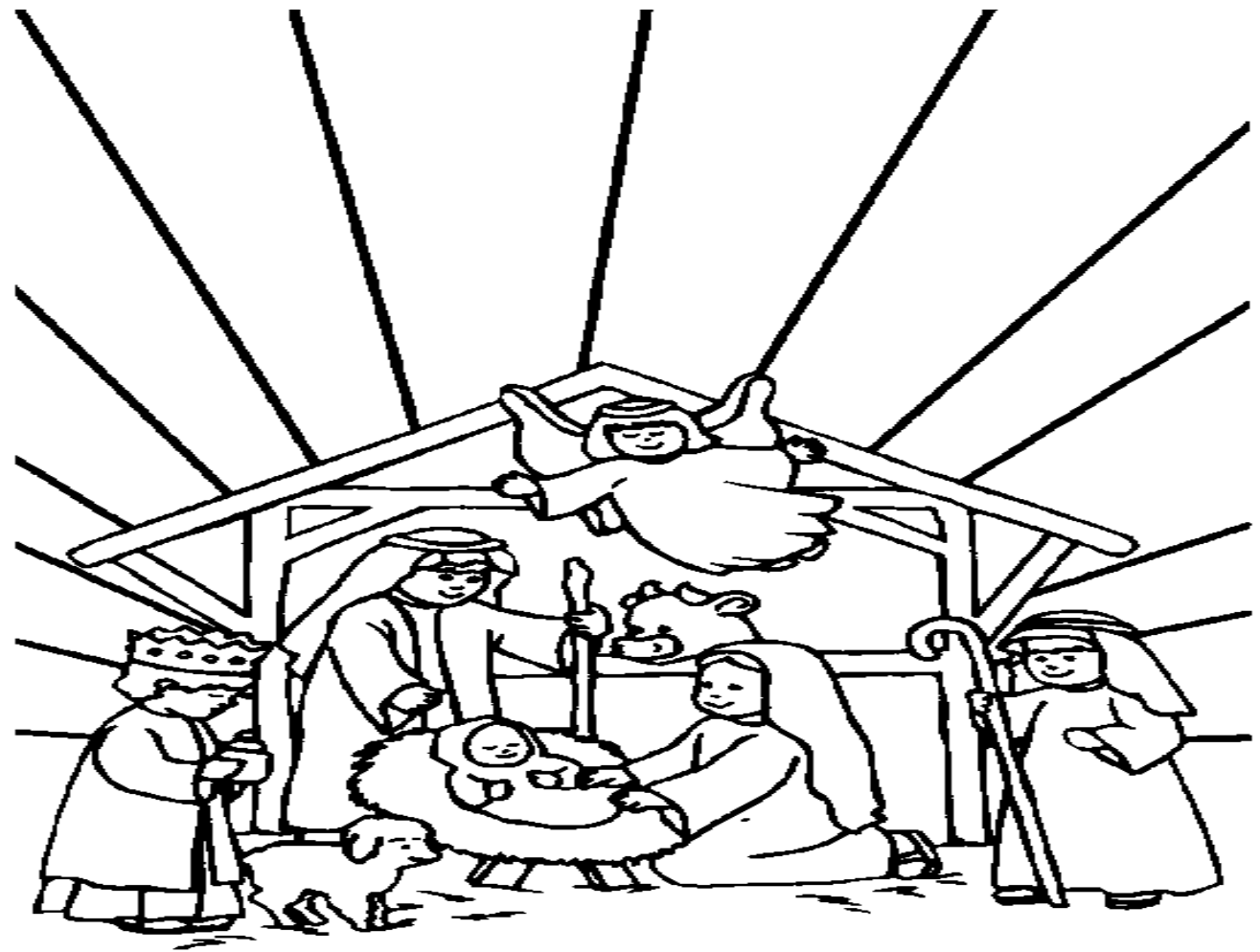
Christmas Activity Page

Super Santa Word Search!

Try to find all of these festive holiday words on Santa's mighty arm!

- CAROLING
- CHRISTMAS
- ELF
- PRESENTS
- REINDEER
- RUDOLPH
- SANTA
- SNOWMAN
- TREE
- WREATH

S	H	Z	A	D	R	C			
D	N	P	A	D	G	E	H	Z	
N	O	L	Z	C	U	E	R	F	
O	W	O	T	A	R	D	I	A	
T	M	D	P	R	Y	N	S		
E	A	U	R	O	E	I	T	N	
L	N	R	E	L	F	E	M	I	
E	L	T	S	I	Y	R	A	D	
F	S	E	R	E	N	C	T	S	D
S	S	E	N	G	N	R	Q	F	
N	H	T	A	E	R	Q	F		
A	S	H	D	A	O	F			



Color the Nativity Scene