

A Message to the Modern Churches

**“What you do not understand you will not value.
What you do not value you will destroy.”**

Comment on a Nature Documentary

In 1982 I was 25 years old, and my life was in a major crisis. I was engaged to a man and literally walked in on his suicide as his body fell to the floor from a gunshot to his right temple. I was taken from the house and held for fourteen hours without being allowed to make a call or be examined for emotional stability. Thankfully a dear friend called my mom and Stepfather who lived an hour away and they finally arrived to pick me up. I was allowed to return to our home to gather personal belongings, but the deputies made *me* go back into the bedroom where this had all happened which I'm certain added to my trauma.

A bizarre set of events followed over the next few weeks which led to me becoming the subject of a murder investigation; events that didn't make sense. With my world still rocking and clearly still in a state of shock I took 75 pills fully intending to leave this planet. Life already seemed pointless and now I was being charged with a murder I didn't commit. So, I took twenty-five sleeping pills, twenty-five Ativan (anti-anxiety), and twenty-five Mellaril, (mood elevators), wrote a goodbye note and got back in the bed fully expecting to never deal with this life again. Instead, I woke up in a psychiatric ward where I spent a week, several days of which I was literally strapped to the bed as rage filled my being. How did I go from being a “preacher's kid” to this?

As time went on, I wrestled with the day to day of all this with suicide still looming as a viable option vowing that next time there'd

be no failure. I'd had a profound awareness of God as a child. With my dad being a pastor, God was a common subject in our lives. I'd read the entire bible at age 7 and at the age of 9 had a profound spiritual experience while in a prayer meeting at my dad's church. I was having a significant encounter with God not realizing how important that would be in my future. After my parents' divorce all three of us kids completely lost our entire foundation in the 70's, and all that implies. Though I'd forgotten God, it was through this set of events that I remembered Him and recognized that nobody else could get me out of this mess. Fortunately, many spiritual things happened that let me know He was close by and I finally dropped to my knees in tears. "Father, my life is in the trash. I didn't mean for that to happen but then I'm not sure what I'm supposed to do with it anyway. You're the only one who knows I didn't do this and You're the only one who can get me out of this mess. So, if you get me out of this, I'll live the rest of my life for You and Your purpose..."

The day of my arraignment came and as the day ended the judge left the bench and disappeared around the corner where my attorney was summoned. Soon I was invited into his chambers, alone, where he explained that the grand jury had never met on my case. "If they never met there can be no indictment, no arraignment, and no trial." Reading my confused expressions, he continued. "I've read everything in the file and there's nothing here that makes me think you did this. I can't even imagine what you've been through and hope you can walk out the door and put your life back in order." I was amazed when the fog lifted months later to realize that this man's actual name was Judge Love. It couldn't have been more obvious that God had intervened, and that moment changed the rest of my life.

Although I had no idea what this "deal" was going to require of me as the next several years unfolded that question was answered and the journey produced a story that confronted me individually, will

confront the modern churches, and the culture at large. It was hard to fathom that God was asking *me* to literally show up and be available to Him and the spiritual enemy did his best to convince me that I was being a drama queen and owed God nothing. I watched many times as this Force moved people around like puppets so I would hear what I needed to hear or see, addressing my unspoken thoughts, creating “omens” to keep me moving forward in His agenda. In time, it became clear to me that God took that “deal” very seriously. He now had a consciously indentured servant and clearly had every intention of optimizing His position.

Six years passed and while I was eagerly seeking God for direction nothing had been revealed so I fell in love, got married, had a baby, and within six months of her birth my health began to fail rapidly. I assumed my church and the vast number of available doctors would know how to fix me. After all, this is America where we supposedly have the best health care in the world. As a Christian who believed in the healing miracles of Christ, I wasn’t worried. I prayed several times every day and church leadership and friends prayed including the standard prayer that God would “give the doctors wisdom in their diagnosis and treatment...” I also had the opportunity to meet a true spiritual “healer” and while my now ex-husband received a miraculous healing to three cracked vertebrae that had him bedridden for six weeks, I received nothing. It was obvious to me that God didn’t love him more than me so there had to be a reason.

After eighteen months, lots of prayer and a dozen doctors, my health was worse, much worse. The doctors seemed perplexed but postured in their declarations and hopeless predictions. Fellow Christians presumed I was lacking in faith or had some spiritual malady that explained God’s lack of favor. To the contrary, I knew that I wasn’t guilty of harboring any hidden sin and was very sincere

in my relationship with God. There had to be a reason God was denying the requests for my healing.

Life had shown me many times that humans are unreliable. Despite their best intentions, education, and status they can be wrong. I was fully aware that Galileo was charged with heresy by the religious elite and spent the rest of his life under house arrest for simply writing about an idea that the sun was the center of the universe and not the Earth. We must remember that “group think” can permeate a collective mind and prevent truth or current information from coming in. I knew it was at least possible that we were all missing some valuable information, simply because we are humans.

I’d been in a similar situation ten years earlier when I was 21 years old and had a grand mal seizure. It resulted in a life-altering diagnosis that would’ve made me a permanent customer of the medical industry and unable to drive. Instead, God intervened through my grandmother and the issue was resolved by a medical doctor who practiced a nutritional approach. Somewhere in the recesses of my mind I knew other methods existed. Unfortunately, I had become a product of the culture once again and only retained fragments of his imparted knowledge and used them more in a reactive than preventative method. Ultimately it became clear that the current mainstream medical approach wasn’t working, yet again, so I canceled the scheduled tests, and all follow up appointments and slid down the wall of my kitchen and cried. It was a cry of surrender, repentance, and an appeal for God’s help.

“But the Lord still waits for you to come to him so he can show you his love and compassion, For the Lord is a faithful God. Blessed are those who wait for him to help them.” Isaiah 30:18

Six months passed and my health continued to decline but the same was true when I had a dozen doctors so really nothing had changed. I'd made a vow that I would not go back to another doctor unless God Himself sent me and I felt it was important to honor that. One action demonstrated my faith to be in God and any follow-through would therefore be an act of obedience. The other act of going from doctor to doctor seemed to demonstrate that my faith was in humans, which wasn't in agreement with my true beliefs at all. Maybe this period was a test of my faith, but in my mind, I had totally surrendered the project and was waiting solely for God's direction. I didn't have any scripture to back up my decision, but it seemed more in line with my trust in God than what I'd been doing. So, I waited, I hoped, I sometimes prayed, and I listened, every waking moment. I was waiting with intention for a path to open before me to lead me to my answers. Years later I found a verse in the Amplified Bible which reads, "Let your mercy and loving kindness, O Lord, be upon us, in proportion to our waiting and hoping for you." Those words "in proportion" seemed to jump off the page at me and I realized the cultural and church model I'd been following, although surrounded in prayer and good intentions, had me waiting for doctors and hoping they had my answers in a lot greater proportion than the "waiting and hoping on God." In fact, going from human to human seemed random and self-reliant at best. I wanted to change the priority of my seeking and START WITH GOD instead of doing what the culture taught and dragging God along with me. I wanted God to direct my steps.

One day I decided to pray what I deemed a "final prayer." In my mind if God didn't show up this time, I wouldn't ask again but would begin accepting whatever came next. I began my prayer by acknowledging that God made everything, so He therefore knew exactly what was wrong with me, unlike the human doctors. As I kneeled there wondering what to say, the next words came from my

mouth that I recognized as being inspired from some Source outside of me. “Father if it isn’t your will to miraculously heal me then please give ME wisdom, show ME what to do to be healed.” I had never been taught or encouraged to pray this way. In fact, healing was always presented as something someone else was going to do for me. Whether it was in church or at the doctor’s office healing is consistently presented as either a gift from God or a service offered by a medical professional; individual responsibility just wasn’t introduced as a concept.

As I remained kneeling and acknowledging the profound wisdom of this new approach, I became aware of something stirring in the heavens that seemed like a dull roar or thunder coming towards me. I felt it stop over our home and there was a long pause as if it was becoming smaller so it could approach me. In a few moments, I was consumed by the most amazing hug I’ve ever felt and a gentle side to side rocking ensued. I felt like whoever this was had waited anxiously for this moment.

I then heard, **“Everything’s going to be okay, but you must do exactly as I tell you to do! Do you understand?”** I agreed, received another hug, and felt directed to my feet and into my kitchen where I received immediate and specific instructions that produced more positive results in three days than a host of doctors had been able to do in two years.

I had what I named a “Jewish Mother Presence” who consistently asked of me as I bent my elbow to put anything in my mouth, “What is that? Where did it come from? What do you know about it? Who said it’s okay to eat that?” I had an insatiable appetite for knowledge and read about the harmful effects of many FDA-approved foods and many lifestyle factors that undermine health and zealously amended every area of my life to accommodate the revelations. I had received

a conditional promise and was fully aware that my compliance was a requirement.

“In prayer there is a connection between what God does and what you do... If you refuse to do your part, you cut yourself off from God’s part.”

Matthew 6:14-15 The Message

I was appalled to learn that so many government oversight agencies that should be protecting and informing consumers were instead being used to advance careers.

“Behold, I send you forth as sheep in the midst of wolves. Be ye therefore wise as serpents and harmless as doves.”

Matt. 10:16

I learned that if an FDA investigator turns a blind eye in an investigation, they are routinely rewarded with a lucrative job offer. It happens all the time! I suspect the more dangerous the product, the more the risk, the better the offer. In the last few decades, I’ve seen this career ladder become more like a revolving door as they essentially investigate themselves. Without shame they bounce from industry executive to government oversight and back into the company as needed to accomplish sinister goals and the government is very accommodating because these big corporations make campaign contributions. “Pay to Play” has been around a very long time and the consumers are being steered into a lifestyle that promulgates sickness, profits, and is empowering evil in ways beyond your imagination. Consumers are the only way to break this cycle.

“Take no part in the unfruitful works of darkness, but instead expose them.” Ephesians 5:11

I ignorantly assumed the FDA was testing everything before it was offered for sale to consumers. I never stopped to think about the enormity and impossibility of such a project. A recent article by Dr. Joseph Mercola reports “each year a total of 9.5 trillion pounds of chemicals are manufactured or imported into the US, which translates into 30,000 pounds per American.” It never crossed my mind that these government oversight agencies would accept the safety data of the food, drug, and chemical manufacturers who had millions of dollars invested in an outcome. I recall being stunned while reading in a little booklet, *Is Ritalin Necessary?* by Billie J. Sahley, that the FDA allows manufacturers to remove people from a study if they’re adversely affecting the desired results and continue the test as if that event never happened. What? That’s a total perversion of the scientific method we learned in school!

I was further shocked that FDA reviewers can benefit financially by doing work for the drug companies, their licensees, or by receiving “research money” from them and this doesn’t disqualify their vote. Very recently the FDA failed to make it known that four members of a review committee had financial ties to the manufacturer of the Yaz and Yasmin birth control pill being reviewed. The pill was up for review about whether it could stay on the market after a series of studies revealed an increase in blood clots. The vote passed by four. It seems clear enough to me that the FDA is protecting the food, drug, or chemical manufacturer and not the consumer.

In 2008, historic shock waves rocked the US when a group of nine scientists wrote a letter to Congressman John Dingell and later to Obama’s transition team leader begging for intervention due to blatant widespread corruption at the FDA. I’ve been on this journey for 26 years and I never imagined that anyone within the FDA would risk their career and the safety of themselves or their family to blow

the whistle. This tells me that the corruption had reached an epic peak for them to take this action.

Within this event is an account of a politician who picked up the phone and called someone at the FDA and a medical device that couldn't get approval was approved the next day. That alone should make your skin crawl to know that equipment is on the market and being used by medical professionals that is there only by means of corruption and not a true FDA unbiased review! And if you're having cosmetic laser treatments (radio frequency) for body contouring or hair removal or any other cosmetic procedure you had better stop and do some research. It's my opinion from reading the 5-page redacted but revealing letter, that cosmetic lasers were a significant factor in their inspiration for this appeal. FYI: Seeing it on Dr. Oz is not evidence of an FDA thorough review for safety!

In recent years Dr. Scott Reuben admitted to falsifying 28 studies and more recently 110 studies were retracted because the submitting scientists were setting up fake email accounts and reviewing their own submissions. Recent articles speak openly of this now corrupted review process and its unreliability. Unfortunately, we now live in a world where you can buy just about any study you want. A CDC whistle-blower recently came out and stated on record that there is "bias and withholding of data" within the vaccine debate. Congressman Bill Posey in Florida testified that a "whistleblower" admitted to bringing trash cans in and destroying all studies that weren't favorable to the drug manufacturer's position on their vaccines link to Autism. **THEY WERE LITERALLY THROWING AWAY THE STUDIES THEY DIDN'T WANT US TO KNOW ABOUT!**

Glaxo-Smith-Kline, a major drug manufacturer, recently paid a \$3 Billion settlement for committing fraud, bribing doctors, and

submitting fake data to the FDA related to a drug they manufacture. That's not an inadvertent mistake they made, it's criminal activity where consumers are knowingly put at risk for profit. I'd be curious to know what their profits from that drug were over and above that settlement, which is yet another problem. If their product causes harm all profits after settlements should go into a fund for medical charity or restitution for people injured by drugs and medical procedures. If you're convicted of fraud the company should lose the ability to do business in my opinion. Drug manufacturers shouldn't be able to keep dirty money as there is then no disincentive for wrong-doing but merely a profit versus costs assessment. A perfect example of the accepted lunacy is happening as I'm writing this. I'm seeing ads proclaiming the virtues of the drug Xarelto while also seeing commercials for the law firms suing for injuries suffered by people taking the drug. So, is it safe or is it not? Clearly the FDA approval process is not what we think or expect it to be. Gwen Olsen referred to this in her book, *Confessions of an Rx Drug Pusher*, as a "phase IV clinical trial" which means, release it to the public and see what happens. So, essentially, consumers are being used as lab rats!

Very recently a former Eli Lilly executive, Dr. John Rengen Virapen, who spent 35 years working for several drug companies, admitted to bribing the Swedish government related to Prozac. This was just one confession among many other "bad things" he says he did to promote sales. In September of 2015 Merck was fined \$488.8 Million for a bribery network among doctors in China. Two scientists are going to prison and another one was essentially told to "get out of the country or go to prison." FINALLY, after 28 years on this journey the truth is coming out that FDA approval is a myth. You'll do better seeking true healing and restoration of your health using good ol' common sense and a deeper reliance on God and His direction.

**“What is that? Where did it come from?
What do you know about it?”**

The result of these collective failures is that humans are now consuming things never meant to enter the human body. Things like raspberry flavoring made from the anal gland of a beaver. The red in some food products is made from ground up female lice known as cochineal. Cans of sweetened, liquid acid, containing cancer-causing chemicals and widely recognized for its ability to clean corrosion from battery connectors and embedded rust from a chrome bumper is routinely drank over ice, aka “soft drinks.” These are routinely served in hospitals, churches, schools, and nursing homes because apparently, nobody can make the connection between drinking acid and some of the diseases that plague humanity. If the television says, “do it” the consumers obey and the Christians fall right in line as if they haven’t read or been taught their own bible’s warnings and instructions in these matters.

Randall Fitzgerald is a previous investigative reporter for a syndicated columnist, has written feature articles for The Washington Post and The Wall Street Journal, and co-wrote a presidential commission during the Reagan administration on reforming the federal government. (Guess that didn’t do any good considering where we are today.) He reports in his book, *The Hundred Year Lie*, that euthanized dogs and cats are ground up and made into “protein pellets” and fed to factory-farmed animals raised for human food even though their natural diet is grass. It’s well known among health advocates that aspartame aka NutraSweet aka Equal (the blue packet) now marketed as Amino Sweet, is a neurological poison. It remains on the market while it bears the distinction of being the product most reported to the FDA for adverse reactions with 80 syndromes associated with its use. It’s available in many prepared food products and served in hospitals, churches, schools, and nursing homes. Of

interest, saccharin (the pink packet) was once pulled off the market by the FDA after it was linked to cancer but put back on the market due to “consumer demand.” From what I’ve learned I suspect it’s more likely back on the market by manufacturer demand. It wouldn’t surprise me if a payoff happened which is how NutraSweet (aspartame) reportedly got on the market through Donald Rumsfeld. It couldn’t get approval until Ronald Reagan was elected and politics paid off again.

Recently a food activist online known as “Food Babe” brought it into the light that Subway’s sandwich bread contained the same ingredient used in making yoga mats. I wish this was the exception, but you’ll find entire books, like the series, Dictionary of Food Additives by Ruth Winter, which covers this in detail. Now that we live in a sea of chemicals it’s very common to find food additives used in industry as motor fuel, solvents, paint thinners, and degreasers in your food products. Surprisingly they’re even allowed to hide these ingredients as “trade secrets.” Stop and think about this: KNOWN CARCINOGENS are routinely used in man-made food products and despite this breach of sanity these chemicals are given a GRAS (Generally Recognized as Safe) rating by the FDA.

**“What is that? What do you know about it?
Who says it’s safe to eat?”**

I didn’t know that other countries have outlawed food additives that are still legal here. I didn’t realize that science was being corrupted in favor of profits and I didn’t see how the media and government agencies had become a benefactor and a participant. I assumed high standards of integrity would be a prevailing characteristic in food and drug safety; I was wrong!

In time God revealed the futility of a miraculous healing if I didn't know what was making me sick. This seemed like a valid point and in time I began combing scripture to see what it teaches and found a consistent theme revealing the importance of a lifestyle of wisdom and discipline. In fact, the bible tells God's people that they aren't to live like the people "in the world," and that we are to be "set apart" as a "holy and unique" people. We are supposed to be different, and this difference is supposed to produce results that make the people who don't know God want to know Him. I consistently use my story to talk about God to people that would have never listened to me otherwise. I had a client a few years back who unbeknownst to me was an "unapologetic atheist" at her first appointment. By her tenth appointment she announced this and informed me that she had become a Believer just from listening to my stories about God leading me through my life.

When I tell people that I haven't been to a mainstream medical doctor for sickness since 1989 BECAUSE of the things God taught me they see a practical application for God in their life just like Deuteronomy 4: 5-8 tells us will happen. They can also see that there is value in the scriptures and a purpose to having a relationship with God that isn't based simply on the fear of hell. We are ambassadors in the world so it's imperative that our lives bear a remarkable difference from the status quo but that's not what's being done. Far from it!

As I delved further into the scriptures, I saw a clear mandate that God's children take care of their body's; and that doesn't mean going to see a doctor to get some pills. It means we need to eat right, exercise, develop good sleep habits et cetera, so that we know how to take care of our body! In First Thessalonians 4:5 it says that we should know how to "possess your vessel in sanctification and honor." Another version of that verse reads, "Do not abuse your body

as is common among those who know nothing of God,” which insinuates that knowing God results in more responsible behavior. In First Corinthians 6:19-20 we see “...your body is the temple of the Holy Spirit... you are not your own but were bought for a price...therefore glorify God in your body and your spirit.” Another verse in First Corinthians 3: 16-17 also declares that our body is the temple but takes it further to include God’s warning, “If any man defile, (destroy), the temple of God, him shall God destroy; for the temple of God is holy.” Apparently if we don’t take care of our body God has written self-destruction into the design.

The entire book of Deuteronomy (summarized in chapter 28) can be distilled down to a core verse, “If you hearken diligently to God’s instructions you will be blessed and if you ignore the instructions then you are promised a curse.” A “curse” is also promised for over-reliance or misplaced dependence upon humans. There are many scriptures that say this in straight talk. The bible truly does teach a “You will reap what you sow” doctrine from the Old Testament through the New Testament. I learned that knowing Jesus is not an excuse to lower the standard of our behavior and in fact God has shown me a much higher standard!

“We are allowed to do anything, but not everything is good for us to do. We are allowed to do anything, but not all things help us grow strong as Christians.”

I Corinthians 10:23

Of utmost importance is that I failed to find any doctrine that supports what I was seeing modeled in the modern churches, in fact quite the contrary. As God continued to unveil the truth in scripture, I was shocked to see that cultural and personal preferences had grossly corrupted true biblical doctrine in many areas of teaching.

We went to a church social a few months into my experience, arriving a little late and everyone was out on the skating rink. I was looking for the designated tables and couldn't find them because the junk food brought by the church members was the same as the people who were not with the church group; it's the way of life in America. But where was the "unique, set apart, your body is the temple of the Holy Spirit" doctrine being lived out? From everything I was seeing the churchgoers were eating processed foods and drinking chemical cocktails and acting quite shocked when their health failed as if consequences shouldn't apply to them because they're Christians. When the promised "**curse**" showed up they would go forward for their token prayer and seek out a human doctor in an attitude of actual expectation of healings that rarely (inclined to say never) manifest. They never imagined that these were consequences, or a biblically promised curse for violating God's laws assigned to His creation and it wasn't being taught in any of the churches I ever attended. "Liberty without consequences" was the overall message. I began to see God's perspective more clearly.

"Do not be deceived, God is not mocked [He will not allow Himself to be ridiculed, nor treated with contempt nor allow His precepts to be scornfully set aside]; for whatever a man sows, this *and* this only is what he will reap."

Galatians 6:7 Amplified Bible

When I hear Christian people say very sincerely, "She's been healed of her cancer! Praise the Lord...but the doctor still has her on a low dose of chemo just in case" I wonder if they even hear themselves. If someone is still on a low dose of chemo, that's not what I think of as "healed" and I don't think it shows a claim of faith to follow a true healing up with a low dose of chemo. As well, there's quite a difference in a human doctor pronouncing someone as "healed" and God actually healing someone. When Christians make

the claim that someone was healed and gives the credit to God and then the cancer returns what does that say to people who don't know God? Perhaps it's time to differentiate in our speech so we don't cause confusion. "The doctor has pronounced her clear of cancer, but they still have her on a low dose of chemo..." is an accurate statement and keeps God out of the confusion. I don't believe we're going to manipulate God into healing someone by giving Him credit for something that He may have had nothing to do with. It seems like the "name it and claim it" idea that seeks to muscle God into doing what people want because people are professing it to be true and it would be bad PR if He didn't. From what I've seen, this is not the way God works. It's these things that make people look at Christians as though they believe in unicorns and it's damaging to the witness of Christianity.

I was watching modern Christians eat junk, drink soft drinks, and have no regard for their bodies, go get a pill for their every ill, go get chemo, and mindlessly follow the cultural dictates and suffer for doing so while I was also reading stories of people healing their cancer and disease through non-toxic methods. They were doing what it takes to heal the body which is quite contrary to what's done in mainstream medicine's approach where symptoms are masked with drugs and more drugs are given to deal with the side effects of another drug. I recently read of a woman's husband who was pronounced clear of cancer, and he died suddenly six weeks later without explanation. Think of the young people listening to your conversations while trying to determine if God is real. What if well-meaning Christians were praising God for healing this man and then he suddenly dies? The young people are going to think you're nuts, and God is not brought more clearly into their lives. In my opinion we need to stop mixing God in with the medical industry as if the two are somehow inseparable.

I recall reading a book, *Healing AIDS Naturally*, which included 18 stories of people who cured their AIDS. One man quit smoking, started going to bed by 10 p.m. to enhance neurotransmitter activity in the brain, and got a weekly massage and his AIDS went into remission. Health restoration does not have to be complicated, expensive, or toxic but you will have to make some effort, make some changes, and learn a new way to think and live.

Even more concerning is that it felt like my expectations were being managed as I periodically attempted to share these concerns with church leadership. It felt like I was being patted on the head and encouraged to accept a lesser version of God's teachings so I wouldn't upset the status quo. I've found a whole new world of answers, logic, and solutions that restore health without destroying other tissues, organs, and systems of the body but modern Christianity wants me to be quiet. Instead of pastors saying, "Hey we should be teaching the congregants how to get well and stay well" they have brought the Coke machines and junk food into the churches and have apparently become a soft marketing arm for pharmaceutical medicine. While ignoring their own bible's teachings about wisdom, discipline, and being consecrated and set apart for God's express use and purpose.

"My people have been lost sheep: their shepherds have caused them to go astray, they have turned them away on the mountains: they have gone from mountain to hill, they have forgotten their resting place." Jeremiah 50:6 KJV

Eventually, I could see that every single step of the teachings in today's churches regarding health and healing is in conflict with principles of simple wisdom. I was shocked to read in Proverbs 1:26-30 that God would laugh at us when our consequences show up because we didn't want anything to do with wisdom! What? That's

not at all what I'd been learning in churches where grace and Divine favor is promised to everyone who simply asks and professes to believe (trust in, rely on, have confidence in) in Jesus. Scriptures are used out of context that put God in the position of servant and people maintain their carnal lifestyle as modeled in the modern churches. Sadly, the conditions or requirements to these scriptural promises are rarely if ever shared. You should know that they are tied to our conformity to God's ways. It shouldn't be a surprise that God isn't going to give us what we want, we will reap what we sow; blessings or consequences. A good parent doesn't remove consequences, they teach from them and incentivize change and maturity.

I learned a grown-up truth in this process which is that God isn't obligated and historically isn't inclined to heal us when we are not living in accordance with His ways. I've also learned that when we rededicate this area of our lives and begin to build a committed lifestyle based on wisdom, discipline of the flesh, and devotion to God that He will show up zealously anxious to help, just like a loving parent.

I found scriptures in Philippians 3: 18-19 that talk about people whose "appetites are their gods and belches are their praise" and it describes these people as "enemies of the cross of Christ!" Another place in Galatians it says that those who belong to Christ have crucified the flesh and its appetites and desires. Paul even talks about disciplining his flesh specifically so his witness wouldn't be damaged.

In Romans 12: 1-2 Paul begs us to present our bodies "as a living sacrifice to God," and then says, "This is the least you should do." What? Why hasn't the Church ever shared these insights instead of bringing the vending machines filled with health-destroying products to the church campus and offering them at socials and their private

schools as if the body is an amusement park? In verse two Paul then warns us not to be “conformed to the world.” Instead, the churches have fallen in line perfectly with the ways of the world. The junk food provided on church property and collectively accepted, the resulting failed health, medicine that doesn’t heal, and health insurance that won’t pay for things that do is all established through consumerism and nothing else. What we buy tells the entire universe what we want to see more of. What we refuse to buy or buy into will go away! The churches have conformed completely to the ways of the world and thereby entrenched these ideas even deeper due to their vast numbers in the population. Paul then tells us in verse 2 that when we treat our bodies as temples that we’ll have better spiritual discernment. Instead, when God sent me in with a message the messenger was not recognized, and the message was rejected. God’s people are comfortable in their delusion and aren’t interested in any deeper truths especially if it means giving up something they like to eat and drink. It truly breaks my heart and I’m pretty sure that’s in line with how God feels about it too.

A medical doctor, Andrew Weil, turned to natural medicine when his Harvard education failed to equip him to resolve his own allergies. When the natural methods of a colleague worked, it changed his entire practice of medicine. In his book, *Why Our Health Matters*, he estimates that 70% of our diseases are self-induced through diet and lifestyle. A documentary, *Doctored: The Movie*, puts this estimate at 80% and refers to it as “suicide by lifestyle” while the Christian’s bible even says:

“...he who does not use his endeavors to heal himself is brother to him who commits suicide.” Prov.18:9b Amp. Bible

This means that 70 to 80% of sickness doesn’t have an answer available through a medical doctor and yet the entrenched routine is

“get a symptom, go to a medical doctor!” In my case, not one piece of information I needed to get well came through any of the mainstream medical providers, and not one thing I needed to do to get well or stay well is/was paid for by mainstream health insurance. Quite obviously, they didn’t know how to get me well and clearly weren’t interested in learning. I would later learn that it was worse than not knowing as they’re clearly more interested in making money. This is evidenced by their lawsuits against sources of natural and non-toxic, effective remedies that compete with their drug market as well as their political lobbying aka “payoffs.” And the money, you the consumers spend in this cycle of sickness has helped entities become powerful enough to corrupt the core values of an entire society! Conformity and compliance establishes wrong ideas. What Christianity does as a collective MATTERS!

Seventeen months into my transformation God began yet another experience when I was given a gift of healing (in my hands). Along with this came an instruction that I was not to tell my pastor as it was for my own education. Because God had been showing me the importance of taking care of our physical body I included this teaching in the consultations. The experiences were just enough to show me some confronting truths about my Christian cohorts. In time, I became disenchanted as people were unwilling to deny themselves anything. They looked at me like I’d lost my mind to even insinuate that they stop drinking soft drinks and such. After all, they’re available at churches, hospitals, nursing homes, and schools. How radical of me! I became depressed and unwilling to use the gift as I had been allowed to see the true condition of the people laying claim to Christianity as their appetites and the demands of their flesh enslaved them. For weeks, I mourned and finally told God, “Thank you very much for the gift but I actually don’t think people deserve to be healed if they aren’t willing to learn how to maintain the

healing. I'm wasting Your time and mine." A few days of silence were broken by His words, **"Now you know how I feel."**

On this journey, I learned that medical school is strongly, if not solely subsidized by the pharmaceutical industry. I learned that symptoms are early warning signs of the body's dis-ease and how overriding symptoms with drugs makes as much sense as unscrewing the bulb in a warning light. As God exposed the deceit and manipulation it was easy to see that I had been an uninformed consumer too preoccupied with the convenience and lure of the world to learn the ways of God.

"Don't you realize that making friends with God's enemies—the evil pleasures of this world—makes you an enemy of God? I say it again, that if your aim is to enjoy the evil pleasure of the unsaved world, you cannot also be a friend of God."

James 4:4 The Message

Ultimately God revealed how this carnal way of eating, living, and medicating is not only destroying our health but is contributing heavily to the breakdown of the entire culture. It's breeding widespread corruption, pollution, violence, economic imbalance, poor morale, and poor health. The wrong people and the wrong ideas are being advanced with massive destruction that you can't see unless your spiritual eyes are open to seeing it. As consumers, Christians can change this, and should, as a simple matter of returning to the teachings of their faith.

First, I'd like to share that 73% to 88% of Americans identify themselves to be Christians, (including Jehovah's Witnesses and Mormons). These are 2014 Gallup poll numbers, Wikipedia, and a survey done by Pew Forum and Religion in Public Life. These are all people with a spiritual text that surely promotes wisdom in our

everyday life and certainly doesn't support this kind of foolishness. Furthermore, when a group makes up 73 to 88% of a nation, they are unavoidably a part of whatever it is that exists, good or bad. It's impossible for a demographic this large to complain about the state of their nation and not see themselves implicated in the dysfunction. I'm personally horrified that the Christianity I identify myself as belonging to has become this and demanded their right to be so.

So, let's take a look at what this behavior has created:

From an article dated March 24, 2014, titled, Unfunded Liabilities: The cost of our aging population outweighs National Debt?

(FYI: Unfunded Liabilities are costs that our government has no money set aside for and includes Medicare and Medicaid.)

This article points out that:

“While Americans focus on the horrendous national debt, they are missing the fact that the problem with our unfunded liabilities is far more calamitous. As bad as the debt is, it is less than one-tenth the size of America's unfunded liabilities.” [Underline Mine]

Our unfunded liabilities are ten times the national debt and there's no money set aside for this expense!

The article continues:

“Nearly half an average person's lifetime medical costs are incurred in old age, with a third of them in the last year of life.”

“As the baby boomer generation ages, it sends the United States hurling toward the greatest financial meltdown the world has ever seen.”

Another article, *Living Sick and Dying Young in Rich America*, from *Health Impact News Daily*, dated May 25, 2014, makes the point that we are sicker than previous generations and most of us know it. More disturbing is his emphasis that we don't seem to care, “it's been accepted as the new norm.” He goes on to make the point that “despite all the medical and pharmaceutical advances that have taken place in the United States, we are sicker than ever.”

Now let's take a look at some data from this article & more:

- America spends 2.5x more per person per year than any other country on Earth, but we are last in life expectancy among economically equal nations according to the 2014 Social Index Report
- From 1997 to 2007, the number of prescriptions filled increased 72 percent

Doctored: *The Movie*, shares the following:

- \$2.7 trillion spent on disease care with no results
- 125,000 people per year die from properly prescribed drugs. That's 342 people a day or equal to one jetliner crash per day.
- The U.S. represents only 5% of the global population but consumes 50% of pharmaceuticals worldwide; Gwen Olsen,

author of Confessions of an Rx Drug Pusher, reports this at 70%

- 20-30% of medical procedures aren't necessary
- The insurance industry is run by medical doctors which results in medical bias
- Rx drugs are the second leading cause of death among teenagers
- Children are the largest intended expansion market for Rx's (Gwen Olsen)
- Mammograms (one appt = 4 films) expose a woman to the equivalent radiation of 1000 chest x-rays, and they recommend we do this annually! Mammograms cause cancer! (Mercola.com)

Furthermore, The Nutrition Institute of America funded an independent review of "government-approved medicine" that was published in 2006. **The researchers found that America's leading cause of death isn't heart disease or cancer: its conventional medicine!** They found that the iatrogenic death rate in the US (death caused by doctors and/or medical treatments) is 783,936 a year. That's 84,059 more deaths than those caused by heart disease in 2001 and 230,865 more deaths than caused by cancer. (<http://draxe.com/conventional-medicine-is-the-leading-cause-of-death/>)

On my quest, I read about Paul & Barbara Stitt, who got rid of ALL processed food/drink at a charter school for troubled kids and violence, truancy, and absentees dropped to ZERO and academic

excellence took its place. The kids interviewed were totally focused on their future. Nobody made them; they just provided healthy food and water and the students' priorities changed! Barbara Stitt brought nutrition into a prison and theft dropped by 73% and violence stats were similar. I read in Sheri Rose Shepherd's book, *Eating for Excellence*, of an interesting study in a mental hospital where all patients had refined white sugar and refined white flour removed from their diets and 30 days later 50% of the patients had their mental health restored! Yet our society does nothing to promote this knowledge. Why?

“So then let us not sleep [in spiritual indifference] as the rest [of the world does], but let us keep wide awake [alert and cautious] and let us be sober [self-controlled, calm, and wise].”

I Thess. 5:6 The Message

“The Church” is supposed to be a positive influence in the culture, the city on the hill, and the carriers of the light. We're supposed to show others the way; not be mindless and entangled in the same material values. It's God's intention for people to see His children as a source for answers but the modern churches have become so conformed to the world's ways, addicted to the same junk foods, beverages, doctors, pharmaceutical drugs, insurance, and carnal ideas to the point that there is no discernable difference between them and non-believers in this arena. We need to stop and think about how God sees this.

The teachings were far from over. So, in 1994, while cycling with a friend, I fell twelve feet from an un-railed bridge into a shallow river. I suffered a compound fracture/dislocation of my spine, and my x-rays showed me to be a paraplegic. Thankfully that wasn't in God's plan and to see me today you'd barely recognize a limp. The surgeon installed two ten-inch steel rods and I wore a hard-shelled plastic

torso brace for a year and progressed from a wheelchair to a walker to a cane. During my hospital stay my body had such amazing healing abilities from five years of living the way God had taught me that nurses came from three floors away to talk to me about their personal health challenges. Even the doctor came in and was shocked that my hemoglobin count was at a 4, “It should be a 12! You should be in a coma or at least weak upon sitting up but you’re up walking with a physical therapy team and talking to visitors.” I smiled recognizing his frustration and showed him the nutritional supplements I was taking and explained what each of them did and about the bone broth in the ice chest. I told him about my relationship with God and said, “I’ve been doing my part for 5 years. What you’re seeing is God doing His part.” I rejected their offerings of Jell-O and other garbage foods and thankfully had family willing to take care of me and a large natural foods store nearby. I knew how to take care of my body because God had shown me and I shocked the hospital staff. THAT is what an ambassador does; we represent, not blend in!

Eighteen months after the first injury I was hurt again when I fell in a hardware store due to some white PVC pipe left lying across an aisle on a white tile floor. I spent another 9 years in even deeper pain.

Graciously, God has a strong record of showing me what He’s going to do before it happens. It’s His way of letting me know that even in the trauma there will be purpose. So, being faithful to His character, the first injury was foretold nine months before it happened and documented in a journal. Premonitions, four of them, in the month before the fall, showed me too, so I knew it was *being allowed*. The second injury was spoken to me three weeks before it happened. I was hanging up the phone when I heard “You’re going to be hurt again. It’s for My purposes so I need you to trust Me.” I cried and shared this with my now ex-husband and it happened three weeks

later. Neither were random occurrences and knowing this gave me some perspective.

While I appreciate many aspects of mainstream medicine's surgical skills, I knew to stay away from their pain medications. I saw too many patients turned into full-blown junkies by medical professionals which is the only thing health insurance will pay for. And while I have some amazing knowledge, equipment, and a testimony of recovery, people routinely come see me after they've exhausted all other medical avenues because that's what insurance pays for. We explore no other options first; it's just whatever insurance pays for then if that doesn't work, then we go look for what does work and pay cash, if you have any after being on the medical-merry-go-round.

As a practitioner, I reversed an "incurable" condition (secondary lymphedema) in a client by chasing a theory acquired from all my accumulated knowledge. I know what I did and why and it worked; so, it should be repeatable. Unfortunately, I live in a world where that information has no value because I'm not among the medical elite. The condition affects 250 to 330 million people worldwide and in many instances, is caused by mainstream medical treatments. They only have symptom management to offer and even that isn't a success story in my opinion. And sadly, many who have the condition are disabled by it so income is a problem and insurance won't pay for them to see me and even if it did I'm not willing to work for half the pay and chase the fees for six months. I can't work for free and pay my bills and they can't afford to pay for the therapy. I've also learned that when I give the services away people don't take care of themselves because they have nothing invested. The same is true for pain management. Insurance will pay if you want to be a junkie or remain crippled but if you want to see a natural health practitioner who can help you heal your body, it won't pay.

See what we've created? We stepped off into a trap. And I don't know about you, but I want to live in a society that encourages people to solve problems and builds a platform for those ideas to be examined and tested and developed. Instead, we've built our entire economy around a healthcare system that's ineffective in 70 to 80% of cases and uses their clout to serve as a threat to any perceived competition. That's what happens when we don't follow the principles of wisdom lined out in our spiritual texts. We become ensnared. Have you stopped to think about what would happen to you if our economy failed and you're physically and mentally dependent on Rx drugs?

I recently met a man who shared that he had a seizure disorder and how he hated being on those drugs and that he'd been to all kinds of specialists and had all kinds of tests done and no answers. He was more than a little concerned. He has several young children and he's worried where this is going to lead. I asked him if he had mercury amalgam dental material in his mouth and he quickly replied, "Well I'm sure I do." I then shared that I had suffered a grand mal seizure in 1978 about 90 days after having three mercury fillings placed. He almost turned white as he realized that his last seizure occurred 18 months earlier, 5 days after having a filling replaced. Of further concern is that the American Dental Association assuredly knows these mercury fillings are toxic. You just don't know it and there's no incentive to tell you. In fact, being sued is a greater incentive to not disclose this. You have to find the information on your own because a traditional doctor or dentist doesn't know or won't tell you. And according to the writings of Hal Huggins, a dentist can even become a target of the American Dental Association if they venture off to explore these matters.

But I want you to see something else. Look at all the money made from this man by people who didn't know the answers, have no

incentive to know the answers, and could be professionally targeted if they explore. They got paid for not knowing and bounced him from doctor to doctor, test to test, tapping his insurance plus some out-of-pocket costs I suspect, and I solved his issue in one minute and I was paid nothing for knowing the answer. Now while I'm happy to share information with people I just wanted you to see why the healthcare system itself is sick and unreliable. It has become the dominant player in the game because people keep using it even when it doesn't have answers. People don't realize that a ton of money has been spent to get us to act this way and to keep us distracted and entrenched in the systems, so we don't see what's being done.

We have a disease management system that isn't capable of curing 70 to 80% of our ailments because they are a result of something an uninformed patient is doing to themselves. And because mainstream medical education is built around a drug philosophy they don't actually know how to restore health or how to advise you to do so. Health is rarely restored by a pill! And if mainstream medical insurance doesn't pay for what actually works but will pay for things that don't work, isn't it ridiculous to DEMAND that every citizen be provided access to a product that's going to be ineffective 70 to 80% of the time? If this is progressive, I'll pass. It's idealistic and makes me embarrassed to be a human and unable to trust in human leadership. And if my church's leadership is offering no other biblically based perspective, then it's impossible for me to trust in or rely on them.

Kind of seems obvious that people have bought into a lie, A BIG LIE! What's more disturbing to me personally is that the churches are eyebrow deep in it. There's a preferred biblical blindness to the actual teachings about the care of our bodies while establishing some pretty preposterous expectations regarding healing miracles as if God is some puppet who must obey our prayers. We can't play in the street

against His instructions and then also expect Him to heal us from the wounds of our disobedience. Again, this is not what the scriptures teach. “If you hearken diligently...you will be blessed.”

Can you see that when the US purchases 70% of an industry’s global market for their product that there is going to be a lot of money spent to make sure these “customers” maintain a certain mindset? Is it hard to conceive that they would falsify studies, buy politicians, and silence critics? They’d likely stop at nothing to maintain this market! Can you see that the whole cycle is dependent upon our belief in a sponsored set of ideas? If we believe that all food is created equal, that mainstream medicine is the best/only option, that drugs create health, and our government is watching out for our best interests, then we will continue watching their ads, eating their toxic food products, buying their insurance, and going to the doctors who can’t make us healthy and... it all starts with our failure to build our own health.

So much of our culture has become financially dependent upon this lie that our entire way of life has become corrupt. Think about it. None of the people profiting from these ideas have any reason to implement changes from what we learned in the charter school, the mental hospital or the prison, much less a reason to incentivize health in the culture. They’re all making money from our “ignore-ance.” We can now see that our economy is literally headed for a cliff’s edge and that Baby Boomers are the tipping point. Because people professing to be Christians makes up 73 to 88% of the nation they can be a SIGNIFICANT contributor to lessening the financial impact if they will repent and surrender this area of their lives to God in accordance with the true teachings of the faith and get well!

We have failed to see how our purchases establish our entire society. We have failed to see that the consumer is the most powerful

force in the world. If we're buying junk food, then we're marginalizing the life of people who have committed their life to producing good quality food. If we're spending our money on doctor visits and drugs that cannot and do not restore health, then we're marginalizing practitioners who actually can facilitate true healing and teach you how to get well. Our buying habits either build a better world or they don't. So, we need to start paying attention to who and what we're supporting instead of staying in the tracks laid for us by wrong ideas. Seeing that 73 to 88% of the nation identifies themselves as Christians, this one demographic can change the course we're on by merely returning to a lifestyle of wisdom, knowledge, and understanding in honor to God. It's time for the True Church to WAKE UP and come out of the world!

Fast food restaurants who sell "food" made in laboratories that doesn't mold, rot, or nourish, begets illness, begets doctors, begets insurance that doesn't pay for what restores health, begets drug companies who suppress opposing ideas, products and professions, begets various forms of payoffs to ingratiate a government agency or a politician. The most powerful thing you can do regardless of your political party affiliation, or your brand of faith is to break out of this sick cycle. Can you see that if we get healthy, radically healthy, that it breaks their cycle? If we get well, then we don't need a doctor, a prescription drug, or health insurance that only pays for those ineffective methods. Remember, the consumer DRIVES the market. We can create whatever we want, and you'll be shocked by what's already out there waiting for your support.

Imagine if those who profess Christianity had a similar testimony to mine of not going to a doctor for illness since 1989. WAKE UP and see what they're doing and how you're playing into it. STOP buying the foods that make you sick. Turn off the TV and go for a walk. Learn about what's going on around you because the media has

been bought so you're only going to get one set of sponsored ideas presented through the mainstream as reportedly 96% of mainstream media is now owned by five corporations and most news stories are now written by PR firms. I get my news online and watch as it routinely takes two days for it to hit the television. Something accounts for that delay and the fact that you can hear the exact same wording of a story on numerous channels across the nation. I call it "canned news."

According to information presented in *Doctored: The Movie*, walking for thirty minutes five times a week reverses 19% of heart disease. All kinds of information like this can be found on the internet that will educate and inspire you. Almost any question you have can be answered with a diligent search. Watch documentaries on YouTube instead of brainless sitcoms. Join a Meetup.com group and learn how to get well from others who have done it. There are literally thousands of stories of recovery from horrific diseases out there, but they aren't happening through mainstream medicine.

Unfortunately, the modern churches aren't informed enough to share this information with you even though care of the people's health falls under the spiritual responsibility of a true shepherd. The churches should be equipped to steer their congregants to wellness practitioners who can teach them how to get well and should model this in their own lives. Start by getting the junk-filled vending machines off the church property and start praying and fasting for guidance. We can't give in to this sick, corrupt, distorted system just because it creates jobs or it's familiar. We seriously need to stop and think about where we're headed as a nation and what God wants from us as His people. I can assure you it's not this!

I hope you're getting a grasp that getting healthy is more important than most other things we put in its place, including your

kid's sports or your career, none of which will matter if the economy collapses from all this preventable and reversible disease. Stop and think about what's most important! Explain it to your kids so they become part of the campaign. Call a family meeting! Do something with this information!

“Ask not what your country can do for you but rather ask what can you do for your country?” JFK, Jr.

This country is in trouble and it's time for the churches to stop participating in this charade that is advancing medical tyranny in ways that are an imminent threat to all of us. I can't even go into detail here because you aren't ready and will reject the rest of the message. Trust me, there are things going on in the medical profession that should horrify you. You need to be aware that it's your money they're using to corrupt our world. If you stop buying their drug products, they lose their power, period, end of subject. So, it's time to ask and answer some serious questions about what the “liberty without consequences” doctrine has helped create, own it, and get back on track immediately. (I John 1:9)

Avidly support what you want to see more of even if it's inconvenient, more expensive to do so, and not covered by insurance! That's how you create a healthy world; you support the things that are taking us in the right direction. In time, those things will become the mainstream and prices will drop and proper support systems will grow up around those healthier choices. You'd be surprised at what's already out there waiting on you to come out of this illogical approach to life, to health, to God!

Where Did All the Christians Go?

One of the many challenges I faced when this journey began was living in a very small town (pre-internet). I only had a public library and a small health food store twenty-one miles away. I quickly found that there were very few professing “Christian” authors writing about health from a biblical perspective. There were many authors who claimed to be “spiritual” but few laid claims to being “Christian.” About five years into the journey, I finally understood why as that had become my own inclination. The unteachable, even hostile attitude of fellow Christians to what is clearly a path of wisdom made me pull away from organized religion. I lost respect for them especially when I saw that it wasn’t that they didn’t know this information but that they didn’t want to know any information that was going to remove their entitled consumption habits. It became clear that I was having a unique experience, led by the Holy Spirit, and that I was quickly outgrowing what was being offered in the typical church. I can’t help but wonder if there were other messengers who were sent and rejected and what they had to teach.

One night I was having dinner with a group of natural health colleagues who were all raised in a Christian nation, and likely a Christian home. They no longer went to church and wanted to distance themselves from that label. I did as I often do and mentioned my Christian belief system and someone in the group expressed shock. They saw my healthy lifestyle and assumed I was like them in other ways as well. Sadly, they believed that Christianity was something you evolve beyond. That also means they associate a traditional Christian with poor health and poor lifestyle habits because that’s the image that’s been portrayed to them. They see Christians as reckless and irresponsible with their health and frankly, “ignorant” was one of the adjectives used. These “New Ager’s” were fellow students in massage therapy school. They’ve heard the silly unicorn stories and now they’re blamed and spoken ill of from the pulpit for no longer buying into Christianity.

A friend who came from a very Christian lifestyle and was now neck deep in more New Age ideas, chimed in and asked me, “Why don’t you just drop that identity?” And while this was absolutely a consideration in my life at this time, before I could even begin to form an answer God spoke loudly and zealously into my mind, “If you leave who will teach them?” The force of the energy which came with His question made it clear that I was being called to reform this group, so I maintain my declaration that “I’m a Christian.” The sad thing is that every time I share that I have to differentiate my experience from what’s going on in the post-pharmaceutical churches today. It provides a great opportunity to share my experience with Christ but sadly I can’t recommend a church for them that doesn’t have a Coke machine on the property, junk-filled vending machines, and a blanket endorsement of a pharmaceutical approach to health, while ignoring true biblical doctrines, and a corporate testimony of failed health.

Now that my eyes have been opened, I can’t tolerate watching what’s going on in the churches. The prayer requests alone break my heart when so much disease is preventable AND reversible. Everyone wants a miracle, and nobody wants to learn the accompanying lessons about how to build health or maintain a healing. The shepherds have failed to mature their congregants and in the absence of any truth, error has filled the void.

The Damage Becomes More Personal

The carnal teachings of today’s churches have undermined the health of its congregants, burdened the nation financially, demoted God, and failed to be a living witness to others who would have benefited from seeing God’s truth lived out. While the destruction of the testimony of Christianity is quite a huge concern for me it is accompanied by an even deeper heartache. You see, my daughter had

been raised on natural foods and natural medicine and the teachings God had shared with me from the time she was 18 months old. God kept us secluded for many years of her young life through rural living so her exposure to junk food was limited to public school and almost nil in elementary private Christian schools. But when she hit her teens, we were attending a church who wins the prize for the most audacious display of junk food that I've ever seen. It was like eight-year old's had done the shopping.

One day my daughter told me that she wanted to “be like them,” speaking of the people at the church we'd been attending. After spending almost \$700 a month for their private Christian school and having her in their youth group for several years they had finally made an impact on my daughter. Sadly, she wasn't referring to their godliness; she was referring to their complete disregard for their health.

This child had not been to a medical doctor for illness in 13 years because God had taught me how to keep her well, so a doctor wasn't necessary. I was shocked and angry that they had essentially undone a foundational, doctrinally accurate teaching in favor of their junk food, junk medicine, junk science and now junk religion culture. So, I made a call to the youth pastor, and we had a visit where he basically conceded that what they were doing was wrong. He shared that he'd had a bout with cancer five years earlier and that God had begun showing him the importance of nutrition. “But the cancer went away, and I never did anything about what God had shown me.”

While I had to admire his honesty, his behavior ignored the “go and sin no more” teachings of Christ. The scripture about a “dog returning to his vomit and a fool to his folly” came to mind but the whole point of my visit was my daughter and how under his role as youth minister she had come to desire a deeper walk into the ways of

the carnal world. Boy was I mad. At a critical time in her upbringing this church had taught my daughter to question my teachings, thereby questioning my intelligence, and damaging my credibility in her eyes. “They have theology degrees Mom and besides nobody else is eating healthy.” And the verse that came to mind? “But if you cause one of these little ones who trusts in me to fall into sin, it would be better for you to have a large millstone tied around your neck and be drowned in the depths of the sea.” Matthew 18:6. I shared that with him and he told me I was making him uncomfortable. “The truth usually has a way of doing that Charlie,” I replied. He ultimately deferred and claimed he wasn’t in charge, so I made an appointment with the senior pastor and again was metaphorically patted on the head and told “Nice try. We have everything just the way we like it.”

Of interest is that after leaving this meeting I called a dear friend. I was so upset... I prayed out loud, “God. This is YOUR ministry, not theirs. It’s your ministry to a lost and seeking world. Whoever is in the way here take them out and reclaim YOUR church.” Sixty days later the pastor died at the podium. Again, it’s not what we think about this issue, we are to conform to God’s standards!

And Even More Personal Damage...

I was newly married and had a new baby when all of this began, and I watched God also reveal Himself to my now ex-husband in a profound way. And I watched John struggle on and off to be faithful but for many reasons he floundered. Submitting to God for transformation is very hard. It’s invasive and inconvenient and requires continued surrender and obedience and self-discipline. A willingness to be misunderstood, mocked and rejected. The path typically takes you to utter destruction so He can rebuild according to His will. It’s contrary to our comfort, our will, our plans, our desires, and our ego; it’s against our very nature. It’s supposed to be

hard, but it's do-able and is our ultimate response to the fact that someone died on our behalf. We are supposed to exchange the rights to our life for the life that Christ gave up for us so He can live through us to accomplish His will on Earth. Again, that's not what's happening.

While I was being led to fast for days on end, I RARELY heard a pastor teach about the importance of that tool to deepen the Believer's connection to God and the transformation of our carnal nature. I NEVER heard of a pastor call a corporate fast! In fact, the subject of fasting seemed like a disfigured stepchild hidden in the basement. If you want to grow and deepen spiritually, denying the flesh is critical to that process. It likely would've been of great help to my marriage if the churches were sharing a more mature "pressing in" message rather than the "You're free to do what you want because you know who Jesus is" message. Paul makes the point that we aren't free to do as we please but are in fact "slaves to a new master." But apparently, this is too contrary to the desires of today's church, so it isn't emphasized. Certainly, if fasting was part of the norm in a congregation it would've seemed to my husband that I was one of many and encouraged him to pursue God more fervently too. Instead, it was easy to label me as the exception, the zealot, who should be tolerated rather than respected. I can imagine Satan whispering to my husband, "Pfffffft. She thinks she's so super spiritual! How come nobody else is doing it if it's so important?" See what this compromised "church" is doing? DISCOURAGING DEVOTION levels beyond where the carnal church is willing to go.

**God isn't asking us to go to church.
He's asking us to BE the Church!**

Recent Facebook post

Early in this adventure John, my now ex, came in from work and I was telling him something that had been spiritually revealed that day and he replied, “I wish God would either light my fire or put yours out.” After I got over the shock of his words, I shared with him what I was doing to get my fire lit; fasting, prayer, study, and mindfully listening for God to speak with a heart anxious to obey. I believe God is no respecter of persons so if you pursue Him with a willing and repentant heart, He will respond. I was so thrilled when John started a 24-hour water fast the very next day and the following morning he broke fast and headed off to work, a ninety-minute drive. I suggested that he not listen to Sports Talk but instead ride in silence listening for God to speak, creating a sacred space for Him. He came home that evening and reported that God started talking as soon as he backed out of the garage and didn’t stop talking all day. He had several pages of notes and said that on the drive he felt he had to pull off the road and write. He let me read what he’d written, and he also had a beautiful pencil drawing he’d done of Christ on the cross. He was so excited to have had his own experience with God and I was so relieved that I wasn’t going to be alone in this mission. I continued reading, studying, and pursuing more knowledge from God but John never fasted again to my knowledge. I watched as God made several more efforts to encourage him immediately and over the more than two decades of this experience.

I kept hoping John would meet men in the church who would inspire him to a deeper walk. Yes, it took me quite a few lessons to see that the church I expected just doesn’t exist. Instead, I watched male Sunday school leadership in a prominent Baptist church stand two feet away from us as newish members talking about their upcoming Super Bowl Party, and they failed to invite him. In hindsight, it’s easy to see that this period of John’s life was critical, and these men absolutely could’ve changed what was in our future had they truly understood their role in The Church. I watched John

give one of them a baseball and ask if he'd have his two sons autograph and date it as one of them was in the minor league and the other was a local shining star at UT. We soon dropped out of Sunday school but continued going to the church. That Sunday school department leader had a perfect excuse to pick up the phone and call, "Hey John. I've got your baseball signed. When are you coming back to Sunday school?" Sadly, looking back I believe this was the last opportunity for someone to reach John at a deeper level before he found friends on his own.

Finally, in September of 2007 there was a confession by John which confirmed my long-held suspicions about thoughts in his head. So, I guess this was a moment that I felt was coming. We were on a trip to D. C. for our twenty-first anniversary and while I was dressing for dinner he went to the ESPN Zone, a five-story sports bar. We were in the process of opening my first office in the healing arts, a 100% God-driven project. A significant event was being invited into the office of a renowned medical doctor in a \$2 million office suite free of charge. I had even told John that event was going to happen although I had no evidence; it was just something I could feel. He spewed his tea across the table laughing at my notion. It happened an hour later. I think he was amused, inspired, and threatened by what was happening. I'd been working on writing the book on and off for a decade and he never once asked about it. I should've seen the significance of that but had my plate pretty full and honestly just hoped that as this mission unfolded, he would see that I wasn't going anywhere. Wonderful things began to happen, acknowledgment, accomplishments, a beautiful environment to work in and a private office suite rent free. God showed up several times in some profound ways. It was a Destined experience that still has deep meaning.

So, John came back from the bar and said, "...I think you're going to become successful and decide you don't need me." I attempted to

reassure him but my reply, “I would never leave a man who’s being good to me” was never acknowledged. Before I had a chance to talk with him another event happened that let me see that the situation had escalated far beyond my awareness.

Early on in this journey it seemed that the loss of my marriage, my relationship with my only daughter, and my grandchildren was inevitable. Again, I could feel it. I knew it at least had a target on it. It was a sobering awareness that I was likely going to pay a heavy personal price to bring this message forward.

“Our fight is not with people. It is against the leaders and the powers and the spirits of darkness in this world. It is against the demon world that works in the heavens.”

Ephesians 6:12 NLV

Clearly, I am engaged in a spiritual battle and could feel that I was being presented with yet another choice about the price I was willing to pay to keep moving this message forward as God’s servant. Several ancient spiritual teachings acknowledge this as some sort of universal law. Christianity embraces the same concept seen in the lives of Paul, Stephen, and many others. A “law of yoga” shares a similar sentiment that “If you’re bringing in something of great force you must expect an equal pushback.” A piece of paper taped up in my writing area reads, “If you take a different path, prepare for reactions.” I can’t say for sure but I can share that it has felt like I was “paying dues” to speak words of correction to the modern churches. I have the distinct feeling of being a cultural warrior. Maybe I had to live through all of this for the modern churches to see where they are, what they’ve caused, and what they’re supporting and creating. Who knows for sure?

September 11th, of 2010 while I was riding in the car with my daughter to a family wedding out of town she said “We know you’re called of God Mom. We see it. We just don’t understand it.” She then went into detail about how my life reminded her of the movie Evan Almighty which I had not seen. It warmed my heart to know that she could see this was God. As for the “we don’t understand” I’ve learned that people like to hide their apathy or rebellion under many facades. As it was with the church people, so it was with my family. They didn’t want to understand because what was happening in my world is something that all of us who call themselves “Christians” should be seeking; transformation to be fit for service to Him. That’s the model my daughter and husband should’ve seen in the churches!

There again would be a great subject matter to be taught in the churches; what to do if God puts a calling on your wife/mom! And yet another subject swept under the rug because the patriarchy doesn’t want to acknowledge or encourage such a thing as women in ministry. Seriously you can’t imagine the debates I had with God about calling me out. It seemed clear early on that the church people weren’t going to be an easy mission field and certainly male leadership wouldn’t accept the message ESPECIALLY from a woman, but God’s decisive point was, “If the men won’t answer the call who then shall I send?”

After 25 years, destruction of the marriage became a reality with casualties and pain beyond my imagination. The churches’ carnal ways had done a lot of damage to me personally and while I was still bleeding from their wounds God was asking me to write a book to help them.

I had to keep reminding myself of all the things God had done that were extraordinary, so I’d remember that this story does not end in failure. I knew this wasn’t personal. I’m simply in a battle for the

mind of God's people. Wins, losses, and collateral damage are part of it. God had given me visions, dreams, and awe-inspiring experiences. Spiritually credible people had spoken prophetic words and total strangers confirmed whisperings that only He and I knew. A brother-in-law who does not profess to be Christian or spiritual had a vision of me "standing at a podium speaking to thousands of people," which was confirmed by a few others. People (and a few pets) have been healed, some of incurable and fatal conditions as I've walked this walk with God. I wasn't imagining this. In fact, I started journaling back in 1989 because I recognized that the story unfolding needed to be documented.

Within a year of leaving this toxic family situation God shut down the flow of my clients. Suddenly I had no income and could see the writing on the wall. I was no longer married. I was no longer in a relationship with our only daughter. I wasn't allowed to see the granddaughter I'd raised for the first 19 months of her life and haven't been allowed to meet two born since I left. My work was the one thing I had that made me enjoy some part of my life and now God was taking that away. I moved in with my amazing (widowed) mother, sold everything of any value including my car, put the rest in storage, and sat on the bed and cried. I knew it was God's doing, no question, but why? I was so angry I did 95% of the move alone. I settled in at record pace and sat down on the bed after the last item was put away and asked God, "What is it that You want? Why did you shut down my business?"

"I need you to finish the book." He replied.

I'm sure I groaned. The timing couldn't be worse, and I didn't want to write a book to help the people who had rejected the message for 25+ years, destroyed my family, and were now seemingly destroying me.

I attended church again for a while trying to reconcile my frustration with this modern institution. I tithed faithfully from the beginning as this is important to me and a point my ex and I could never agree on. At the church's encouragement, I reached out to the social group for my age range and the group leader called me. I shared what was happening in my life and how I could sure use some Christian female support. He assured me that he'd have someone call. They never did, but after I looked on their website at some adult single's party pictures and saw the tables filled with soft drinks and junk food, I realized I wouldn't fit there anyway. I'm just having a unique experience through my Christianity than what's become the norm and I can't bridge the differences.

I was shattered by what I'd been through and couldn't process the sheer injustice of it all. I'm certain in retrospect that I was actively in a state of PTSD. The last years have been a negative income with me gasping during the entire descent while my ex was setting earning records in the oil business, buying a home on the water in Corpus Christi, a newer boat, and enjoying the child and grandchildren that I wasn't allowed to see, and yet I knew. I knew the book needed to be done no matter the cost. I've almost lived in a bedroom since August of 2012 writing and trying to tweeze the anger out of the manuscript. This has been a horrendous experience that seemed so unnecessary if Christianity had just listened to the message of wisdom, but they are compromised and all that implies.

Finally, God told me to file bankruptcy. I cried for two months but finally obeyed and filed in November 2014. I literally got down to \$25 to my name because I was following God's voice to bring this message to you. And in the last 18 months my income has been zero because God again had something He wanted included in the book that meant He had to stop my life to save it and to share some vital information related to all the technology we're bringing into our

world. Oddly the date that my debts were forgiven ended up being a date noted in a journal from a prophetic word from a friend, three years earlier. Again, God let me know that He was with me in the trenches.

I've completely reversed my Hashimoto's Autoimmune Disease, the Advanced Cervical Degenerative Disc Disease, and 14 years of sciatic pain. I'm supposed to be a paraplegic but just finished hoeing up $\frac{1}{4}$ of an acre and spending 5 hours behind a sod cutter while an opiate epidemic was forming around me. We never know what God can or will do if we don't give Him a chance.

As this message of personal responsibility for our health and all the natural healing methods are pouring into our culture with amazing testimonials of disease reversal, it seems quite clear that it is a valid message based on revealed wisdom, knowledge, and understanding. The modern churches' resistance and conformity to the culture has had a wide-ranging negative impact as you can see. Our nation is facing an economic implosion from preventable and reversible disease while the churches ignored and maligned the teachings in their own Bible. Medical bias has become medical tyranny and it's creating situations I won't even write about here.

So, is this the kind of world you want to live in? Our farms have been taken over by corporations who will add poison to the food if it saves 0.0000001 cents. Evil companies like Monsanto are entrenched in our own government, and suppression of natural cures continues. It makes me sad to realize what could've been accomplished for the greater good if the churches had discerned properly 25 years ago when God started me on this path and I attempted to share it but was shunned. God could have been glorified, scripture affirmed, and "The True Church" would likely have grown. We have lost things beyond your comprehension!

“For our earthly fathers disciplined us for only a short time as seemed best to them; but He *disciplines us* for our good, so that we may share His holiness.” Hebrews 12:10 AMP

One of the most important teachings of this journey came when God began revealing that this was more relevant than just providing good physical health but was in fact a reflection on the spiritual health of Believers and His Church. It began by me hearing the word, “Holiness” whispered repeatedly for most of a year followed by a time while cooking our healthy dinner when I heard Him say, “This is your worship.” Sure enough, another version of Romans 12: 1-3 reveals:

“Christian brothers, I ask you from my heart to give your bodies to God because of His loving-kindness to us. Let your bodies be a living and holy gift given to God. He is pleased with this kind of gift. **This is the true worship that you should give Him.**² Do not act like the sinful people of the world. Let God change your life. First of all, let Him give you a new mind. Then you will know what God wants you to do. And the things you do will be good and pleasing and perfect.”

I began to sense that the modern churches’ rebellion and conformity to the carnal world in this area of living was preventing them from experiencing the fullness of His Spirit. Because they were skipping important spiritual and doctrinal truths that bring in holiness and sanctification there were gifts He was withholding, just like a parent might do if the child isn’t reaching their potential.

Work at living in peace with everyone, and work at living a holy life, for those who are not holy will not see the Lord. Hebrews 12: 14 NLT

My experience with the people in church left me feeling alone and ostracized with absolutely no support for the experiences I was having. It was meaningful when something or someone affirmed me. I'm pretty sure I gasped while reading Dutch Sheets' book, *Intercessory Prayer*, when I saw this quote.

“We, God’s church, are the greatest hindrance to revival. We need not wrestle revival from the hands of a reluctant God. Revival is a gift, not a goal. God is simply looking for a decent place to put one. As we become that holy place, we will see the knowledge of His glory cover our nation as the waters cover the sea!” Eddie Smith, U. S. Prayer Center

I believe the conduct of the churches is evidence that they are not “that holy place.” It has become a tax-free social club, absent of any true power. It certainly appears that they have settled for a much lesser version of God. I think it's accurate to say they replaced Him with a medical doctor.

I can certainly understand how we got here as I too was there before God confronted me. What I can't understand is the vehement hold on to a set of ideas with such a track record of failure. Why would you want to support things that are a statistical and visible failure? Why would you not want MORE of God? Is it that you don't know this is available? Or is it because it's been perverted by televangelists? Or maybe because it requires you to think and pursue understanding to figure out if I'm a nut or if I'm right and the churches are wrong. It's a hard thing to see when our hearts, minds, and beliefs have been wrapped up in the idea that “church is good” for so long.

The scripture that comes to mind was the parable of Jesus and the fruitless fig tree which can be a symbol for the Believer who has no

sign of growth or The Church with no signs of growth. Jesus was going to curse it, but the arborist begged for one year to rehab the tree. “And he dug around at its roots and covered them with dung.” Luke 13:8 Moral of the story: For growth to happen your roots have to be disturbed. You have to be provoked and immersed in something unpleasant and therein is my task. I’m a spiritual arborist.

“Any tree that does not produce good fruit will be cut down and thrown into the fire.” (Matt. 3:10)

Spiritual and physical health is built the same way. If you aren’t where you need to be, press in and discipline yourself to learn and overcome your weaknesses. Challenge yourself! The older you are the more diligence that will be required of you as you must cover more ground in less time. Ask God to help you. (I can do all things through Christ Jesus who strengthens me. Phil. 4:13) Your doctor can’t do it for you as nutrition and health-building is not covered in medical school. Your pastor can’t do it for you. Your spouse can’t do it for you. If you have a body, it’s YOUR responsibility to care for it! Trust me. **After what I’ve been shown there is no way God will bless or promote this version of church while they bring God an offering steeped in rebellion and mediocrity.**

God doesn’t want his people sick and manipulated by lies. He came to set us free and yet he warned us clearly that he was sending us in as sheep among wolves. We are to be “sober and vigilant for the enemy walketh about like a roaring lion seeking whom he may devour.” Instead, God’s people are ensnared, and the churches brought the enemy into the camp and put them on the board of directors and in the high seat. But the good news is that you can start right this very moment by grabbing your Bible and reading I John 1:9 which teaches that if we “confess our sins He is faithful and just and will forgive us and cleanse us from all unrighteousness.” Spend some

time with God and begin your own journey of getting well to glorify God!

As I was finishing this writing, I began to ask God if there was anything else He wanted me to write. I began to have part of a scripture running through my head, “those who have a form of godliness but deny the power thereof...” I went to look it up and was quite shocked at the full verse.

“But understand this, that in the last days...people will be lovers of self [narcissistic, self-focused], ...devoid of self-control [intemperate, immoral], brutal, haters of good, traitors, reckless, conceited lovers of [sensual] pleasure rather than lovers of God, holding to a form of [outward] godliness (religion), although they have denied its power [for their conduct nullifies their claim of faith]. Avoid such people and keep far away from them.”

2 Timothy 3: 1-5

Wow! He’s not messing around here. I had no idea it had all the other accusations listed but feel it certainly speaks to the heart of the issues. I can point to my experiences in the churches over the last 25+ years as affirmation. I absolutely experienced a self-focused, devoid of self-control, hateful, “lovers of pleasure rather than lovers of God” congregation. They wanted their junk food and doctors and absolutely resented any insinuation that this should be changed. Based on my experiences I can state emphatically that most of today’s churchgoers are holding onto an outward form of religion, ignoring deeper truth and twisting doctrine to suit their personal desires. And if the last sentence of that scripture is accurate “**their conduct nullifies their claim of faith**” this should be VERY concerning to the Body of Christ and the pastors/shepherds who will

be held accountable for these sheep. Remember it isn't how you see the situation it's how God sees it that matters! Ask Him!

And then there was God's further directive to me: "Herald and preach the Word! Keep your sense of urgency [stand by, be at hand and ready], whether the opportunity seems to be favorable or unfavorable [Whether it's convenient or inconvenient, whether it is welcome or unwelcome, you as a preacher of the Word are to show people in what way their lives are wrong.] And convince them, rebuking and correcting, warning and urging and encouraging them, being unflinching and inexhaustible in patience and teaching.

"For the time is coming when [people] will not tolerate (endure) sound and wholesome instruction, but, having ears itching [for something pleasing and gratifying], they will gather to themselves one teacher after another to a considerable number, chosen to satisfy their own liking and to foster the errors they hold. And will turn aside from hearing the truth and wander off into myths and man-made fictions." 2 Tim 4: 2-4

From what I've seen, **WE'RE THERE** so let's see what we can do to get people headed in a better direction. I would venture to guess that MOST professing Christians believe there will be a great revival before the return of Christ. Again, I can assure you it will not happen in an apostate church system. **REPENT!**

Remember that God sent John the Baptist to Earth before Christ came to tell people to "Straighten up...something important is about to happen!" Don't you think He'd do that again before Christ's return? What will you be found doing? Does your life and lifestyle line up with God's Ways or the world's ways?

What you have just read was the introduction in the big book titled, *Getting Well God's Way*, where I share my story of recovery from disease when the pastors and doctors had no clue. It was extracted and titled, *A Message to the Modern Churches*, so they could be given to others in an effort to spread the insights gained. Both books were on Amazon.com until they did a targeted hit on it and several other books, one week before they launched their Rx pill delivery service. Three requests to remove the 15 fake reviews were denied so I pulled it from their site. "Do not treat what is holy as common" is my sense of it. This book/story has consumed my life for 30 years so that's not going to be tolerated. It's had two major updates since coming out in 2015, adding another 65 pages and expanding its content and purpose. A very smart niece read it and wrote, "*You're an icon for the millennials and they don't even know you're on the planet. You need to fix that.*" So, I hired a private printer, retitled it, designed a new cover, and am seeking a broader audience, using an email marketing software that will allow me to build a blog and membership community to better serve those interested in this message. BreakingFreeToTransform.com is where you can go to Opt-In to be notified by email, receive newsletters, and obtain a copy of this book. Please be encouraged to share my emails with others.

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