

Follow Jesus to Good Health – *and heaven too!*

Jim LeBeau

How important is a close personal relationship with God? “This is eternal life, that they may know you, the one true God, and Jesus Christ Whom you have sent” John 17:3. It is *eternally* important, nothing else comes close. “Live in Me, and let Me live in you” John 15:4.

Why doesn't everyone have a close personal relationship with God? The answer - God needs a clean home. “Now you are clean by the word that I have spoken” John 15:3. “Who shall ascend the hill of the Lord? He that has clean hands and a pure heart” Psalm 24.

How do we *clean house*? The bad news is that house cleaning takes some work. The **GOOD NEWS** is that if we do it right we can follow Jesus to good health *and heaven too* – keep reading for details. After reading this you will realize this message has power to save bodies, earth, and souls - *so please make copies and distribute freely and abundantly.*

Two kinds of dirt to clean up

DIRT #1 is the spiritual kind. “It is not what goes into the mouth -it is what comes out of the mouth that makes a person unclean – for what comes out of the mouth comes out of the heart.” Matt 15:31. We all have heard sermons on this kind of dirt, commonly called “sin”. A partial list is anger, greed, envy, harmful or evil intent, disobeying God, guilt, fear etc.

DIRT #2 is the physical kind. Some doesn't wash off with soap and water. You may not have heard much preaching about this kind of dirt. The Bible condemns alcoholism and gluttony, but today we face dirt that didn't exist 2000 years ago. It's a whole new ball game that takes an awakened mind and some self-control or denial. Many don't want to hear about it even if it's making them sick, so we Christians are as sick as everyone else. Keep reading to learn *how and why* we should be concerned about this kind of dirt.

DIRT #2 - the obvious and hidden – the obvious on a physical level is smoking, junk foods, drugs, polluted air and water etc. The not so obvious is the “good diet” that is really junk food, pesticides you can't wash off, and more. We mess up good things from farm to table not realizing how fine-tuned the chemistry of life as God makes it really is. For example, we

don't understand how fragmenting and processing of grains maligns body and brain chemistry to eventually kills us. It's not quick. It's a slow death like the frog that doesn't notice water getting hotter and hotter, then it's cooked. Many of us don't seem to mind a slow death, but when a "surprise" heart attack or cancer diagnosis comes, then we mind.

Unpleasant surprises may seem "out of the blue" but there is always cause and effect. The "faith of a mustard seed" without the faith of a whole grain explains some of it. Read **The Power of a Whole Grain** – free download www.phpower.org. We can miss the boat even with mother's milk when the organic wholeness of life is missing in church theologies.

More hidden dirt comes by way of genetic tinkering (GMO); sugar and chemicals added to food; mineral, vitamin, antioxidant deficiencies in foods grown on soils lacking critical trace elements after decades of chemical farming. More yet is found in concentrated animal feed operations (CAFO) that abuse the animals we eat who get sick, then sicken us; more yet in overuse of antibiotics to stimulate growth creating superbugs that kill us; more yet with 100,000 manmade chemicals, many carcinogenic, hundreds identified in umbilical cord blood of newborns per studies by Environmental Working Group-Red Cross. We are drowning in pesticides. We are drowning in endocrine disrupting chemicals of our making and we wonder why there is so much sexual confusion.

Modern day hidden dirt goes on and on with cell phone radiation; CRISPr technology that "fries your DNA"; antibiotics that kill good gut bacteria; vaccine poisons; mercury fillings; drinking water etc. But do not despair! We have a wonderful opportunity to serve the Lord. We can join those cleaning up dirt so there is less cancer and fewer heart attacks, sick kids, and other ills of life *that we suffer by our choice*. We can help to give God more clean homes. Are we "saved" by faith, hope, love, truth, obedience, good works, devotions, repentance, prayer, God's word? Scripture can make a case for any one or all of them. Regardless of theological differences, *everybody can agree that dirt must be cleaned up, especially since -*

Hidden physical dirt opens the door to spiritual dirt

If everyone understood this miracles would break out all over. To learn how physical dirt *obvious or hidden* becomes spiritual dirt search online under "sugar, chemicals, mental health". You will find 25 million+ links you couldn't read in two lifetimes. A little research and you will understand what's behind a sick mind that shoots first graders in school (Adam Lanza); a sick mind in a hotel room calmly murdering hundreds at a concert below (Stephen

Paddock); a few examples among hundreds. Insanity is epidemic. *There is cause and effect.* Any society that produces a lot of sick and crazy people needs to examine its dirt. Anyone wanting to make friends in heaven should do likewise. God needs a clean home.

If ground level dirt didn't affect brains and minds we could dismiss it while saving our souls and say who cares about autism, cancer, mass killings, or surprise funerals - but in Leviticus 17:11 we read "*The life of the body is in the blood*". Doctors agree. They measure health by lab analysis of blood chemistry. It is a biological, biochemical, and observable fact that what messes up blood chemistry *messes up brains, minds, and behavior*. That explains why, brothers and sisters in Christ, we all need to work together to *clean house*.

"I am fearfully and wonderfully made" Psalm 139. Passing a physical and going to church are not enough. We must *clean the inside* and not just the "outside of the platter" Matt 23:25. If we want God as a "temple" mate and want to serve Him, we must deal with internal cleanliness both personally and commonly. *Clean blood works for health now, heaven later*. Take this thought to bed, the doctor's office, and to your next talk with your pastor or priest.

While wondering how to clean things up, consider the end game of life. We're all going that way, some faster than others. Nobody can "opt out". If we know the kind of end we want, maybe that will help us figure out how to deal with the middle part of life?

How do you want to die?

One plan is "first you get sick, then you die" – the bumper sticker plan. Another plan is to respect God's way of life and die peacefully in sleep at the end of a ripe old age. Those who follow this plan are documented in "**The Blue Zones**" and a book written 80+ years ago *with pictures* by Weston Price D.D.S., **Nutrition and Physical (whole person) Degeneration**.

The common way to die is to start getting sick between 40 and 50, go on drugs, then go downhill from there until you die doped out of your mind on ten or more pills. Along the way some realize that *without health nothing else matters*, so they decide to do something. They educate themselves on body and soul repair with nutrition, lifestyle, repentance, life purpose, prayer, self-cleaning and healing etc. Meanwhile many take better care of their cars than God's temple. It's never too late to learn. *We have choices*.

The narrow path takes some study and maybe even some serious hard work and "**few there be that find it**" Matthew 7:14. Is it worth a little effort to find it? Go figure.

Power to clean by the grace of God

Ever hear of a “natural high”? On a pathway to wholeness you will hear about this, some finding it with a “runner’s high”. Some find it with great music, some in church. You can have this high most of the time by doing a good job at balancing body chemistry and systems *while striving for spiritual excellence*. A wonderful life experience doesn’t happen with an artificial fix, a drug legal or illegal, junk food and drinks, boozing it up etc. It only works with the natural stuff listed below under cleaning power # 1.

If you combine balanced body chemistry with good spirit “chemistry” you may have a *SUPER-natural* high. This requires a combination of *clean blood* plus a *clean heart*. “Create in me a clean heart, O Lord, and renew a right spirit within me” Psalm 52.

Imagine such a clean temple that you get high on fresh air, sunshine, a bird on the wing, flowers, life, a song, walk in the rain, friends, love, God, truth, *Jesus, Jesus, Jesus!*

Let’s clean house

God has given us two powers for cleaning body and soul – CREATION + TRUTH.

#1 comes from creation. This includes all things *made by God* that sustain life - fresh air, clean water, whole foods, herbs, sunshine, meaningful and purposeful work etc. Few use these powers to full advantage. Most churches don’t teach it. Those that do enjoy half the health failures as those that don’t as studied at Southern California and Loma Linda Universities (links to research on Good Shepherd page at www.phpower.org). Most doctors don’t teach it either. It would work against profits. Medicine depends on sick people. Since so many follow the broad path of self-destruct they hardly need worry.

Cleaning power #2 comes from truth. “Sanctify them by your truth. Your word is truth” John 17:17. The words in RED in this document are examples of soul cleaning power from Matthew, Mark, Luke, and John. Putting this power to work is simple. *Read the gospels - focus on Jesus*. Don’t worry about what you don’t understand. The Holy Spirit of God will help you out with what matters most for you. We are not on our own in seeking health or heaven. Plant the seed, be patient, let the “**Spirit of truth**” work. Join a Bible discussion group to water and fertilize the seed. Pray hard - give it time – seeds do grow. Soon you will get to know *and maybe love Jesus*. The possibilities are endless - and heavenly!

More **truth cleaning power** comes not only from scripture, but also from CREATION. Jesus Himself was inspired by the world He created (John 1:3). He referred to aspects of creation over and over to teach us about the Kingdom of God. Some examples are how seeds work to teach us how we are “**born again**”; yeast to leaven bread “**until the whole is leavened**” – a lesson in wholeness; tiny mustard seed - lesson in faith; babies and children – a lesson in innocence and purity; “**A tree is known by its fruits**” - a lesson in consistency. We find truth cleaning power that is *also healing power* from Jesus, creation, scripture, and works of art, music, and literature that we ourselves create! We are inspired by all of this truth and beauty and by the heavens - the very stars above - “O Lord my God, how great thou art”.

Healing is cleaning and vice versa

It begins with “**heal thyself**” Luke 4:23. We are not better than Jesus. After some progress we can think about teaching others, a way to “**Heal the sick**” Matthew 10:8. “Doctor” means “to teach”. That was Jesus. That’s us if we follow Jesus. We need as many as possible teaching this path because so much depends on all of us – clean air, water, organic regenerative farming, clean food etc. The younger generation has no idea of the wonderful taste of grass fed certified organic fresh *raw* milk, cheese, butter, *and ice cream!* It’s been dark for so long they don’t know how tasty good health can be.

Working with the body’s systems

Your education in temple cleaning begins without spending a penny. Read about **SEVEN SACRED RELATIONSHIPS** in **God’s Plan for Making a Healthy Baby** *free download* with other documents from home page at www.phpower.org. Read “**The Joy of Self-directed healing – 100 and Still Dancing**” for an introduction to body systems balancing, a *test yourself* way to clean house. *Testing beats guessing!* Body systems to test and balance at home are pH (acid-alkaline), digestion, blood sugar, blood pressure, and metabolism/body temperature. Some are confused about “pH”. It’s about oxygen. Close your mouth - hold your nose – that’s how a cell feels when deprived of oxygen, turning blue. *No wonder they mutate!* (Otto Warburg). Cancer happens mostly in body parts with poor circulation – rarely in hearts. Life needs oxygen – that’s how important pH is. Testing pH is as simple as spitting on a piece of paper.

Balance all systems together. They are the “vital signs” that control the ebb and flow of life. ON THIS PATH THERE IS NEVER A DULL MOMENT. Life is exciting. There is nothing boring about getting to know God better every day *while learning to feel better* - praise God!

It takes teamwork!

Think of the body and soul as a team of horses pulling you through life. You hold the reins. You crack the whip. One horse takes off - the other lags. How does that work? A team must work together. If one horse lags while one pulls it could be dangerous.

Your body is the horse to the LEFT. If you mess up the chemistry, it lags. Your “life” will suffer regardless of how hard you crack the whip. If you are too lazy to feed that LEFT horse right you can pray, but don’t expect a prayer miracle to save you. It might not.

Your spirit or soul is the horse to the RIGHT. Your body may be “healthy as a horse” but the soul or spirit needs to be healthy *as a child of God*. When we get tired of horse manure coming left and right it’s up to us to start feeding our two horses real food.

The LEFT horse – *real food for the body*

We need to do two things right – get the GOOD IN and the BAD OUT. The key is to *eat food the way God makes it, drink clean water, activate all channels of elimination - skin, colon, kidneys, lungs*. There’s much more to learn of course. Is God worth it? Are you worth it? Check out Body Balancing Kits at www.phpower.org.

The RIGHT horse – *real food for the soul*

The words of Jesus are real food for the soul. There’s a reason Jesus, apostles, saints, brothers in monasteries, sisters in convents, all practice some degree of asceticism. There’s a reason Jesus said *“If you want to be My follower deny yourself, take up your cross, follow Me”*. Paul - “I bring my body under subjection” 1Cor 9:27. Self-mastery is a lost art and dimension of Christian practice. We can learn it by using the body as a stepping stool up – *while giving God a clean home* – two powerful reasons to get our act together.

When two powers work together life can work in a way “fit for a king” - fit for the King of kings, Lord of lords. The blessings are earthly and heavenly. God has given us real food for both body and soul. A good start is the gospel of Matthew chapters 5, 6, 7 – then John.

Nutrition-for-life – a pathway to wholeness now and to take with you when you “go”.
“Feed My sheep”. Welcome to my clean house Jesus, the Father too.

Read this over at least five times – then yearly for five years. This is introductory only.