

Wholeness of Christ

“Not everyone who says to Me Lord, Lord, will enter the Kingdom of heaven, but only the one who does the will of My Father” Matt 7:21.



Nutrition-For-Life - *pathway to wholeness*

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Here are a few issues that demonstrate the need for this document

Epidemics of cancer, Alzheimers, heart disease; panic attacks, MRSA, premature aging, stroke, diabetes, fatigue, depression, obesity; **Child issues:** autism, ADHD, junk food and other addictions, developmental issues and low IQ; **Baby issues:** toxic blood “in utero”, birth defects, limp-weak, failure to thrive, formula feeding; animal-human hybrid studies; **Social issues:** food without flavor or nutrition, healthcare driving America broke, mass killings, violence, mental disorders **State issue:** alarming rate of tumors in white sucker fish in Lake Michigan tributaries **Planet issues:** chemical agricultural runoff leads to 500+ “dead zones” in oceans, hormonal disrupters with sexual confusion & homosexuality, depletion of minerals in soil results in mineral depleted foods; **GMO “genetic drift” out of control issue:** abandoned bee hives due to overuse of pesticides...the list goes on.

*Dedicated to Jesus Who healed the sick
and asked us to show mercy*

The human brain has never made one living thing. We know God has made many living things. "I will praise you Lord for I am fearfully and wonderfully made. Marvelous are your works, and that my soul knows well" Psalm 139. Are we "fearful" enough when we mess up life with artificial chemicals, genetic engineering (GMO), nano technology, and synthetic biology? Here is what Dr. Rima Laibow, medical doctor and psychiatrist, has to say about human experimentation *with food* as God has made it:

"Few understand the far deeper impact of food; bringing information to the nuclear receptors which turn on and turn off genes; which in turn *activate or quiet complex regulatory pathways* made up of chains and trains of genes - lots and lots of genes. So food is not just a transport system for nutrients. *It is an information network of the highest complexity. Tamper with the deep level of food and you are tampering with the survival of humanity*" (referring to "epigenetics" – what activates-suppresses genes).

Babies and children are the most vulnerable to sick systems. Jesus loves them this we know. Do we? Mercy to others and to our own selves begins with a foundation of simple truth. Putting this foundation in place is a primary purpose of this document.

First learn it, then teach it. *What is not whole cannot make whole.*

This document was prepared by James LeBeau with important help from Tom Christie, Marcia Braun, and the Lord. James LeBeau received revelations from God in 1978 related to his personal healing and wholeness. He later realized they were not solely for his own benefit. In 1990 he founded The Perfect Health Foundation, a non-affiliated non-profit Christian Health Foundation, to teach principles of personal and common wholeness. The key to healing lives and saving the planet is to get this document in as many hands as possible. Download copies of this booklet from home page of the website below - copy and share freely. Truth only works if the seed is planted.



P.O. Box 199 Cedarburg, WI 53012
www.phpower.org

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The Awakening

This and a companion document “**A Gospel of Kindness for big ones – 100 and Still Dancing**” connect the gospel of Jesus to the healing power of the natural world or creation. *You must understand how natural healing and natural biological processes fit in with the big picture of life as God made it and sustains it.* Without this foundation in place you are on thin ice when it comes to trying to heal yourself or helping others. Without this foundation we are all on thin ice trying to solve big problems.



These pages dig deep into the meaning of the **Wholeness of Christ**. We build on a solid scriptural and scientific foundation with specifics on powerful concepts including: *the importance of a good start in life*; sanctity of the mother-infant relationship; difference between natural vs. artificial chemistry (patent medicines); “key that fits lock” principle at cell membranes; genetics and epigenetics; some history; some epidemiology; and some gospel common sense. Put all this together and you have a good start in life and truth.

What you see on the front page of this document may be only “the beginning of sorrows” Matt 24: 8. If we are foolish enough to kill the oceans and marine algae stop that make biological sulfur (DMSO) that rises up and falls on land in rainfall as MSM - land life will follow ocean life. What follows may be “suffering such was not since the beginning of the world to this time, no, nor ever shall be” Matt 24: 21. If you haven’t helped with promoting a wholesome gospel, please visit www.phpower.org and study EVERY DOCUMENT free to download from the home page. The future of life on earth depends on each going their part.

“Organic” is traditionally defined as food produced without chemicals with a natural balance of vitamins, minerals, nutrients etc. Big businesses of chemicals, genetically modified foods (GMO), agriculture etc., have been trying to water down “organic” to include toxic things even GMO. This is another reason to learn and teach wholeness.

Food as information: We must presume that the emerging science of “epigenetics” and Dr.Rima Laibow M.D. whose words are on the inside cover are right. Bodies and brains need real food for gene activating “information” as well as nutritional value. This agrees with what Jesus taught in Matthew 6:26. If food as God makes it is “information” with power to turn a tumor suppressing gene (p53) ON or OFF, we should work to *avoid* adulteration of the word “organic” as hard as we work to avoid adulteration of food itself. There is no need to feel helpless about sick things and sick systems. We have science, scripture, and the living God on our side. We can do something with every bite we take, every dollar we spend, and every word we speak including those spoken from every pulpit. Our mission is simple. It is to teach...

The Truth About Health *and The Health About Truth*

“He sent them out to proclaim the Kingdom *and to heal*” Luke 9:2

“**Heal the sick**” Matthew 10:8.

1. **Our Father in heaven loves babies and children.** Saving babies, children, ourselves, bees, and oceans from our toxic chemicals - *how could that not be the will of God?*
2. **Babies and children can only be as healthy and strong as their moms and dads.** It's not just about genes. It's about all things that build strong bodies and minds.
3. **Moms and dads can only be as healthy and strong as social, agricultural, food production, and other systems allow.** If big business and big government mess things up it affects all of us. If food production is corrupt in multiple ways, how can moms and dads be healthy? If moms and dads aren't healthy, how can they make healthy babies, or have a healthy old age for themselves?
4. **A major step for healing sick systems is fixing food.** Quality of food is largely determined by *consumer demand*. “Organic” is the best word we have to describe God's way of feeding us. “*Your Father knows that you need of these things*”. Matt 6: 25-32. Watch "**Moms speak out on GMOs**" (4 minute video - link on bottom of Good Shepherd page at www.phpower.org).
5. **Since business is money motivated** - and since government policy under lobby influence is largely in the pocket of big business, without another institution teaching the truth about health with love there is no power to effectively counter the corrupt, weakening, and sickening influence of money on babies, children, families, life.
6. **Which is why the world needs strong churches** - looking out for the *physical* as well as spiritual welfare of a flock. Pulpit power only works if truth works on the higher level, which is why this document is so important. A simple truth is that the human brain has yet to make one living thing. We cannot make a blade of grass from scratch yet some of us presume to tell the living God *how the chemistry of life works*.
7. **For the rest of the story** – finish reading this booklet and take time to read the red letters (words of Christ) in Matthew, Mark, Luke, and John. Truth can work miracles *but only if you expose your mind to its power* (Romans 10:17).

As we ponder personal and church responsibility we should remember Matthew 25 “Whatsoever things you have done (or not) for these the least of My brethren, you have done (or not) for Me”. Weakness and helplessness are not allowed in our thoughts. We can do what the Spirit of God gives us power to do. That applies to all that is good.

What is the meaning of the “wholeness of Christ”?

Our only hope for salvation from ourselves is to awaken a dormant *power* in the back of human consciousness – *a power that connects the dots and heals on all levels of life body, mind, and spirit – a power that can calm a storm.*

This is the power of the living Christ, his creation, and His word.

Without knowing and using His power on both physical and spiritual levels we are vulnerable and incomplete. Our eyes and ears may be closed to the pain and suffering of others. We may not know what to even care about. When this leads to epidemics of childhood obesity, cancer, diabetes, AD(H)D, autism, etc. it should be a wake-up call.

Never have we needed to understand how to resurrect and apply the healing power of creation and the Creator - within and without - more than now.

Pass the power please!

How do we become whole? How do we grow? *By what we eat and drink!* Junk food doesn't work for either body or soul. Whole foods as God made them with a balanced complex of vitamins, minerals, antioxidants, enzymes etc., combined with earthly powers of clean fresh air and water and a sensible lifestyle do work. ***Mother earth is Healing Power # 1.***

On a spiritual level “incorruptible seed” is our “daily bread” and “mother’s milk” for our souls – the red letters in our Bibles (1Peter 2:1-3). Eat. “Every one *of truth* hears my voice” John 18:37. As important as mother’s milk is for babies, so are the words of Jesus for our souls. They are seeds that grow “night and day you don’t know how” (Mark 4:27) bearing “fruit” in due season if planted in good ground. Health is more than being just “healthy as a horse”. It is being healthy as a child of God. “It is the spirit that gives life” John 6:63. ***Jesus and His words are Healing Power # 2.***

Epigenetics explains how all of this power works as confirmed in the lab with a 50,000 power electron microscope and explained by a teacher of cellular biology in **Biology of Belief**. This new branch of science agrees with and confirms scriptural truth. It helps us to understand why “The words I speak to you, *they are spirit, they are life*” John 6:63.

Power # 2 is amazing! So is Power # 1. Both are potentials only. They don't do anything until they are “activated”. (Book of James)

Over the past 100 years we have seen “experts” messing up God’s perfect baby food hurting mothers and babies *and our total human wellness*. With “formula” we thought we could beat God at His business, *life*. Likewise we thought we could improve on God’s way of producing food, but our pesticides are decimating bee hives while giving us cancer. The “fruits” of our mistakes speak for themselves. When system failure strikes on a personal level - ouch. “By their fruits you shall know them” - and we shall know ourselves.

“The true milk of the Word” (1Peter 2:1) is our salvation *if it applies to bodies and physical health as well as spiritual health*. Mother’s milk starts life on the right path but it can’t stop there. Our “daily bread” must include organic, sprouted, yeast fermented vitamin and fiber rich whole grains from rich topsoil to nourish us in a way the “enriched” variety never can. Wholeness must work at ground level (“Dust thou art”). If we sell God short on “mother’s milk” and food what else are we selling Him short on? When we sell Him short we sell ourselves short. This is not the path to the “pearl of great price” – the **Wholeness of Christ**.

“A tree is known by its fruits”. If “fruits” are not consistent with the “abundant life” Jesus promised - *check the seed!* Epidemics of autism, hyperactivity, kids on psychiatric drugs and shooting other kids in schools etc., such fruits are not consistent with seeds of wholeness. Neither are epidemics of *preventable* diseases in the elderly – Alzheimers, cancer, heart attacks, obesity, diabetes etc. Out of control sick things are not fruits of God. They are fruits of bad seeds sown while we sleep showing up in the light of day. Should we be surprised?

What else is missing? Do we know the healing power of herbs given to baby Jesus and three noted in Matt 23:23 so valuable they were used for tithing - mint, dill, cumin? Visit the National Library of Medicine - pubmed.gov. Search with any food or herb and any disease. It’s free. Search under “frankincense and cancer” and “myrrh and cancer”. Search under “lemons and cancer” and “apples and cancer”. Prepare to be amazed. *Why are we so shy about praising God for His organic goodness as we celebrate His spiritual goodness?*

“Science” is not the problem. Neither is scripture. The problem is that we don’t use the two powers we have from one Source – GOD. If it comes by the sun with vitamin D; a carrot with A; a drink of water; a breath of fresh air; whole foods with wonders we barely understand; the Spirit of God by scripture or blowing in the wind - *it’s all from one Father and Son*. “All things were made by Him” John 1:3. Whether healing is by His word or by His spirit or by His creation *the Source is One*. All things healing have one Source for their being, as do we. Our part is to wake up, connect the dots, and recognize a simple truth –

All that heals is holy; and all that is holy heals.

Part 2 - The Healing

Are babies in trouble? As reported by Mercola.com, “The Environmental Working Group (EWG) found that blood samples from newborns contained an average of 287 toxins, including mercury, fire retardants, pesticides, and Teflon chemicals. Of the 287 chemicals EWG detected in umbilical cord blood passed on to a baby. It’s known that:

- 180 cause cancer in humans or animals
- 217 are toxic to your brain and nervous system
- 208 cause birth defects or abnormal development in animal tests”.

Business is about money. Government is about power. Church is about God. *God is about life.* A baby with 287 strikes against it before it is born – we need a responsible institution to pay attention to the *organic integrity and wholeness of life!*. If God’s churches don’t take charge of setting up and holding up a standard for the wholeness of human life, who will?

Most toxic chemicals come from farmer’s fields. The chemicals aren’t necessary. God has provided for us just as He has for the “birds of the air” as Jesus told us “O you of little faith” (Matt 6: 25-34). Truth heals. Add love. *Words matter.* Here are a few simple words to deal with chemical farms, factory farms, dirty bloodstreams, and a dirty planet. Sick systems are healed by the power of simple truth.

- **Organic** – God’s way of feeding us if not so watered down it becomes meaningless
- **Stewardship** – sacred responsibility for honoring creation
- **Organic family farms** – sustainable system that helps accomplish the above
- **Words of Jesus** – wake up power for our souls.

God loves babies

God is in the baby business. God loves babies. All living things love their babies. People, polar bears, dogs, cats, tigers, lions – all love their babies. Jesus loves babies. The parent-child relationship is basic to life. God Himself had a baby born in Bethlehem with angels singing to shepherds and wise men bringing gifts of cancer fighting herbs. You might have guessed - a sacred mother-infant relationship means less cancer for both mother and baby. *It’s not all about chemistry and herbs. It’s also about love – love – love.*

Type C personality - many studies have shown that people who get cancer have trouble expressing their feelings. The question is why? Psychologists know a baby's relationship with its mother establishes its basic outlook on life. *Is the world a friendly place or not?* A 1946 John Hopkins study of the psychological profile of 972 students led to this KEY CONCLUSION: students classified as "loners" who suppressed their feelings were "16 times" more likely to get cancer than those able to freely express feelings. Another study showed that adults not close to their parents were more likely to get cancer.

The seed of the "loner" personality: Baby on "formula" gets tummy ache. Baby cries. Doctor says "let them cry it's good for their lungs". Busy mom trusts doctor - let's baby "cry it out". Baby withdraws feelings - world not friendly place. Later baby has problems - many trips to doctors, dentists; "loner" tendency; developmental disorders; soon on psychiatric drugs; then junk foods and drinks (metabolism disrupters) added to mix - Surprise! "Out of nowhere" autism; addictions; depression; AD(H)D, child obesity and diabetes; teenage suicides; anger; violence; mass shootings – few connecting the dots. A psychologist who claimed not to have lost a patient to cancer in nine years acknowledged that cancer has many "triggers", but he claimed all cancers have a primary cause in failure to experience and express love caused originally by *"aberrations in maternal-infant bond"*.

Mass murder/drug connection? The "loner" problem is about cancer but that's not all. How many mass murderers have you heard described as "loners"? David Brooks of the New York times referred to mass killers as "alienated loners with self-worth issues". Most are reported to have histories of mental disorders meaning they were likely on psychiatric drugs such as SSRI drugs (selective serotonin reuptake inhibitors) with a primary effect of creating INDIFFERENCE. "Alienated loners" shooting people – a teenager on psychiatric drugs shooting 20 first graders and 6 staff in elementary school - *who is connecting the dots?*

Mother's milk – words matter.

We think we know so much. We really know so little.

Grownups and seniors in trouble too?

Here are three things every grownup and senior should understand about health:

- A. The difference between natural and artificial chemistry
- B. How to make nice music with natural chemistry (epigenetics – definition below)
- C. Your genes – whose fingers on your keys?

A - Natural vs. artificial chemistry

By design God placed receptor sites on cell membranes *for natural biomolecules only* that fit with “key and lock” precision as revealed by a 50,000 power electron microscope and as explained in **“The Biology of Belief”** by Bruce Lipton Ph.D., 25 year professor of cellular biology at University of Wisconsin Madison. To quote: “Epigenetics is the science of how environmental signals select, modify, and regulate gene activity” (page xv). Does your house key work for your car? *God is in the “key and lock” business.* In the beginning God created all organic chemistry with “key and lock” precision that applies to all life including our *fruits, vegetables, whole grains, and mother’s milk!* Read the book for details on how it works.

Epigenetics is not just about chemistry. It’s also about how thoughts, feelings, and beliefs influence genetic expression. *It’s about wholeness - God - life.*

Side effects: If you put kerosene in the tank of a car designed to burn gasoline you would expect pings and knocks. The design counts. “Key and lock” receptor sites count. It’s not just about pesticides and manmade chemicals. It’s also about the “side effects” of prescribed drugs listed in a 1733 page Physician Desk Reference (PDR). More and more doctors are saying “natural works better”. Many study “integrative” medicine, but unless patients also understand their options how can they make informed decisions?

On the one hand - “when you are sick see your doctor”. For most this means a prescription and trip to the drugstore for a “patent medicine.” The word “patent” is important. It describes a chemical created or modified by man. That makes it “new” and patentable – also *artificial and profitable*. With a patent a drug company has exclusive sales rights. This opens the door to big profits.

On the other hand – we have a choice between natural and artificial chemistry for our medicine. Doctors in 17 states use “naturopathic” *non-patentable* medicine. They are trained in six approved schools in the US, two in Canada. They use “mother nature” (creation) for healing with foods, herbs, water, sunshine, exercise, natural processes like detoxification, body systems balancing, supplements, and “fasting and praying”.

Truth has consequences - according to the Food and Drug Administration (FDA) not one biomolecule made by God has ever been approved to treat or prevent disease. Here is a quote from the FDA after a Freedom of Information Act request:

“Records of the Food and Drug Administration began in 1938. A check of the records of the Center for Drug Evaluation and Research did not contain any files which contained non-patented drugs or ingestible items or foods of plant or animal origin from land or sea” (to read the complete letter visit the LINKS page at www.phpower.org).

In other words, “medicine” is reserved for artificial chemicals. Try to square that with “key and lock” precision of biomolecules or millions of studies in the National Library of Medicine that document their healing power.

The science that supports natural healing – is found in the National Library of Medicine, division of National Institute of Health (NIH). To quote naturopathic doctor Michael Murray:

"One of the great myths about natural medicines is that they are not scientific. The fact of the matter is that for most common illnesses there is greater support in the medical literature for a natural approach than there is for drugs or surgery."

Render honor where honor is due

Nothing here is to deny the value of modern medicine. Modern medicine saves lives. It works wonders with ER (emergency resuscitation), diagnostics, surgery, antibiotics specific to a bug, and much more. Many doctors are real life heroes. To some extent they are as much victims of a false belief “system” as are their patients. *The idea for patients is to be informed to make informed decisions. “You can’t beat God”* says Lorraine Day M.D. who beat cancer with God’s chemistry. To be fair and to paraphrase what Jesus said:

*Render unto medicine honor for the things of medicine;
Render unto God honor for the things of God.*

B – How to Make Nice Music with Natural Chemistry

Keep in mind the two powers that make life work as God created it. Here they are again:

1. **Power # 1** - the power of natural chemistry working with the “key and lock” precision of mother earth including too many things to keep track of and things we haven’t even discovered yet. Some powers enter the body from outside sources (exogenous) and some powers are made by the body itself (endogenous).
2. **Power # 2** - the power of belief, faith, thoughts, emotions, spirit, God etc.

Both powers are two way streets. Mind over the body is called “psychosomatic”. Body over mind is called “somato-psychic”. Science can now explain in detail how these powers work to activate or suppress genes and thus influence how life works. *This is important.* The tumor suppressor gene “p53” for example is a gene that most of us would *want activated*, not suppressed. For the details read **The Biology of Belief**.

Epigenetics supports the healing power of natural biology and nutrition as well as powers on the spiritual side of life. Our Bibles also testify to both of these powers. If **The Biology of Belief** were required reading by every pastor, priest, and seminary student, a lot of suffering could be avoided. To say there is a ton of evidence from both science and scripture that

supports two healing powers working together for whole person healing is only stating the simple powerful truth.

Nevertheless, some who trust man more than God are convinced that they are victims of their genes. There is nothing you can do about it. Blame mom and dad. Some have had breasts removed as a “preventive” measure to avoid breast cancer.

This shows how crazy things can get when people don't have a foundation of truth to guide their thinking and their lives..

C - Your genes – whose fingers are on your keys?

Think of your genome as a piano sitting in the corner of your living room. Your 25,000 (more or less) genes are the piano keys. Piano keys do not play themselves, nor do genes activate themselves. Genes are turned on and off by signals from cell membranes and other parts of our 200 trillion cells. Our spiritual side also plays a part. Here is what Dr. Rima Laibow (medical doctor-psychiatrist) has to say about human experimentation with the genetic code of food:

"Few of us understand the far deeper impact of food; bringing information to the nuclear receptors which turn on and turn off genes; which in turn activate or quiet complex regulatory pathways made up of chains and trains of genes - lots and lots of genes. So food is not just a transport system for nutrients. *It is an information network of the highest complexity. Tamper with the deep level of food and you are tampering with the survival of humanity.*"

Natural biology was created to make nice music, but imagine a toddler on a piano bench *pounding on the keys* with both fists. Is this “music” or noise? Let’s consider that:

- You consume polluted air and water – *whose fingers are pounding on your keys?*
- You eat a typical diet of processed chemically preserved foods with pesticide residue that you can't wash off – *whose fingers are pounding on your keys?*
- You assimilate more chemicals from personal care products like soap, shampoo, cosmetics etc. *Whose fingers are pounding on your keys?*
- You eat genetically modified foods – *whose fingers are pounding on your keys?*

The Finger of God - clean air to breathe and clean water to drink; whole organic foods to eat as God made them; clean harmless thoughts – “heal thyself” example of Jesus – *Whose fingers are touching your keys with kindness and love to make nice music?*

If something bad happens *whose fingers to blame?* We have choices. Is it mother’s milk or “formula”? God’s chemistry or man’s? Whole or processed food? “Temple” care or who cares? Responsible churches or big business and government getting away with murder?

Timeline of bad choices - hormonal, metabolic, genetic, and life disrupters

(when love of money makes a mess *and churches blindly acquiesce*)

1500 – Flour, sugar, oils – beginning of processed sugar as commodity; 19th - 20th centuries high fructose corn syrup/artificial sweeteners, highly processed oils - trans fats; **1870** – stone ground wheat replaced by steel rollers marked beginning of industrial processing of grains and other foods;

1900 to 2016 breasts to bottles - what does God know? “Currently, infant formula-feeding is widely practiced in the U.S. and appears to contribute to the development of several common childhood illnesses, including atopy (allergies), diabetes, and childhood obesity - research suggests breastfeeding prevents adverse health conditions, whereas formula-feeding is linked with their development” - quotes from National Library of Medicine - National Institute of Health – US Government.

1905 – natural to artificial medicine – oil barons Rockefeller and Carnegie figured out they could make lots of money with medicine from oil – succeeded in outlawing competition/naturopathy (Flexner report 1912)

1920s – 1970s - organic farming gives way to chemical; weak plants from depleted topsoil need pesticides to defend selves + hormones, antibiotics etc. **1970s** - CAFO (Concentrated Animal Feeding Operations) takeover of family farms chickens/hogs/cattle – “Get big or get out” supported by government policies

1990 – GMO – bioengineering begins big time - introduction of genetically modified foods & farming *without safety testing* under President George Herbert Walker Bush – no labeling of foods required – **2016** - transfer of GMO to non-GMO crops by “genetic drift” out of control and largely ignored

2016 – nanotechnology – Center for Food Safety (non-profit) warns nano-particles added to baby formulas and foods and many other foods *without safety testing and adequate regulatory oversight*.

2016 - synthetic biology – NaturalNews.com warns of Swedish company Evolva - “once introduced into wild no way to remove - threatens to destroy all life – computer generated genes – ability to reproduce without human intervention – genetic drift a problem for GMOs as well as synthetic biology – no long term safety studies and little or no government regulation.

Sources and documentation – also see LINKS page at www.phpower.org

Search online using “history of” any of the above issues, or use these links: **Chemical/CAFO farming, nanotechnology** <http://www.centerforfoodsafety.org> **History of American medicine** - “How the oil industry medicine, finance, and agriculture” article search at this website - <http://articles.mercola.com>

Formula and breastfeeding scientific study - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2684040/>

Thank God for leaders in clean sustainable agricultural systems, natural medicine, and breast feeding. Thank God for lay and spiritual leaders *doing their parts etc.* If you know them, support them.

33 AD - Jesus did His part. It’s up to us to follow Him and walk in “His steps” 1Peter 2:21.

The rest of the story

If “key and lock” really matters at the cell membrane level; if two healing powers really work; if “natural works better”; if God knew what He was doing when He created support systems for the wholeness of human life – *if all of this is true, then there must be an abundance of personal human experience to support it.*

Personal experience: One source of truth comes from the thousands who have healed themselves of “terminal” diseases using natural methods. You can find their stories in books and online. There are also healing “miracles” credited to prayer. These anecdotes present compelling evidence that the two healing powers of ONE SOURCE do work.

Naturopathic & nutritional doctors: Hundreds have written books - hosting TV programs about the science and success of natural methods – Drs. Oz, Fuhrman, Amen to name a few.

Epidemiology: study of health in defined populations is another source of truth. What is the human experience of those who honor God’s design for the wholeness of human life? Here are a few significant studies that stand out (books available at Amazon.com).

- **Nutrition and Physical Degeneration by Weston A. Price D.D.S.** should be required reading by every pastor, priest, and church elder - first published in 1945 – documents societies where everyone enjoyed near perfect health, lived old, died peacefully in sleep – no tooth decay, arthritis, cancer, heart disease, obesity, diabetes etc., *no jails and hospitals either* - pictures show what happens to teeth/facial/bone structure of those who moved 20 miles away - changed diets to processed foods.
- **The Blue Zones** – recent study similar to Weston Price sponsored by National Geographic - only seven healthy places found, one in U.S. Loma Linda California.
- **World Health Organization (WHO)** – keeps track of nations, longevity, infant mortality, health care costs etc. To quote USA Today from July 7, 2014 “The United States currently spends more per person on health care than any other developed country. *Health outcomes in the U.S., however, are among the worst*”.

In a search for truth we have the sciences of genetics, epigenetics, nutrition, organic chemistry, and epidemiology. We have scripture. Some of us have common sense. Take time to notice babies. Note the differences between a breast-fed baby of a healthy mother and a limp baby with an obese mother pushing a grocery cart full of junk food and a case of soda. If this doesn’t motivate you to want to heal *in the name of Jesus – what will?*

There’s one more thing you can do as a test of truth. TEST YOUR BODY and see what works. We all should learn to do this because *experience brings conviction at a deeper level.* On the next page is an introduction to how to test your body for better control of your health at home for little or no cost - *letting your body tell you what works for you!*

Nutrition-For-Life - *pathway to wholeness*

“Heal thyself” is a standard Jesus set for Himself and for us (Luke 4:23). “The servant is not above the Master”.

What works? *Test yourself and find out.* This approach used by doctors who understand and respect nature is a whole person approach to health that teaches you how to really *listen to your body.* It becomes an exciting day to day adventure!

How and why it works – our bodies are organized in systems. The systems service the cells and the cells service the systems. In this symphony *the systems are the masters.* Master your body’s systems for healing at cell level since *upstream flows downstream.*

Clinical proof - Harold Hawkins D.D.S. discovered in the 1940s that balancing urine/saliva pH of patients tended to *“normalize other factors not known”.* This domino or “cascade” effect applies to all key body systems like pH, digestion, blood sugar, body temperature etc.

Disease connections – since body systems are “upstream” to cells and all body parts it only makes sense that there would be disease connections to all key body systems. **Cancer** for example relates to oxygen/pH (Otto Warburg) and to blood sugar with many more glucose receptor sites on cancer cell membranes than on a normal cell. Body pH also balances with the autonomic nervous system, a master control related to **panic attacks** and much more. Blood sugar relates to **diabetes**; body temperature relates to **fatigue, metabolic syndrome, obesity**; blood pressure to **heart-circulation.** *It only makes sense to test and balance all key systems at the same time.* The A-B-C balancing process works like this:

A – Identify a healthy standard for key body systems you can test at home. 1 - pH or acid-alkaline balance; 2 - Digestion 3 - Blood sugar; 4 – body temperature; 5 – blood pressure.

B – Test to see how you compare to the healthy standard, system by system.

C – Balance your body using biomolecules that fit with “key and lock” precision. Use reasonable discipline in all areas of life that affect your health. **A-B-C** - 100 trillion cells will shout for joy.

For self-study options that go into more detail go to www.phpower.org and read about body balancing kits beginning with the **Body and Soul Repair kit.**

Your doctor might not be able to help with this approach to healing for legal and other reasons. Medical training is not the same as naturopathic, nutritional, and lifestyle training. The thought of doctors using healing powers from creation instead of a drug might give a drug company executive a heart attack. For the drug business it’s best to leave God out of the picture *and hope nobody notices.*

Part 3 - The Completion

Wholeness of Christ –In this document you have learned about mother’s milk and mother-infant bonding connections to cancer; “loner” personalities; mass killings; cause and effect in lifetimes of toothaches and heartaches. You have learned about “key and lock” precision of natural biomolecules and differences between natural and artificial chemistry; brief history of hormonal, genetic, metabolic disrupters; cancer healing powers of herbal gifts to baby Jesus and herbs He mentioned in Matt 23:23; how to make nice music on your genes; and worldwide evidence that God’s systems work. You were introduced to a simple way to *test yourself* to prove it works for your own body. On the last page you will see *how the word of God works for all of this*. All of this is only an introduction to the dance of life.

The physical and spiritual come together in one word - “wholeness”. The whole is greater than the sum of its parts. This is as true for Christ as for a grain of wheat. All parts are connected. What is not whole cannot make whole. Therefore be whole or “heal thyself” - then help to make whole or “heal the sick”. The Word of Christ opens the door to all things whole and holy - the “Door of the sheep” John 10:7. Completion comes by knocking on that door with study, prayer, persistence, learning, growing, *and becoming*. Ripening on the Vine, as with childbirth, takes time. Be patient.

Meanwhile - *teachers needed!* There is wholeness in life but someone must teach it. Without the teaching His flocks are scattered every which way with many beautiful lambs and sheep victims of sick systems motivated by money. In whose hands should the sacred **Wholeness of Christ** be trusted? Let the churches say - *in our hands please!*

“But go and learn what this means, *I will have mercy, not sacrifice*” Matthew 9:13

Important to read

Matthew, Mark, Luke, John; download from home page www.phpower.org; **Body and Soul Repair Kit** to get started on a pathway to wholeness visit www.phpower.org; **Nutrition and Physical Degeneration** by Weston Price D.D.S. **The Biology of Belief** by Bruce Lipton Ph.D. **The Blue Zones** by Dan Buettner with National Geographic – all available at amazon.com;

Additional Resources

(do your own research - due diligence)

People’s Pharmacy - <http://www.peoplespharmacy.com> – statins interview #1044 Phone 800-732-2334

LaLeche League - www.llli.org

National Library of Medicine - www.pubmed.gov

Body and Soul Repair and Body Balancing Kits - www.phpower.org

Integrative doctors – www.acam.org – www.naturopathic.org – www.icimed.com

Institute for Responsible Technology – www.irt.org – just say NO to GMO.

The Wholeness of Christ

- 1. There is wholeness in life.** In the beginning God created life to work in wholesome ways for body, mind, and spirit. Would God provide for the “birds of the air” and “lilies of the field” and not for His own children? (Matt 6:30) Would it cover the details? “And even the very hairs on your head are all numbered.” (Matt 10:30) “I will praise you Lord for I am fearfully and wonderfully made; marvelous are your works, and that my soul knows well” Psalm 134. Respect for creation is in God’s thinking.
- 2. Wholeness works by all things God has made** – you may call it “creation” or “mother nature”. Included are fresh air, clean water, organic whole foods, herbs, sunshine, rich topsoil, growing seasons, mother’s milk, and all things falling under the umbrella of God’s love as it works in the amazing synergy, diversity, and harmony of creation.
- 3. Wholeness also works by all things God has said** - “Man does not live by bread alone but also by every word of God” (the spiritual) Matthew 4:4. Thus we live and stay well not only by everything God has made but also everything God has said.
- 4. The pathway to wholeness only works if 2 and 3 above work together as a team with faith in each other** - “What is born of flesh is flesh; what is born of spirit is spirit” John 3:6. “Your faith has made you whole” Mark 5: 25-34.
- 5. We are responsible for care of the body “temple”.** Jesus and Paul both used the word “temple” in reference to the body. “Know you not that you are the temple of God, and that the Spirit of God lives in you? For the temple of God is holy.” Cor. 3:16. We have a responsibility to care for our bodies as much as we care for our cars.
- 6. We also have a social responsibility.** “Love thy neighbor” isn’t consistent with messing things up for thy neighbor. If we support factory and chemical farm systems or use poisons on our lawns we help to give more cancer to all of God’s children and poison the planet. We all need to think beyond ourselves in what we do.
- 7. Nothing works if nobody teaches it.** We have a responsibility to educate ourselves and others in matters of Christian wholeness. That means to honor the words of the risen Christ “Teach all things whatsoever that I have commanded you.” “Faith then depends on hearing, and hearing on the *word of Christ*”. Romans 10:17.

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