

“Surely you will say to me this old proverb – Physician, *heal thyself*” Luke 4:23

A Gospel of Kindness to big ones

by Jim LeBeau author **Healing Diets** and **The Cancer Report** with Robert J. Peshek D.D.S.

From a doctor - “It’s really a lot of fun to balance myself and have that control over my life”.

Balance is the key. Few understand the power of natural self-directed healing and *balancing* of key body systems. The common path is to turn one’s body over to an “expert” for a pill or knife fix. The basic problem is not fixed. *The result is needless pain and suffering.* This is for educational and inspirational purposes only *to explain your power and how to use it.* It is written by one who has “been there, done that” and has learned by hard knocks and help from God. You are in charge of your life and your health (more info at www.phpower.org).

Where does healing power come from?

A – Healing power from creation with fresh air, water, food, sunshine, herbs, nutrition, systems balancing & chemistry, organic non-GMO farm systems, fasting, mother’s milk etc.

B – Healing power from God “in Whom we live and move and have our being”.

Jesus summarized **A + B** (“wholeness”) with “**fasting** (body) **and prayer** (spirit)” for healing tough cases. He taught the power of this combination. *You can test it for yourself at home on your own time and schedule.* Keep reading to learn how it works. In the end all healing is about power from God because Father and Son created all things.

How do you turn the power on?

Jesus told the woman who touched the hem of his garment “**Your faith has made you whole**” Mark 5:34. We too can touch the hem of his “garment” (creation) **by our faith.** Science confirms this healing power with millions of studies in the National Library of Medicine NIH/pubmed.gov identifying thousands of biomolecules in vegetables, fruits, grains, seeds, nuts, grass fed dairy etc. with power to heal or *make whole by lifestyle choices.* Science also confirms the healing power of faith, forgiveness, thankfulness etc.

What do you choose? In self-healing *we choose to use God’s power in a specific way that lets our bodies teach us by testing, not guessing.* We learn to listen at a deep level to avoid mistakes that weaken life energy and throw key body systems out of balance. Every minute

we choose sickness or health by what we eat, drink, think, and do. Our part is simple. *We must learn to choose right with God.*

Fixing vs. healing

A doctor sutures a cut or sets a bone - *that's fixing*. God's power merges cells together - *that's healing - a higher level of technology at work in front of our eyes*. We don't need to understand how it works but we do need to trust it "O you of little faith".

GOD'S POWER APPLIES TO MORE THAN CUT FINGERS AND BROKEN BONES. IT APPLIES TO THE CHEMISTRY OF LIFE AND BODY SYSTEMS SUCH AS DIGESTION, METABOLISM, BLOOD SUGAR & PRESSURE, pH, ETC. IT APPLIES TO COLDS, FLU, **CANCER**, EVERYTHING. WE MUST STOP THINKING OF THIS POWER AS A LITTLE THING TO TAKE FOR GRANTED. EVERY TIME WE USE THIS POWER WE SHOULD BOW OUR HEADS AND SAY "THANK YOU FATHER".

Important: None of this is meant to discount the "miracles of modern medicine" as you learn how to use the healing miracles of God. They are not mutually exclusive. Sometimes a body needs fixing so healing can work. Look at it this way. God's miracles and ways of life are *foundational*. Stop breathing. As you turn blue remember oxygen. Oxygen is a GOD thing, not a human genius thing. It's a CREATION thing, not a drug from the store thing. It's a FOUNDATIONAL thing, not a shingle on the roof thing. Render unto medicine honor for the things of medicine; *render unto God honor for the things of God*.

Re-read the above paragraph until it sinks in, also the Sermon on the Mount where Jesus explains the importance of building a house on a foundation of *rock*, not sand.

One story among millions - Lorraine Day M.D. healed her breast cancer God's way says "Cancer doesn't scare me anymore" and "You can't improve on God" - thoughts to ponder.

Secrets on the path

Our bodies are organized in systems. The systems service the cells and the cells service the systems. In this grand symphony the SYSTEMS ARE THE MASTERS.

A major clinical discovery - a dental nutritionist in the 1940's Harold Hawkins D.D.S. discovered that when he used nutrition to balance the urine and saliva pH of patients it tended to "*normalize other factors not known*". He found in clinical practice that by balancing a major system like pH there is a *domino effect* reaching every system and cell in

the body. No wonder - *body systems are upstream to 200 trillion cells!* Remember oxygen. Every cell needs it or turns blue – you too! Oxygen depends on body pH balance!

The big picture - *master your body systems to master your health.*

On file: "*I went to over 40 doctors with no answers and one pH sample tells it all. Your books are a Godsend*". Diane H. Clearwater, Florida

Disease Connections

80 years ago two time Nobel prize winner Otto Warburg found he could produce cancer in different species of animals by injecting *acid* into their bodies to lower pH which lowered blood oxygen. The most common cancers are in body parts with poor circulation and thus lowest oxygen delivery - prostate, breast, colon, lungs cells choked by tobacco tar etc. How often do you hear about cancer of the heart? *Almost never* according to Mayo Clinic.

All diseases have connections to the five key body systems described below.

Test - don't guess.

There is only one way to know for sure if you are making progress from point A to point B in health. *Test – don't guess.* By testing you *let your body be your teacher.* Your chemistry is unique. Scientists may do a million studies to learn what works for others. By testing you learn *what works for you.* One test is worth a thousand books, websites, degrees. As you test *note changes in results* as you make changes in foods, supplements, lifestyle etc. Now you are learning cause and effect. This is how your real learning begins.

Wonderful healing power made simple

The gospel of Jesus is the spiritual standard. On the physical level three steps apply -

ONE - *identify a healthy standard* for the most important systems upstream to every cell in your body that you can test at home for little or no cost and listed on one page included in body balancing kits from the Perfect Health Foundation. There are five such systems.

1. **pH or acid-balance of urine and saliva** - background for the chemistry of life and key balance for oxygen to cells and carbon dioxide removal from cells (breath).
2. **Digestion** – central key system for “nutrition” of any kind to work right.
3. **Blood sugar** - energy for cells - like pH related to everything going on in the body.
4. **Body temperature** – relates to speed of metabolism of all cells, energy production, weight control etc. Like pH, digestion, and sugar it is related to everything else.

5. **Blood pressure** – easy to test key system for heart and circulation - key indicator of sodium-potassium balance, one of the most important balances in the body.

TWO - *test* to see how your balances compare to a healthy standard for all five systems.

THREE – *balance your body* using the healing powers of earth and heaven. The more you practice, the better you get at it. You can start at any age but the sooner you start the better your chances of success because older bodies tend to have more limits such as missing parts, addictions, clogged systems, hard to break habits etc.

ONE-TWO-THREE - Balance key body systems and 200 trillion cells will shout for joy. You are giving them a healthy support system. *You will feel the difference* in body, mind, and spirit.

Caution - know your limits. Some people are better at helping themselves than others. Be honest about this. Get help as needed from qualified health professionals that you trust. If malnourished as a baby or child you likely don't have healthy teeth or good bone and structural development which can limit your potential for healing. If older you may have missing parts or other limits of body and brain. All of us face limits in quality of food, air, water, environment etc. We must work with what we have while teaching *Gospels of Kindness* so future generations won't face the limits we face *not by our choice*.

All of this is introductory only. Rome wasn't built in a day and you won't learn how to heal yourself in a day. For study options in hard copy or digital format - www.phpower.org

“Heal the sick and tell them the Kingdom of God is at hand” Luke 10:9

Comments on file...“I can hardly wait to see my doctor in June. It's wonderful to feel more control over my health with the information you provide”. Joyce Heiser, Wisconsin

Another...“I have been on the P.H.F. system for about 3 months...it's a new lifestyle and I am still working to get all the balances. My health is greatly improved; the information is excellent. Thank you”. J.H.F. Flomaton, Alabama

From someone who teaches live blood analysis...“I use information from your material every time I teach a new class”.