

God's Medicine

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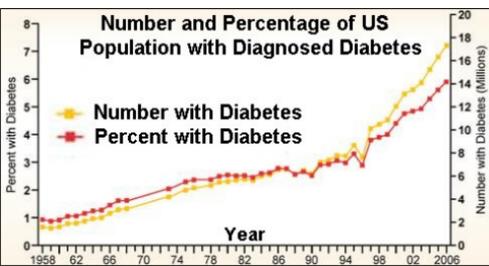
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If you never changed the oil in your car, you likely would not notice any difference until it began to smoke. Then damage would be major and expensive to fix. Many treat their health this way, in that as long as they feel good today, that is sufficient. Then one day, they may wake up to a dread disease and wonder why it happened.

The deceptive low-fat mantra has lulled many into a harmful high-carbohydrate diet, which promotes diabetes, cancer, heart disease, obesity, etc.¹ More than one doctor has told me that a “good normal diet” is fully sufficient. No doubt he believes it because he trusts the system. But reality is less need-ed nutrients to deal with increasing toxins.

A glaring case in point is genetically modified corn², which contains 13 ppm of toxic glyphosate (from Roundup), but the “safe” level in water is 0.7 ppm. **And**, such corn is



drastically deficient in key minerals with only 1/437th of calcium, 1/56th of magnesium and 1/7th of manganese. Plus, damage to the DNA of the corn introduces new toxins.

Government minimum nutrient standards are only enough to avoid obvious nutritional deficiencies, but you need much more for optimal health and to defend against toxins. Are you satisfied with your health? Do you believe God designed you so the odds are more than 1 in 3 of getting cancer in your lifetime? It was only 1 in 30 a century ago. It is just common sense that depleted food and increasing toxins in our food and environment must be very important factors.

Toxins are now so pervasive that it is impossible to avoid them entirely, even with organic food. The nutrition God designed for you, which few are getting fully, is a powerful protector against toxins³. Almost the only way to now get sufficient nutrients is to take plenty of *quality* supplements.

The lower the quality, the cheaper to produce, and the more profit there can be. Also, the sicker you are, the more profit there is for the medical and drug industries, which have great influence over what the government rules as wholesome and safe. So there is continual pressure for more and more adulteration and toxic food.

Also, the powerful elite have stated their objectives in the Georgia Guidestones:⁴ “Maintain humanity under 500,000,000 in

perpetual balance with nature.” **Eliminating 6.5 billion of us, will happen only with purposeful action**, and is another pressure for unhealthy food and environment.

Some dangerous environmental toxins are 1) **Fluoridation** of water on the false claim that it reduces dental decay⁵, 2) **Chlorine** in water creates carcinogens⁶. 3) **Arsenic** is fed chickens for faster growth⁷, 4) **Mercury and aluminum** are in vaccines⁸, 5) and thousands more such as lead, cadmium, pesticides, bisphenol A, PCBs, drug residues, etc.

Toxins generally create free radicals⁹ which are like powerful magnets pulling apart and damaging the molecules of life. Antioxidant nutrients inhibit such damage, thus aiding health and slowing aging.

Pharmaceuticals, including over-the-counter drugs, are almost always toxic, some extremely so, which will certainly be a drag on your general health, and should be taken only in exceptional circumstances. The graph shows a sudden increase starting in 1995, about when statins¹⁰ were introduced, now known to promote diabetes.

Many medicines are known to deplete body nutrients¹¹. In fact I suspect that is how some of them seem effective by drawing on your nutritional stores to make them more available temporarily. This would be like borrowing money to solve a chronic financial condition, where afterward one would be more in debt.

Other harmful items are excessive sugar and especially fructose,¹² artificial sweeteners¹³, MSG, preservative chemicals, irradiation of food¹⁴ (source of free radicals), etc.

Cheap vitamins may do you a little good, but they have been found undissolved in sewage¹⁵. Is it deliberate that they want you to buy their drugs instead of vitamins?

One of the best multi-vitamins is **Whole Food Multivitamin PLUS**¹⁶ I supplement¹⁷ also with these antioxidants: 1) **Astaxanthin**, one of the best. 2) **Grape seed extract**. 3) **Lycopene**. 4) **Alpha lipoic acid**, both water and oil soluble and cooperates with many other antioxidants. 5) **NAC** (N-acetyl cysteine), 6) and **Selenium**,¹⁸ precursors to the most important antioxidant, glutathione. Also: 7) **Magnesium**, the most important mineral (75% are deficient). See its many benefits to me personally.¹⁹ 8) **Vitamin K2**, in combination with 9) **Vitamin D3** and magnesium are very important in the proper use of calcium.²⁰ 10) **Iodine** (74% are deficient)²¹.

Death from vitamin overdose is extremely rare²², but I am sure many have died from vitamin *underdose*. They admit to about 106,000 deaths yearly from pharmaceuticals properly prescribed and properly taken.²³ So why do they harp on the risks of vitamins? It is obvious that the sicker you are, the more money they make. **If you trust in God, you should trust more in His provision of nutrition**

than in man-made medicine. Conventional medicine is at a severe disadvantage because it has little use for God's medicine.

Good alternative therapies are Ozone²⁴ to clean out toxins, and chelation²⁵ to clean out heavy metals and your arteries.

It is certainly worthwhile to protect your health. But most important is the salvation of your eternal soul which is a personal matter between you and God and does not depend on rites, traditions, human effort or belonging to any church, religion or organization: *"For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works..."* [Ephesians 2:8-9](#) No matter what kind of person you are or what you have done: *"If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness."* [1 John 1:9](#) Pray today to put your faith in Jesus Christ alone: *"For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life."* [John 3:16](#) Then study the Bible to live pleasing to God: *"...if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come."* [2 Corinthians. 5:17](#)

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