



**GOSPEL**  
S O U N D E R S  
Rekindling Reformation

HEALTH NEWSLETTER



**EDUCATING THE MASS ON GOD'S  
HEALTH RESTORING PLAN**

- \* **Health Principles**
- \* **Proper Gardening Techniques**
- \* **Nature remedies**



**RESTORING LIFE, PEACE AND HEALTH IN YOU**

## UNDERSTANDING YOUR HEALTH

THE BIBLE SAYS THAT "My people are destroyed for lack of knowledge:

" Hosea 4:6, this is applicable both in a spiritual sense and physical sense. Many are dying today because of their ignorance. God is willing to teach us today on how we should live without diseases. His Son Jesus came to give us life, and to give it more abundantly. John 10:10. Man need not to lose hope, are you seek? The promise is yours to claim by faith, that God, "forgives all my iniquities; and heals all my diseases, Psalms 103:3.

Is Disease a curse?

Well the Bible says that "so the curse causeless shall not come." Proverbs 26:2. Many are sick today as a result of their own cause. Our Body is able to Heal itself when given what it needs. Nature will always respond to nature. God promised the children of Israel good health if they would obey His statutes and Judgements, Exodus 15:26, even us this promise is sure to us.

### Understanding Disease

Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. Disease is a friend to all. It is a signal to you that there is something wrong in the body systems. We all suffer diseases as a result of disposing ourselves to lifestyles that weakens our immune system.

## How can we Boost our Immunity and fight diseases?

We must first understand the laws of nature. At creation, Genesis 1:1-31, God gave the favourable conditions to health. God being a god of order, creates, light, air(space), water, plants-this was for food, sunlight and day and night to help man to work and rest properly. Above all, they were to pay their allegiance to him as their maker. They were to trust in him. "Thou wilt keep [him] in perfect peace, [whose] mind [is] stayed [on thee]: because he trusteth in thee. Trust ye in the LORD for ever: for in the LORD JEHOVAH [is] everlasting strength:" Isaiah 26:3-4.

We can only live a Health life or regain back our health when sick, if we come nearly to the original plan of God. Nothing short of this is suffering and Death.



# The body can heal itself when Given what it needs.

In grains, fruits, vegetables, and nuts are to be found all the food elements that we need. If we will come to the Lord in simplicity of mind, He will teach us how to prepare wholesome food free from the taint of flesh meat



## Simple needs of the Body Cells

Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God, are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises, are within the reach of all, with but little expense; but drugs are expensive, both in the outlay of means, and the effect produced upon the system.

### A sick world. Why???



We breath polluted air,  
Polluted soils as a result of inorganic fertilizers, pesticides and herbicides. GMO foods.  
We drink Fluorinated and chlorinated water.  
Multiprocessed foods lacking nutrients.  
Hormonal imbalances as a result of birth control pills, deodorants, perfumes, lotions.

- 1 in 2 people will get **Cancer**
- 1 in 5 have an **Autoimmune disorder**
- **Heart disease** causes 1 in every 4 Deaths
- 1 in 10 have some form of **Liver Disease**
- 1 in 20 are **Depressed**
- 1 in 3 seniors dies with **Dementia**
- 12% have a **Thyroid Problem**
- 40% are **Diabetic**
- 74 percent have a **Chronic Digestive Disorder**

# The world disease statistics

## Understanding the Root causes of Disease.

Many people have a narrow understanding of the root cause of diseases. The main cause I can say is Sin. What is sin? "Sin is the transgression of the Law" 1 John 3:4. so I say, both moral law-the 10 commandments and the physical law. Some people are sick. Because of uncleanness, the surrounding environment is smelly, the rooms are stuffy, beddings are not aired. By the way, we need to air our beddings often. Many people suffer colds, coughs, asthma, allergies and memory loss as a result of disorderly and unkempt bedrooms. That impure air at night causes a weakened body system.

Our home compounds should have trees that freshens the air, mostly fir, cedar, cypress and pine. These trees purifies the air, helping us from not contacting airborne diseases. Wow! This was God's design and I can testify for that.

Your houses should have large windows to allow sunlight and air to enter your house. This is healthful.

## Three Root causes of Disease.

There are only three basic causes of disease symptoms: 1. acidosis, which causes inflammation, leading to congestion, ulceration and atrophy (tissue failure); 2. toxicity, which causes congestion, inflammation and cellular damage, thus leading to tissue failure; and 3. tissue weakness or tissue failure itself caused by genetics, acidosis, and/or toxicity. Acidosis (over-acidity or inflammation) and toxicity are the main causes of tissue failure, which can cause innumerable effects or symptoms. This is true especially when this "tissue failure" affects the endocrine gland system. These three causes are behind 99.9 percent of all diseases.

**I believe that , with God: All things are possible. Is Anything Hard for the Lord?**

**"Your body has the ability to completely heal itself of any disease. All it needs is your assistance."**

**— Dr. Richard Schulze**

Many sick people have died because of lack of faith in God's promises. When we begin a Journey of healing ourselves from the diseases which are as a result of our intemperate living, we need to have Faith; Without which we cannot please God. Hebrews 11:6. this faith is what God wants to see in us. Do you believe? "And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee." exodus 23:25.

Complete health comes when we defeat self and practice Love to others. Helping others as helpful in regaining our health and in health preservation. Anger, jealousy, strife, gossiping, unforgiveness makes our blood to become impure, as they result into the release of cortisone hormone that is acidic to the blood. These result unto sickness. We better begin living a converted Christian life. "A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken. Proverbs 15:13. this is the life God wants us to live.

## Is there Hope for the Sick?

*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John 2*

We should not give up when we are buffeted with sickness. God Holds the future for you. To Give you an expected end. That is, to give you eternal life. That is the most important thing to yearn for brethren.

## *How to Heal myself*

### Steps to Recovery from sickness

In case of sickness,

- (i) the cause should be ascertained.
- (ii) Unhealthy conditions should be changed,
- (iii) Wrong habits corrected.

When we have followed these steps, then assist nature in her effort to expel impurities and to re-establish right conditions in the system

Sometimes disease result from: drinking with meals; taking cold water immediately after eating. Water should be taken an hour before eating and two hours after eating, so as to allow digestion to take place effectively. It may seem a small thing, but, many develop chronic diseases as a result of drinking with meals. Spicy foods injure lives, eating while watching TVs, eating hastily has caused many deaths for they interfere with effective digestion.

## Some more things to Do...

1. Detoxify the Blood. This is only achieved through proper foods from vegetables and fruits. Fruits detoxify the body faster, vegetables are also important in electrolyte and mineral balance.
2. Regenerate and rebuild your system through supplying essential nutrients to the tissues. We have 90 essential nutrients needed in the Body. The good story is that, they are obtained from dark green leafy vegetables, fruits, seeds and nuts. These should be organic foods. We suffer diseases because we eat foods with no nutrients. Grown from sewage and planted and maintained by inorganic fertilizers. It is better we begin farming our own foods.
3. Drink pure water to eliminate wastes. Waste elimination is very important for the body. Always make sure that your eliminative channels are functioning well. These are: Liver, Blood and Lymphatic system, Colon, Skin, Kidney and the Lungs.
4. Take fresh Juice to alkalize the Body. Green drinks from Barley, wheat, rice grasses are faster alkalizers.
5. Eat Vegan Foods. Fruits, vegetables, nuts and grains were the original food given to man. They have all the nutrients needed by the body. Have faith in God friends. This diet works. Eat live foods. Not dead animal foods and overstayed vegetables and fruits.
6. Cleanse your Bowels. The Colon needs to run freely. Constipation kills. People die as a result of clogged colon. 95% of diseases stem from the Gut.
7. Do a detoxification and cleansing regime for the Liver and Kidney. These are important eliminating channels. Take Potent, Powerful and energy giving Herbs.
8. Deep breathing, bathing in the sun, Proper sleep, Maintaining Nerve stimulation are beneficial to health.

# Cellular regeneration through remineralization process

9. Ensure perfect blood circulation. This can be achieved through Sunbathing, Regular and intensive exercise (brisk walking and gardening); drinking freely, pure and soft warm water: 1/2 of your body weight in ounces. Do hydrotherapies to enhance blood circulation. Drinking blood circulating remedies like lemon grass, cayenne pepper, gotu cola and ginger. Very Potent!. Proper dressing. Make sure you clothe the extremities.

10. Doing charity work. Help the poor by empowering them to empower others, ensure they are self independent. "And [if] thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness [be] as the noon day: And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not. Isaiah 58:10,11.

## Magnesium is necessary for:

- Activating muscles and nerves
- **Creating energy** in your body by activating Adenosine Triphosphate
- Helping digest proteins, carbohydrates and fats
- Serving as a **building block** for RNA and DNA synthesis
- Acting as a precursor for neurotransmitters like Serotonin



## Consequences of Magnesium Deficiency:

- Hormone imbalance and PMS
- Unexplained fatigue and Chronic Fatigue
- Weakness
- Abnormal heart rhythms
- Muscle spasms and twitching
- Depression, anxiety, panic attacks
- Bowel disorders
- Heart disease
- Insomnia
- Headaches and Migraines
- Tooth decay
- Blood Clots
- Osteoporosis
- Raynaud's syndrome
- Musculoskeletal conditions
- Neurological disorders
- Kidney Disease
- Diabetes
- Fibromyalgia
- Asthma
- Hypertension
- Seizures
- Coronary Spasms
- Personality changes

## Im-

## portant food sources for magnesium.

- Dark Leafy Greens (Raw Spinach)
- Nuts and Seeds (Squash/ Pumpkin Seeds) Beans and Lentils
- Whole Grains (Brown Rice)
- Avocados
- Bananas
- Dried Fruit (Figs, prunes,

## Points to Note:

Potent Foods are obtained from an organic Environment

### Minerals are Essential.

If you're Deficient in essential minerals your body will use toxic heavy metals as "stand-ins" instead:

- ◇ Calcium is replaced by lead which deposits in bone and disrupts the formation of red blood cells.
- ◇ Zinc is replaced by cadmium which accumulates heavily in your Kidneys.
- ◇ Magnesium is replaced by aluminum which induces neurochemical changes and is a powerful neurotoxin.
- ◇ Manganese is replaced by nickel which is carcinogenic.

### Solution For Iodine Deficiency

- Iodine supplementation or adding sea vegetables to your diet.
- Non-commercially harvested seaweeds
- 5 grams a day or about one ounce per week
- Tyrosine, selenium, vitamins A and D, zinc, B vitamins, and omega-3 fats are all needed in order to utilize iodine properly



### Detoxing from Fluorine and Bromine through:

- High-dose iodine
- High-dose vitamin C
- Unrefined sea salt
- Epsom salts baths
- Sweating in an Infrared Sauna

### Factors contributing to Low Iodine levels

- In the late 1980's: The baking industry replaced iodine based anti-caking agents with bromine-based agents
- Competing Halogens which mimic iodine (bromine, fluorine, and chlorine)
- Bromine and fluorine can't be broken down so they build up in your tissues
- They also grab onto your iodine receptors and block the action of iodide and thyroid hormones

### Fluoridation of water

- Diets rich in seaweed, kelp
- Vegan and vegetarians diets
- Less use of iodide in the food and agricultural industry
- Radioactive iodine (medical procedures or environmental exposure)

The Era of Antibiotics and Agro-Industrialization has made the body to lose essential Bacteria in the Gut. Thus, people suffer from candida, amoeba, indigestions, ulcers and liver complication. We need to feed the Gut with this gut bacteria.

## Gut bacteria has the following Benefits

- Digestion and absorption of carbohydrates
- Production of vitamins
- Absorption of minerals
- Elimination of toxins
- Distinguish between pathogens and non-harmful antigens
- Keep harmful bacteria under control
- Aid in production of antibodies to pathogens
- Provide support to the Immune System .

## Optimize your Gut Flora

- Organic plant based diet (Locally grown, seasonal foods)
- Healthy fats such as coconut oil and olive oil
- Probiotics
- Juice Vegetables
- Blend Fruits
- Reduce Omega 6 and Increase Animal based Omega 3



**Our Tooth pastes have Bromine and Fluorides Be aware!**

### Functions of Iodine:

Stabilization of metabolism and body weight. Brain Development, fertility, Optimization of your immune system. Iodine is a potent anti-bacterial, anti-parasitic, anti-viral and anti-cancer agent.

### Iodine

The Key to a healthy thyroid and efficient metabolism, and comprises a large part of the thyroid hormone molecule

- T4 has four attached iodine molecules
- T3 (the biologically active form of the hormone) has three
- **Iodine deficiency is one of the three most common nutritional deficiencies, along with magnesium and vitamin**





- An antioxidant, helps protect your body from free radical damage, helps regenerate your vitamin E supplies, and improves iron absorption
- Increase your intake of such vitamin-C-rich foods as citrus fruits, cantaloupe, strawberries, tomatoes, broccoli, cabbage, kiwi fruit, sweet red peppers, and potatoes



## Importance of Vitamin D

### Vitamin D

- Calcitriol (activated Vitamin D) the most potent steroid hormone in your body
- Vitamin D influences **3,000 or your 24,000 genes**
- Vitamin D receptors are found **throughout your body**
- Induces cell differentiation and controls cell proliferation
- There are over **830 peer reviewed scientific**

### Vitamin D

- Helps **produce serotonin** in the brain
- Activated Vitamin D receptors **increase nerve growth** in your brain
- The combination of Vitamin D, Tryptophan and Omega-3 fats can naturally **elevate concentration of brain serotonin** without side effects
- Normalizing your vitamin D levels will **reduce your risk**

### Vitamin D Deficiency is linked to:

- Digestive disorders
- Skeletal disorder including osteoporosis
- Depression, mental disorders
- Neurodevelopmental disorders (Autism)
- Brain Dysfunction, dementia and Alzheimer's
- Chronic infections
- Cardiovascular disease
- All types of Cancer
- Autoimmune Diseases
- Premature Aging

**Truly the light [is] sweet, and a pleasant [thing it is] for the eyes to behold the sun: Ecclesiastes 11:7**



# GOSPEL SOUNDERS

Rekindling Reformation

## Our Products



**Original and Organic Soy Beans seeds.**

**Price: Kshs 100.**

**Health Benefits**

Rich in the vitamins and in minerals.

Contain essential amino acids.

Good for stomach ulcers, kidneys, cancers, and liver.



## Jaggery

**Price: @ kshs 100**

**Health Benefits**

**Natural sweetener, Has Calcium, Potassium, Vitamin Bs.**

## Yellow Maize

**Price: Kshs 80 per kg**

**Contain Carotenoid (Vitamin A), has beta-Cryptoxanthin: Anti-oxidant with anti-cancer activity, reduces risk of lung and colon cancers. Improves the functions of the liver due to the presence of Vitamin A.**





# GOSPEL SOUNDERS

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## Our Products



### Clove Oil

50mls @ 500 Kshs

### Benefits

Antifungal, menstrual cramps

Antibacterial, anti-fungal, Natural painkiller, immune booster. Pesticides, itch, tumors, insomnia, inflammations

## Herbal Formulars

### HEALTH BENEFITS

- ✦ Improve Concentration
- ✦ Improve Mental Focus
- ✦ Increase Oxygen Flow to the Brain.
- ✦ Detoxify
- ✦ Cleanse and Build the Blood.
- ✦ Dissolves Heavy Metals in the Body

Recommended for: Diabetes, Epilepsy,  
Depression, Hypertension, irregular menses  
Rheumatoid arthritis

## Albizia Powder



*Premium Herbal Powder*

### DIRECTIONS / DOSAGE

Add One teaspoon in a glass of hot water. Steep for 30 minutes.

Drink when cool.

Ingredient: Old Albizia  
Bark





# GOSPEL SOUNDERS

Rekindling Reformation

## Herbal Formulars

### HEALTH BENEFITS

Rebuild a malfunctioning reproductive system, IMPROVES Male and Female Health.

### HORMONAL FORMULA

*Premium Herbal Powder*



### DIRECTIONS / DOSAGE

Add two teaspoons in a glass of hot water. Sleep for 30 minutes. Drink when cool.

Ingredients: Sausage tree fruit, cocklebur leaves, fig bark, tylossema root.

Disclaimer: Use only as directed. Consult a health professional before using it for any condition. Stop use immediately if you experience any adverse reaction.

Best when used with a healthy lifestyle: Exercise program, proper nutrition of plant based diet, enough rest, temperance, drinking a lot of water, sunbathing, and exercising complete trust in God.

For More Lessons on Health , Gardening and other related topics Visit our website [www.gospelsoundersministry.org](http://www.gospelsoundersministry.org) or Facebook page @Gospel Sounders rekindling reformation Ministry.

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*Beloved, when I gave all diligence to write unto you of the common salvation, it was needful for me to write unto you, and exhort [you] that ye should earnestly contend for the faith which was once delivered unto the saints. Jude 3*