

Cry-Baby-Cry Part 2

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It's not just about babies. The fallout of physical and spiritual malnutrition in early life goes on hundreds of ways. In Part 1 you read about elders crying from cancer related to a missing "maternal-infant bond" and the love that goes with it. Others are crying from depression and mental health issues, and some from the loneliness of a prison cell. Others face a life sentence of a lower IQ or autism and other developmental disorders related to deficient or missing elements. Dr. Dan Nieves M.D. noted the problem of injecting poisons before an infant's immune system can handle them. Thomas Levy M.D. wrote that the same diseases were preventable and curable by vitamin C in "Curing the Incurable".

All of the above is the tip of an iceberg. It is highly likely you are experiencing some consequences of early life mal-nutrition that may have been avoided had there been one major institution teaching God's plan for making healthy beautiful babies - see "Babies" page at nutrition-for-life.org. Now you may appreciate ideas on how to require fewer visits to dentists and doctors and enjoy a healthy life and old age. Maybe you have even become aware of the need for *whole person healing* beyond the need to fix this or that ache or pain? You may suspect the presence of deep buried trauma that has not yet reached the level of your conscious awareness. With all of this you may also be in a serious search not only for explanations of why your life isn't working right and things that don't make sense but also for a mission to connect with *that finally makes you feel good about who you are*.

Good news! You have a unique opportunity to kill two birds with one stone (sorry birds, nothing personal - you're beautiful). Imagine combining your desire to follow Jesus to His kingdom with an opportunity to "heal thyself" here and now. On this path with a goal of wholeness now and heaven too, you must do just one thing right. You must learn and apply God's ways of healing and kindness for yourself and others. As a bonus you don't have to worry about ever hearing Jesus say "*why did you refuse kindness to a baby*"? As one on this path at 87, I can say from experience that we are not to be pitied, nor are we to pity ourselves. Rather we should thank God for any suffering and a call to wholeness in Christ. Many with a charmed life do not have "ears to hear" that call. They are deaf to a voice that whispers across the eternal stillness of time and space and says to a listening soul *be whole*.

After you hear the call to wholeness then comes the practical part. What "path" brings you closer to both health now and heaven later? Think carefully about what's at stake here. What could deserve more serious thought here and now? This path can only work one way - God's way. If you try to fix a symptom only with an artificial chemical (patent medicine or drug) it might work with side effects, or it might not. Either way you deprive yourself of an opportunity to dig for underlying causes. Think of how your choices in healing teach you who to trust and love. When you use things made and said by God for healing such as

fresh air, water, sunshine, food, herbs, nutrition, exercise, self-control, forgiveness, prayer etc. you learn to “trust the Lord with all your heart” and to love Him #1 commandment. If you help others on this path add love of your neighbor #2. You’re on your way to health and heaven. The other way teaches you the way to the drugstore. None of this denies the value of modern medicine for emergencies. Trust medicine for what it’s good at, trust God for what He’s good at - life. He has even been kind enough to reveal His ways not only by scripture and Jesus but also by contemporary leaders to guide us on a path to wholeness in Christ. He has not left us blind and lost (thank you). Some health professionals such as naturopaths and nutritionally qualified doctors and nurses can also help. Jesus explained how to discern His teachers from deceivers. “By their fruits you shall know them”.

Since much of what we need for healing depends on others, we should try to get as many as possible on this path. Only a group effort can heal a fragmented world, one body and one soul at a time, until we all are “complete in Him” Col 2:10.

STEPS ON THE PATH

One - do a serious reading of Matthew, Mark, Luke, and John. Get to know Jesus “the same yesterday, today, and forever” and be “born again by incorruptible seed” 1 Peter 1:23.

Two - get your chemistry right using things made by God. *Honor mother nature*. The only healthy and safe way to get body chemistry and weight right is by focusing on lifestyle, food (nutrition), herbs, water, fresh air, sunshine etc. combined with a healthy spiritual attitude. Balancing body chemistry should come before any extreme stress on the body by fasting, long distance running etc. A simple way to get your chemistry right is by testing and balancing key body systems as taught in a Nutrition-for-life kit.

Three - give your body time to renew itself. Early life may have left you with crowded teeth; weak smile muscles (zygomaticus); a cranium too small to hold a whole brain; and perhaps compromised digestion and immune systems among other things like body parts that need re-construction. Good news - *our bodies have an amazing ability to replace cells and tissue*. This is especially true for skin, liver, stomach, and intestinal cells. Note the digestion connection. Blood cells are also constantly being replaced. Getting chemistry right with quality intake includes the building blocks protein and minerals. “Dust thou art”. Add water. Quality-in while balancing systems is the key to construction and function.

Finally - combine body renewal with spiritual renewal Our souls have an amazing ability to renew or be “born again”. Think of body and soul working together as a team of horses. If one gets too far ahead of the other “teamwork” fails. Use your horse sense and grab the reins of balance and wholeness for energy, joy, Jesus. “Thank you Father for hiding it from the higher educated and revealing it unto babes, for so it seemed good in your sight”.

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