

AUGUST 2016



NEWS LETTER

CLEAVER OF TRUTH MINISTRY

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Thou shalt not take the name of the LORD thy God in vain; for the LORD will not hold him guiltless that taketh his name in vain. Exodus 20:7

Dear Friends and Family,

It is hard to believe we only have four months left in this year. It seems only yesterday that our calendar turned over to January 2016! I can't help but wonder if time seemed as short to the people of old, who were on the earth and living for several hundred years! (I believe that no matter what the length of our life is, it will always seem like it passes too quickly!)

It is hard to imagine living in a world where time is not a problem. But that is what God is planning for us! In the earth made new we will have all eternity to live and do things that make us extremely happy. The world we now live in is full of problems, sorrows and heartaches. We may go for long periods of time when everything seems to go well; we may have what seems like a good life, a good job, wonderful family who all are well and happy; but as surely as we live, there will eventually come a time when things just seem to go awry. This world will never be able to give us what our hearts are longing for. No matter how successful we are here, we will eventually come to the same end! All here is vanity so please don't miss out on what God is planning for you!

Message for this month: AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE

TIGER AND TOM

The day was pleasant, in that particularly pleasant part of summer time, which the boys call "vacation," when Tiger and Tom walked slowly down the street together.

You may think it strange that I mention Tiger first, but I assure you, Tom would not have been in the least offended by the preference. Indeed, he would have told you that Tiger was a most wonderful dog, and knew as much as any two boys, though this might be called extravagant.

Nearly a year ago, on Tom's birthday, Tiger arrived as a present from Tom's uncle, and as the dog leaped with a dignified bound from the wagon in which he made his journey, Tom looked for a moment into his great, wise eyes, and impulsively threw his arms around his shaggy neck.

Tiger was pleased with Tom's bright face, and affectionately licked his smooth cheeks. So the league of friendship was complete in an hour.

Tom had a pleasant, round face, and you might live with him a week, and think him one of the noblest, most generous boys you ever knew. But some day you would probably discover that he had a most violent temper.

You would be frightened to see his face crimson with rage, as he stamped his feet, shook his little sister, spoke improperly to his mother, and above all, displeased his great Father in heaven.

Now I am going to tell you of something which happened to Tom, on this account, which he never forgot to the end of his life.

Tiger and Tom were walking down the street together one pleasant day, when they met Dick Casey, a school-fellow of Tom's.

"O Dick!" cried Tom, "I'm going to father's grain store a little while. Let's go up in the loft and play."

Dick had just finished his work in his mother's garden, and was ready for a little amusement. So the two went up in the loft together, and enjoyed themselves for a long time.

But at last one of those trifling disputes arose, in which little boys are so apt to indulge. Pretty soon there were angry words, then (Oh, how sorry I am to say it!) Tom's wicked passions got the mastery of him, and he beat little Dick severely.

Tiger, who must have been ashamed of his master, pulled hard at his coat, and whined piteously, but all in vain. At last Tom stopped, from mere exhaustion.

"There, now!" he cried, "which is right, you or I?"

"I am," sobbed Dick, "and you tell and lie."

Tom's face became crimson, and darting upon Dick, he gave him a sudden push. Alas! He was near to the open door. Dick screamed, threw up his arms, and in a moment was gone.

Tom's heart stood still, and an icy chill crept over him from head to foot. At first he could not stir; then – he never knew how he got there, but he found himself standing beside his little friend. Some men were raising him carefully from the hard sidewalk.

"Is he dead?" almost screamed Tom.

"No," replied one, "we hope not. How did he fall out?"

"He didn't fall," groaned Tom, who never could be so mean as to tell a lie, "I pushed him out."

"You pushed him, you wicked boy," cried a rough voice. "Do you know you ought to be sent to jail, and if he dies; maybe you'll be hung."

Tom grew as white as Dick, whom he had followed into the store, and he heard all that passed as if in a dream.

"Is he badly hurt?" cried someone.

"Only his hands," was the answer. "The rope saved him, he caught hold of the rope and slipped down; but his hands are dreadfully torn – he has fainted from pain."

Just then Tom's father came in, and soon understood the case. The look he gave his unhappy son, so full of sorrow, not unmingled with pity, was too much for Tom and he stole out followed by the faithful Tiger.

He wandered to the woods, and threw himself upon the ground. One hour ago he was a happy boy, and now what a terrible change! What had made the difference? – Nothing but the indulgence of this wicked, violent temper.

His mother had often warned him of the fearful consequences. She had told him that little boys who would not learn to govern themselves, grew up to be very wicked men, and often became murderers in some moment of passion.

And so, Tom shuddered to think, he was almost a murderer! Nothing but God's great mercy in putting that rope in Dick's way had saved him from carrying that load of sorrow and guilt all the rest of his life.

But poor Dick might die yet – how pale he looked – how strange! Tom fell upon his knees, and prayed God to spare Dick's life, and from that time forth, with God's

help, he promised that he would strive to conquer his wicked temper.

Then as he could no longer bear his terrible suspense, he started for Widow Casey's cottage. As he appeared at the humble door, Mrs. Casey angrily ordered him away, saying, "You have made a poor woman trouble enough for one day." But Dick's feeble voice entreated, "O mother, let him come in; I was just as bad as he."

Tom gave a cry of joy at hearing these welcome tones, and sprang hastily in. There sat poor Dick, with his hands bound up, looking very pale, but Tom thanked God that he was alive.

"I should like to know how I am to live now," sighed Mrs. Casey. "Who will weed the garden, and carry my vegetables to market? I am afraid we shall suffer for bread before the summer is over," and she put her apron to her eyes.

"Mrs. Casey," cried Tom, eagerly, "I will do everything that Dick did. I will sell the cabbages, potatoes, and beans, and will drive Mr. Brown's cows to pasture."

Mrs. Casey shook her head incredulously; but Tom bravely kept his word. For the next few weeks Tom was at his post bright and early, and the garden was never kept in better order.

Every morning Tiger and Tom stood faithfully in the market place with their baskets, and never gave up, no matter how warm the day, till the last vegetable was sold, and the money placed faithfully in Mrs. Casey's hand.

Tom's father often passed through the market, and gave his little son an encouraging smile, but he did not offer to help him out of his difficulty, for he knew if Tom struggled on alone, it would be a lesson he would never forget. Already he was becoming so gentle and patient that every one noticed the change, and his mother rejoiced over the sweet fruits of his repentance and self-sacrifice.

After a few weeks, the bandages were removed from Dick's hands, but they had been unskillfully treated, and were drawn up in very strange shapes.

Mrs. Casey could not conceal her grief. "He will never be the help he was before," she said to Tom. "He will never be like other boys, and he wrote such a fine hand; now he can no more make a letter than that little chicken in the garden."

"If we only had a great city doctor," said a neighbor, "he might have been all right. Even now his fingers might be helped if you should take him to New York."

"Oh, I am too poor, *too poor*," said she, and burst into tears.

Tom could not bear it, and again rushed into the woods to think what could be done, for he had already given them all his quarter's allowance. All at once a thought flashed into his head, and he started as if he had been shot. Then he cried in great distress: -

"No, no, anything but that, I can't do *that!*"

Tiger gently licked his hands, and watched him with great concern.

Now came a terrible struggle. Tom paced back and forth, and although he was a proud boy, he sobbed aloud. Tiger whined, licked Tom's face, rushed off into dark corners, and barked savagely at some imaginary enemy, and then came back, and putting his paws on his young master's knees, wagged his tail in anxious sympathy.

At last Tom took his hands from his pale, tear stained face, and looking into the dog's great, honest eyes, he cried with a queer shake in his voice:

"Tiger, old fellow, dear old dog, could you ever forgive me if I sold you?"

Then came another burst of sorrow and Tom rose hastily as if afraid to trust himself and almost ran out of the woods. Over the fields he raced, with Tiger close at his heels, nor rested a moment till he stood at Major White's door, nearly two miles away.

"Do you still want Tiger, Sir?"

"Why yes," said the old man in great surprise, "but it can't be possible that you want to sell him, do you, my boy?" and the kind old gentleman gave Tom a quick, questioning glance.

"Yes, please," gasped Tom, not daring to look at his old companion.

The exchange was quickly made, and the ten dollars in Tom's hand. Tiger was beguiled into a barn, the door hastily shut, and Tom was hurrying off, when he turned and cried in a choking voice: -

"You will be kind to him, Major White, won't you? Don't whip him, I never did, and he's the best dog."

"No, no, child," said Major White, kindly; "I'll treat him like a prince, and if you ever want to buy him back, you shall have him."

Tom managed to falter, "Thank you," and almost flew out of hearing of Tiger's eager scratching on the barn door.

I am making my story too long, and can only tell you in a few words that Tom's sacrifice was accepted. A friend took little Dick to the city free of expense, and Tom's money paid for the necessary operation.

The poor, crooked fingers were very much improved, and were soon almost as good as ever. And the whole village loved Tom for his brave, self-sacrificing spirit,

and the noble atonement he had made for his moment of passion.

A few days after Dick's return came Tom's birthday, but he did not feel in his usual spirits. In spite of his delight in Dick's recovery, he had so mourned over the matter, and had taken Tiger's loss so much to heart, that he had grown quite pale and thin. So as he was allowed to spend the day as he pleased, he took his books and went to his favorite haunt in the woods. He lay down under the shade of a wide-spreading maple, and buried his face in his hands: -

"How different from my last birthday," thought Tom, "Then Tiger had just come, and I was so happy, though I didn't like him half as well as I do now."

Tom sighed heavily; then added more cheerfully, "Well, I hope some things are better than they were last year. I hope I have begun to conquer myself, and with God's help I will never give up trying while I live. But O how much sorrow and misery I have made for myself as well as for others, by only once giving way to my wicked, foolish temper. And not only that, but," added Tom, with a sigh, "I can never forget that I might have been a murderer, had it not been for the mercy of God. Now if I could only earn money enough to buy back dear old Tiger."

While Tom was occupied with these thoughts, he heard a hasty, familiar trot, a quick bark of joy, and the brave old dog sprang into Tom's arms.

"Tiger, old fellow," cried Tom, trying to look fierce, though he could scarcely keep down the tears, "how came you to run away, sir?"

Tiger responded by picking up a letter he had dropped in his first joy, and laying it in Tom's hand:

"My Dear Child: Tiger is pining, and I must give him a change of air. I wish him to have a good master, and knowing that the best ones are those who have learned to govern *themselves*, I send him to you. Will you take care of him and oblige.

Your old friend,
Major White."

Tom then read through a mist of tears -

"P.S. I know the whole story. Dear young friend, be not weary in well doing. (Written Treasures)

THE HOME LIFE

(Good Advice to Parents of Small Children)

We have only one life to live only one probation in which to form characters that God can approve. Let

parents take heed, first to themselves, and then to their children. Let them learn from the Word of God what their duty is. The work committed to them is a most solemn and important one,—a work that they cannot neglect without incurring heavy guilt. They should make all else secondary to the training of their children, remember that as these children are in the home, so they will be when they go out into the world.

Too much importance cannot be placed on the early training of children. The lessons that the child learns during the first seven years of its life have more to do with the formation of character than all that it learns in future years.

To the mother is entrusted an important part in the training of her children. But all the responsibility does not rest on her. Father and mother should unite in this great work. The husband should show his wife that he appreciates her. If he wishes to keep her fresh and glad-some, so that she will be as sunshine in the home, let him help her to bear her burdens.

Parents, make home happy for your children. By this I do not mean that you are to indulge them. The more they are indulged, the harder they will be to manage, and the more difficult it will be for them to live true, noble lives when they go out into the world. If you allow them to do as they please, their purity and loveliness of character will quickly fade. Teach them to obey. Let them see that your word must be respected. This may seem to bring them a little unhappiness now but it will save them from much unhappiness in the future. Let the home government be just and tender, full of love and compassion, yet firm and true. Do not permit one disrespectful word or disobedient act.

Do not become impatient with your children when they err. When you correct them, do not speak abruptly and harshly. This confuses them, making them afraid to tell the truth. Remember that in them you are meeting your own traits of character,—traits that you have given them. Therefore be very kind, very compassionate, very careful to do nothing that will arouse the worst passions of the human heart. Be so calm, so free from anger, that they will be convinced that you love them, even though you punish them.

Never forget the words, "Take heed that ye despise not one of these little ones. For I say unto you, that in heaven their angels do always behold the face of My Father which is in heaven."

Let the mother teach her children to be her willing helpers, gladly assisting her to bear life's burdens. Let cheerfulness reign in the home. The mother should put forth every effort to make home the most pleasant

place in the world for her children. Let the long winter evenings be devoted to useful reading, or to some other form of self-improvement. From the child's earliest years he is to be made acquainted with the things of God. In simple words let the mother tell him about Christ's life on earth. And more than this let her bring into her daily life the teachings of the Saviour. Let her show her child, by her own example, that this life is a preparation for the life to come, a period granted to human beings in which they may form characters that will win for them entrance into the city of God. {ST, April 8, 1903}

HEALTH NUGGET

Note: I know we have had several articles regarding our food supply. But we think it is vitally important that we understand what God's plan is for our nutrition and good health. The cells of our body are made up of what we eat. We are told our cells replace themselves every seven months. We know that good wholesome food equals good health. All our food supply is not good and wholesome, so we need to learn how to identify the bad stuff and how to choose what is best for our health.

If you have bad health, learn what foods are good for your body, leave the bad stuff alone and your health will improve!

HOW TO IDENTIFY GENETICALLY MODIFIED FOOD PRODUCTS IN GROCERY STORES

(By Jonathan Pitts - Genetically Modified Food)

You may not need to overload yourself with detailed information on how GM organisms are created in the laboratory. However, to help you understand exactly what this article is all about, a clear example should be useful.

There's a bacteria that lives in soil known as *Bacillus thuringiensis* that produces a toxic substance that kills pests on food crops (corn and soybeans, for example). You could say that it contains organic and natural pesticide. Somehow, scientist familiar with genetic engineering realized that they could take the toxin-producing gene from the bacteria and introduce it into crops. After a few tries, a crop strain that

produces the natural pesticide was found and proven to be more resistant to attacks from ravenous insects. The tofu we eat today could contain genetically modified genes.

You might be curious, is it a bad thing? Soybeans that don't get obliterated by bugs in the field, *seems like* a good idea.

Unfortunately, the toxic substance that's produced by the soybeans could accumulate in our bodies, and it is difficult to say what are its long-term impacts. What is even more distressing is that the genetic material that causes the soy to produce natural pesticide can be transferred to the genetic structure of native bacteria that inhabit your intestines, and they may continue making toxin for decades. And the possible problems don't stop right here. In many cases, GM food products have been shown to threaten us with health problems, including:

Fragments of genetic material from GM crops have been found throughout the body and even brain of cattle that have been fed GM foods.

Foreign proteins found in GM food products can cause mild to severe allergic reactions. In some countries, the incidence of soy allergies jump to about 50 percent after GM soy was made available.

A couple of years ago, a supplement that uses GM materials were released to the public without proper tests. Before it was withdrawn off the market, it might be linked to **nearly 40 deaths and thousands of other reported health problem cases**. You should think hard about how GM foods can affect your family, and find a way to limit the amount consumed and if possible eliminate GM foods that could already be present in your daily diet.

GM foods often look similar with unmodified foods, so it can be tricky to tell whether a food product contains GM ingredient, especially if you are shopping for food products in countries with advanced agriculture technology, such as *United States*. There is an exception, though, for example in the European Union, all GM food products *must be properly labeled to let buyers know that they contain GM ingredients*. When you are trying to determine which foods that contain GM ingredients, it is a good idea to know which animals and plants are usually modified. The most common are **soybeans** and **corn** – two of the most important calories sources in many countries. Recent estimates show that roughly **three-fourth of soybean crops** and about **one-fourth the corn crops** have been genetically modified in the U.S. That's a vast amount of food! Both crops are used to produce many different kinds of food ingredients that are used in processed foods (**for example, high fructose corn syrup and soybean oil are** found in many processed foods in the grocery store). Some scientists say that when we add up all the GM foods that are made with GM ingredients,

nearly 80 percent of foods that are sold in grocery store in the U.S. contain genetically modified ingredients in some extent.

The GM foods blitz doesn't stop at soybeans and corn. Several other crops are regularly tinkered with at their genetic level, including **wheat, rice, alfalfa, squash, papaya, tomatoes, canola, sugar cane, sugar beets, cantaloupe, flax and potatoes**. This is not a comprehensive list by any means, as it's next to impossible to obtain accurate information about which crops that have been modified genetically. The reviews and regulations of genetic modification on food products are lax and sparse at best. And it isn't limited to plants. **Major bio-tech companies are now producing GM animals, too. Until now, cows, goats, fish, and pigs have been genetically modified** to enhance some of their benefits for humans and for now it seems that trend isn't slowing down. Just like with GM plants, too few rules or regulations exist to curtail the use of GM animal-derived ingredients for food in the U.S., so it can be really tough to know what has been genetically modified and what hasn't. So what should you do when entering a grocery store and find shelves of foods that are likely have been tinkered genetically? In some countries, there are no requirements for GM foods. The real surefire way is to ensure you are not buying or consuming GM foods is to find a "100 percent organic." label. That's actually a viable practice to follow whenever you have the opportunity.

Many people are really concerned about genetic engineering and the impact it may have on current and future generations. Today, no researches exist to tell us whether changes can happen to human being and environment due to the GM revolution. But it is encouraged to look for latest information on GM food products so you can determine quickly whether certain products are known to be harmful for your health and the environment.

Revealed: Shocking list of popular foods and drinks readily available in U.S. grocery stores that are BANNED in other countries because their chemicals are deemed 'dangerous'

In Singapore, you can get sentenced to 15 years in prison and a \$500,000 fine for using a chemical in food products that's common in frozen dinners.

Mtn Dew and products used to keep carpets from catching on fire are made from the same chemical.

A chemical found in Chex Mix is known to cause cancer in

rats.

If you enjoy snacks and drinks like Mtn Dew, Chex Mix, Hungry Man frozen dinners, or roughly 80 percent of all the packaged foods sold in your average, American grocery store, you may want to sit down before reading this.

Many of the chemicals found in America's most common foods are considered to be so unhealthy that they're actually ILLEGAL in other countries.

A new book on nutrition first highlighted by **BuzzFeed** lists six food additives that are found in a wide range of popular groceries sanctioned by the Food and Drug Administration, but foreign governments have determined to be too dangerous to allow their citizens to consume.

Extreme! Mt. Dew is made with a chemical that also is used to prevent carpets from catching on fire.

Bubble gag: Bubble Yum contains a chemical that is known to cause cancer in rats.

'Rich Food, Poor Food' by Doctor Jayson Calton and Mira Calton, a certified nutritionist, features a list of what the authors call 'Banned Bad Boys' - a list of the ingredients, where they're banned and what caused governments to ban them.

One of the most common 'Bad Boys' is different variations of food coloring, which actually is made from petroleum and is found in everyday items like soda, sports drinks, mac and cheese, cake, candy and several other common, American products.

The chemicals used to make these different dyes have proven to cause various different cancers and can even potentially mutate healthy DNA.

Olestra is a fat substitute. It also causes a dramatic depletion of fat-soluble vitamins and carotenoids.

Petroleum Loops: fruit loops are delicious - and made from a product that's made out of the same stuff that makes gasoline.

European countries like Norway, Finland, France and Austria all have banned at least one variation of petroleum-containing food coloring.

Another common additive banned in other countries but allowed in the U.S. is Olestra, which essentially is a fat substi-

tute found in products that traditionally have actual fat.

For example, low-fat potato chips like Ruffles Lite, Lays Wow and Pringles fat-free chips all contain Olestra - which is shown to cause the depletion of fat-soluble vitamins. Different brands of fat-free ice cream and mayonnaise at one time also contain the chemical.

Olestra has been banned in several countries, including the United Kingdom and Canada.

In 2003, the FDA lifted a requirement forcing companies that use Olestra in their products to include a label warning consumers that the food their eating could cause 'cramps and diarrhea,' despite the fact that the agency received more than 20,000 reports of gastrointestinal complaints among olestra eaters.

FROM KATIE'S COOKBOOKS**SOUTH-OF-THE BORDER ZUCCHINI**

(8 servings)

1 medium onion, diced
 2 small green peppers, diced
 ¼ cup olive oil
 2 cups fresh corn cut from the cob
 2 zucchini, thinly sliced
 2 yellow squash, thinly sliced
 1 tomato, chopped
 ½ cup water
 ½ tsp salt

Sauté' onion and green pepper in oil in a Dutch oven or skillet for 2 to 3 minutes. Add remaining ingredients and bring to a boil. Cover, reduce heat and simmer 8 – 10 minutes or until vegetables are tender.

Until next time.

Remember God loves you and so do we!

Katie and Rodney Armstrong

AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE

Every day we are hearing more about insurmountable problems facing the world.

We can panic, have a pity party, have a nervous breakdown or for the solutions we need we can go to the One who has the answer to all of mankind's problems.

There is nothing which can happen that God doesn't already have a solution or remedy for. He knows the beginning from the end and everything in between.

Before we were created our God provided for our every need and if we obey Him He has promised to supply all our future needs. Philippians 4:19

Our work is to love, respect and obey our Creator and follow His plan for us.

God has a plan for his creation to live by and it is called 'The Ten Commandments'. These commandments are God's law of love.

In order to live by these laws 'self' must be eradicated from our lives. Only Jesus can do this for us. Self and Jesus cannot live in the same heart. When Jesus comes in self dies and peace comes in.

"Great peace have they which love thy law: and nothing shall offend them". Psalms 119:165

Jesus has the solution to all of our problems; including our health problems. We need to be willing to follow all His laws which include His health laws as well.

We can eat what modern day food manufacturers prepare and prepackage for us or we can go to God's word to see what the proper meat (food) for us is.

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat". Genesis 1:29

Note: In the beginning fruits, grains and nuts were given to man for his food. After leaving the Garden of Eden vegetables were also given for food.

If you eat food that God does not recommend it's like an automobile manufacturer who cancels your warranty for using the wrong motor oil.

(If you get sick from eating food not prescribed by God He probably has revoked your warranty.)

Living by God's plan assures us good health, but we cannot wait until we are un-repairable.

In times like these we need to be able to think clearly in order to make right decisions. It is my opinion that in our country the majority of adults have arteries which are so filled with cholesterol and plaque there is no way they can think as they should. The brain needs pure blood and oxygen to function as it should and if we are eating The

Standard American Diet, there is absolutely no way that can happen.

In order to survive any health crisis we need a strong immune system.

A hundred years ago food manufacturers did not embalm food the way they do today. There are chemicals in our food today that have no reason for being there: it's as if they are purposely trying to poison us.

Our body's cells are made of the food we eat. Junk food makes junk cells and junk cells cannot survive a serious health crisis.

If we are going to survive we need to make life style changes. Good food is expensive but it is less expensive than hospital bills and health insurance.

Good food promotes good health and when your health is good you feel good. On the contrary bad food promotes the opposite and you feel bad with headaches, high blood pressure, diabetes etc.

The quickest way to build your immune system is to thoroughly cleanse your colon and refuse to put anything in your mouth that will destroy your immune system.

9 WAYS SODA DESTROYS YOUR HEALTH

Asthma Consumer Media Network first tackles the problem of Asthma. Sodium benzoate, found in sodas, used as a preservative in foods. Sodium preservatives add sodium to the diet and reduce the availability of potassium. Some reported reactions include recurring rash, asthma and eczema. Each day, 11 Americans die from Asthma, and the annual cost of asthma to the healthcare system is estimated to be nearly \$18 Billion.

Sugar and acid, prevalent in soft drinks, is a nasty, two-punch combination that dissolves tooth enamel. Many dentist chairs have been filled with soda-drinking mouths.

Many people associate weight gain and diabetes with soft drinks. But heart disease can be a devastating symptom from drinking too much soda. Most soft drinks (especially in the United States) contain high fructose corn syrup, a sweetener that's recently come under considerable scrutiny. High fructose corn syrup has been associated with an increased risk of metabolic syndrome, a condition associated with an elevated risk of both diabetes and heart disease.

Colas contain high levels of phosphoric acid, which has been linked to kidney stones and other renal problems.

Reproductive Issues - Soft drink cans are coated with a resin that contains BPA. This is the same cancer causing chemical found in plastic baby bottles, water bottles, and plastic containers that wreaks havoc on the endocrine system, potentially causing premature puberty and reproductive abnormalities.

Twenty minutes after drinking a soda, your blood sugar spikes, causing an insulin burst. Your liver responds to

this by turning any sugar into fat. Forty minutes later, caffeine absorption is complete. Your pupils dilate, your blood pressure rises; as a response, your liver dumps more sugar into your bloodstream. The adenosine receptors in your brain are now blocked, preventing drowsiness. Forty-five minutes later, your body ups your dopamine production, stimulating the pleasure centers of your brain. (This is physically the same way heroin works, by the way.)

Soft drinks contain phosphoric acid. A high phosphate diet has been associated with bone breakdown and an increased risk of osteoporosis. When phosphorus is excreted in the urine, it takes calcium with it, depriving the bones and the rest of the body of this important mineral.

The relationship between soft drink consumption and body weight is so strong that researchers calculate that for each additional soda consumed, the risk of obesity increases 1.6 times.

Those who drink more soda have an 80% increased risk of developing Type 2 diabetes. Approximately 1 in 10 health care dollars is spent on diabetes.

In 2009, the "Archives of Internal Medicine" published a report linking a diet rich in red and processed meats to cancer. Researchers from Harvard Medical School analyzed the dietary habits of nearly half a million people aged 50 to 71 over 10 years. Researchers concluded that reducing red meat consumption would have reduced cancer deaths by 11 percent for men and 16 percent for women.

COWS MILK

Due to the extreme processes that milk goes through and the high amounts of antibiotics, hormones, and genetically-modified substances that cows are continually exposed to, I believe there are real and eminent concerns associated with drinking milk from cows. All cows release toxins through their milk, as milk is a natural exit-portal for substances that the body cannot use. RBGH (Recombinant Bovine Growth Hormone): a genetically engineered hormone directly linked to breast, colon and prostate cancer. This is injected into cows to increase milk production.

PUS: National averages show at least 322 million cell-counts of pus per glass!-This is well-above the human limit for pus-intake, and has been directly linked to paratuberculosis bacteria, as well as Crohn's disease. The pus comes from infected udders on the cows, known as mastitis.

Blood Cells: The USDA allows up to 1.5 million white blood cells per milliliter of commonly-sold milk. Yes, you are drinking cow's blood in the milk and the USDA allows this!

Antibiotics: Currently, cows are in such a state of disease and mistreatment that they are continually being injected with antibiotic medicines, and rubbed down with chemical-laden ointments to deal with their chronic infections. Currently, regulating committees only test for 4 of the 85 drugs in dairy cows. This means that the

other 81 drugs in cow's milk are coming directly into your glasses and bodies. Estimates show that 38% of milk in the U.S. is "contaminated with sulfa drugs or other antibiotics," according to a study by the Centre for Science in the Public Interest and published in the Wall Street Journal on December 29, 1989. A study from the FDA data showed that over half of all milk was laden with traces of pharmaceuticals yet nothing has been done to control this.

We are all going to die. We can die from some horrible disease and suffer excruciating pain or we can gain good health, get old and die a natural death. I have observed that people in good health, when they die just go to sleep and don't wake up. The choice is yours.

This world is not a very pleasant place to live in anymore but if we are willing to give our hearts to God and follow His plan to live by His law of love (His Commandments) we will be able to someday live in 'the earth made new' where no one will ever take unfair advantage of us. (This is what the Ten Commandments are all about: not taking advantage of anyone.)

Without Jesus in our hearts, sooner or later, we will take advantage of other people because we are naturally selfish.

"Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others. Let this mind be in you, which was also in Christ Jesus" Philippians 2:3-5

One nice aspect of being a Christian is, if some plague causes our death, it is not the end. Christians do not die they just go to sleep.

"Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live: And whosoever liveth and believeth in me shall never die. Believest thou this?" John 11:25, 26

With Jesus in our hearts we need not fear death because He will wake us up and take us where He is.

No one likes to suffer pain so I suggest we all become vegetarian vegans, have good health, Give our hearts to Jesus, live for Him while we are on this earth and spend eternity with Him.

The devil is wiser and more powerful than you therefore he will outthink you and overpower you.

But just remember----the weakest Christian, with his hand in the hand of Jesus, is more powerful than the devil and all of his angels. (James R Armstrong)

