

2558 Clem Lowell Road
Carrollton, GA 30116
Ph: (770) 854-6658
truthlinks1@hotmail.com



November 2012 Newsletter

Dear Friends and Family,

Rodney and I just had our 5th wedding anniversary in October. We are thankful that even though we both are getting up in years, we still have the strength and energy to do our work. We are especially thankful that we can still operate our ministry and do whatever we can for the Lord. We want to see people give their hearts to God because we believe He is coming soon! Get ready, get ready!

Our subject this month is: UNDER HIS WINGS

TWO MONTHS TO LIVE -(Continued from last month)

IN SUMMARY: Proper nutrition through fresh fruits and vegetable juices. Pure water to drink and clean water to bathe the outside. Exercise - walking; not too far at first, but increasing the distance every day. Where should he do this? Outside in the sunshine and fresh air. The proper amount of sunlight would control more of the body functions than any other element except food. It would dilate the blood vessels, increase circulation and rid the body of toxins. And a dose of fresh air would bring vitality and oxygen which would help destroy disease in the blood. Rest - Mr. Russell was to receive adequate time for sleep. He was to go to bed early and during the day take short periods of rest. He was told to abstain from negative thoughts or from listening and watching anything that would bring such to mind; he should abstain from sugar, refined flour and processed foods; from tobacco, caffeine and other stimulants or

any foods and drinks that contain them; flesh foods of any kind - all of it contained saturated fats and cancer germs or elements which break down body tissues and allow cancer to grow in the body; and he was to abstain from all habits which destroy health including eating and sleeping at irregular times. Alcohol and all drugs were also to be eliminated. And last but not least -Trust in Divine Power. This would allow Nature's Eight Doctors to bring complete restoration and healing.

From the very first week, Dr. Mitchell started giving Mr. Russell vitamins and minerals. Each day he was to take the following and continue throughout the treatment:

400 international units of vitamin D

25,000 international units of vitamin A (this would be too much for a normal, healthy person)

1400 mg. of calcium

1000 mg. of magnesium

Beginning THE SECOND WEEK he was to start eating solid food - soft at first; such as, apples, bananas, grape-fruit, whole wheat bread and whole grain cooked cereals. But there was to be a large variety of fresh fruits and vegetables. Dr. Mitchell prescribed only two meals a day and no more! There was to be nothing eaten between meals except distilled water to drink. And his diet was totally vegetarian - no meat, fish, fowl or eggs, dairy products, lard or grease of any kind, no tobacco, alcohol, cola drinks, coffee, tea, or refined flour, sugar or highly processed foods.

This diet as well as the other activities was to continue throughout his lifetime. But once the cancer was gone the high dosage of vitamins and minerals could be stopped.

Dr. Mitchell told me that in essence, what he gave to Mr. Russell and the other cancer patients was a scientific application of the Eight Natural Remedies as given to the Seventh-day Adventist people by God through His modern-day prophet, Ellen G. White, in the 1860's. If followed religiously they would not only rid the body of disease but also prevent disease. He told me that at the end of the treatment all of his patients were vegetarians. Another thing he told them was: "If you want to get cancer again, go back to your old ways of living and eating."

And would you believe! Poor Mr. Russell did go back to his old ways, according to Dr. Mitchell. And he did get cancer again!

It seemed so unbelievable to me that I called Mr. Russell on the telephone and talked to him myself.

He said, "Sure enough! I got it again - about six months ago. But this time it was lung cancer. The doctor wanted to give me the same treatment as before

chemotherapy and radiation. But I would have none of it!"

"No thanks!" I told them. Then he said to me, "I went back to the diet Dr. Mitchell gave me and started doing all those other things."

"You weren't cured of cancer the second time were you?" I questioned him, almost holding my breath.

"I sure was!" He declared triumphantly. Then he went on praising and giving glory to God.

Unbelievable! But it was true! I don't think that anyone has ever experienced it twice and lived. Mr. Russell is now eighty-four and going strong.

Yes, all this seems like a fairy-tale, doesn't it? Now, why did Dr. Mitchell treat only a total of 25 cancer patients? Isn't he still helping them? Well, it seems that the State Medical Board forbid Dr. Mitchell to treat anymore patients with cancer. Why?

"I was in my office one day," Dr. Mitchell related, "when I walked a Medical Board Investigator and commanded that I NOT treat anymore cancer patients. He told me my case was under examination and that my license may be taken away."

"What happened then?" I asked.

(Before I go on, let me remind you that Dr. Mitchell doesn't take credit for curing any patient with cancer. He continually gives the credit to God because only the Creator can heal. If anyone has truly been healed, it was God, not any man.)

"Just before I was forbidden to stop taking cancer patients as many as eleven cancer patients would come to my office in one day. When one was cured they would start talking and tell everyone around them. I never advertised anything. They started coming from all over the country!"

"One day a man came to me who was eaten up with lung cancer. He knew that he was dying. I gave him the treatment procedure and told him that he MUST QUIT SMOKING. But he didn't quit. He died. The man's son went to a lawyer and asked him to sue me for killing his father. The lawyer wouldn't take the case. So he went to a second but that one wouldn't accept the case either. He went to a third and this one wouldn't sue but he told him that if he wanted to hurt me he knew how that could be done."

This man took down the details and proceeded to seek vengeance for his father's death. How?

He had been told to get a couple of doctors together and make a complaint to the State Medical Board. The Board controls. They give licenses and take away licenses.

That's why the Medical Board Investigator was in Dr. Mitchell's office forbidding him to treat anymore cancer patients. His case was then examined that very month.

While I was talking to Dr. Mitchell he said, "Please pray for me. I'm on probation right now and they still might take my license away."

This experience has driven Dr. Mitchell closer to God than ever before. In fact, it has brought a lot of changes in his life. His testimony made me think of a gem I had read, "If we trust in Christ, we abide in Christ. The blow that is aimed at us falls upon the Saviour, Who surrounds us with His presence. Nothing can touch us without our Lord's permission."

Even before Dr. Mitchell's case was examined and he was placed on probation he had told me, "I've decided to put my practice and my home up for sale, move to some property in the mountains and set up a health conditioning center. I'll build cottages for the people to stay in. I will allow cancer patients, those with arthritis, heart disease and diabetes to come. I will charge them nothing. I'll work on a donation basis only. I will keep no records. Then if the A.M.A. comes and asks about the patients I have been treating, I'll say, 'I don't have any patients. I have only guests.' When they ask to see my records, I'll say, 'I don't have any records.' If I lose my license, that is what I am going to do and if I don't lose my license, I'm still going to do it!"

"Praise God!" I said.

Later Dr. Mitchell told me, "They had me on probation four and a half years. I proved to them that the man's son and the other two doctors were lying. I didn't lose my license. My probation is over now, but I still cannot treat any cancer patients with this program or my case would be up for review again. Other doctors call the "Nature's Eight Doctors" "NONSENSE!"

"Does this treatment program work for any type of cancer?" I asked.

"Yes," he replied. "It also works for heart disease, high blood pressure and numerous other ailments. God does the healing. But if a person deviates in the slightest degree it does not work. A person must follow all eight laws religiously. For instance, REST. The Bible tells us that we are to enter into "His Rest." (Hebrews 4:1-4. See also Genesis 2:1-3 and Exodus 20:8-12). Rest is more than sleeping regular hours at night and taking short naps during the day. It is more than playing restful hymns during the day and refraining from any type of worry. In the beginning God established a day of rest and He specified which day that should be. Through the centuries man has tried to change God's laws and set up another day of rest. Nowhere in all Scripture does it say that God's day of rest was changed from the 7th day of the week, Saturday, to the first day of the week, Sunday. In fact, it is quite the opposite. God tells us that HE DOES NOT CHANGE! (Hebrews 13:6; James 1:17 and Malachi 3:6). So I tell my patients to make the 7th day,

Sabbath, a special day of rest when they worship God alone and spend the day in prayer, meditation and a deeper study of His Word."

"Have any other cancer patients come to you since you were put on probation?" I asked.

"Not openly. I cannot treat them now. But there was a lady from the Washington D.C. area who somehow was connected with the Cancer Association. She got cancer and was ashamed to tell the organization that she had it. She came down here and asked if I could treat her. She begged me not to tell anyone. Then I knew it would be safe for me to treat her because she was not about to tell anyone that she even had cancer. She found healing."

At the present Dr. Mitchell's hands are tied. But he has found some property and is slowly moving toward his goal. May God help him to accomplish his dream so that many might find healing and be restored to health.

In the meantime the only way he can help is by your sharing this story with others. There is no copyright on this so you may copy it and spread it like the leaves of autumn. And pray for the hastening of Dr. Mitchell's goal.

Some of you may not know that there will soon be a NATIONAL SUNDAY LAW. Some are trying to bring our nation "back to God." And they think the way to do this is by "enforced legislation."

Write for my book, "NATIONAL SUNDAY LAW", P.O.Box 68. Thompsonville, IL 62890. God bless you. (This true story was written By Pastor Jan Marcussen) (We have some copies of this book, if you wish a copy just let us know and we will send you one.)

PRESCRIPTION FOR HEALTH

A simple diet with a merry mind,
Two helpful hands, a tongue that's always kind;
Deep breathing of pure air (still free from tax);
While eating meals, and after work, relax!
Two smiling eyes to prove you still can laugh;
Live simpler lives and cut your bills in half.
A task you love, a conscience crystal clear; A
heart at rests, a mind that's free from fear.
Use water freely, more within, without;
Have faith In God and give no place to doubt.
Then exercise your body, mind, and soul;
Look up and keep your eyes upon life's goal.'

(By Adlai A. Esteb)

MINI BIBLE STUDY

1. What was one of Christ's parting promises to His disciples? John 14:2 _____
2. What is this place, or city, called? Revelation 21:2 _____
3. Who will be excluded from this city? Revelation 21:27 _____

4. Who will be permitted to enter? Revelation 22:14

5. Name two things that will be found there. Revelation 22:1,2

Homemade Liquid Laundry Soap-Front or top load

- 4 Cups - hot tap water
- 1 Fels-Naptha soap bar
- 1 Cup - Arm & Hammer Super Washing Soda*
- ½ Cup Borax

Grate bar of soap and add to saucepan with water. Stir continually over medium-low heat until soap dissolves and is melted.

Fill a 5 gallon bucket half full of hot tap water. Add melted soap, washing soda and Borax. Stir well until all powder is dissolved. Fill bucket to top with more hot water. Stir, cover and let sit overnight to thicken.

Stir and fill a used, clean, laundry soap dispenser half full with soap and then fill rest of way with water. Shake before each use. (will gel)

Optional: You can add 10-15 drops of essential oil per 2 gallons. Add once soap has cooled. Ideas: lavender, rosemary, tea tree oil.

Yield: Liquid soap recipe makes 10 gallons.

Top Load Machine- 5/8 Cup per load (Approx. 180 loads)

Front Load Machines- ¼ Cup per load (Approx. 640 loads)

Arm & Hammer "Super Washing Soda" - in some stores or may be purchased online here (at Meijer.com). Baking Soda will not work, nor will Arm & Hammer Detergent - It must be sodium carbonate!!

Works well in traditional or HE machines.

Low sudsing. It is the ingredients in the soap, not the suds, that does the cleaning.

Clumping and gelling of the detergent is normal. Stir before putting in dispenser, and shake before each use.

For stains, consider using an inexpensive spray-on stain remover before washing. (Zout, Spray 'n' Wash, Oxyclean

Note: Rodney's granddaughter, Leah, makes this soap and just loves how clean it gets her clothes. I am anxious to try it myself!

Remember God loves you and so do we!

Rodney and Katie Armstrong

NOTABLE NEWS - VACCINES

Have you ever wondered what's really in vaccines? According to the U.S. Centers for Disease Control's vaccine additives page, all the following ingredients are routinely used as vaccine additives:

- **Aluminum** - A light metal that causes dementia and Alzheimer's disease. You should never inject yourself with aluminum.
- **Antibiotics** - Chemicals that promote superbugs, which are deadly antibiotic-resistant strains of bacteria that are killing tens of thousands of Americans every year.
- **Formaldehyde** - A "pickling" chemical used to preserve cadavers. It's highly toxic to the nervous system, causing blindness, brain damage and seizures. The U.S. Department of Health and Human Services openly admits that [formaldehyde causes cancer](#). You can see this yourself on the *National Toxicology Program* website, featuring its [12th Report on Carcinogens](#). There, the [formaldehyde Fact Sheet](#) completely neglects to mention formaldehyde in vaccines. This is the "dirty little secret" of government and the vaccine industry. It does state, however, that "...formaldehyde causes myeloid leukemia, and rare cancers including sinonasal and nasopharyngeal cancer."
- **Monosodium Glutamate (MSG)** - A neurotoxic chemical called an "excitotoxin." It causes brain neurons to be overexcited to the point of death. MSG is toxic even when consumed in foods, where it causes migraine headaches and endocrine system damage. You should NEVER inject MSG into your body. But that's what health workers do when they inject you with vaccines.
- **Thimerosal** - A methyl mercury compound that causes severe, permanent nervous system damage. Mercury is highly toxic to the brain. You should never touch, swallow or inject mercury at any dose. There is no safe dose of mercury! Doctors and vaccine pushers LIE to you and say there is no mercury in vaccines. Even the CDC readily admits vaccine still contain mercury (thimerosal). In addition, *National Toxicology Programs* admits in its own documents that:
 - Vaccinations "...may produce small but measurable increases in blood levels of mercury."
 - "Thimerosal was found to cross the blood-brain and placenta barriers."
 - The "...hazards of [thimerosal](#) include neurotoxicity and nephrotoxicity." (This means brain and kidney toxicity.)
 - "...similar toxicological profiles between ethylmercury and methylmercury raise the possibility that neurotoxicity may also occur at low doses of thimerosal."

- "... there are no existing guidelines for safe exposure to ethylmercury, the metabolite of thimerosal."
- "...the assessment determined that the use of thimerosal as a preservative in vaccines might result in the intake of [mercury](#) during the first six months of life that exceeded recommended guidelines from the Environmental Protection Agency (EPA)..."

- "...In the U.S., thimerosal is still present as preservative in some vaccines given to young children, as well as certain biological products recommended during pregnancy. Thimerosal remains a preservative in some vaccines administered to adolescents and adults. In addition, thimerosal continues to be used internationally as a vaccine preservative."

The report then goes on to say that the FDA studies thimerosal and somehow found it to be perfectly safe. It also states that vaccine manufactures are "working" to remove thimerosal from vaccines, but in reality it's still being manufactured right into the vaccines.

By the way, this report also reveals that the FDA requires preservatives like thimerosal only in so-called "multi-dose" vaccines -- vials that contain more than one dose of the vaccine. Drug companies could, if they wanted to, produce "clean" single-dose vaccines without any mercury/thimerosal. But they choose not to because it's more profitable to produce mercury-containing multi-dose vaccines. As the report admits, "Preservatives are not required for products formulated in single dose vials. Multidose vials are preferred by some physicians and health clinics because they are often less expensive per vaccine dose and require less storage space." So the reason why your child is being injected with vaccine boils down to health care offices **making more money and saving shelf space!**

Mercury in vaccines is a conspiracy theory!

I've been told by numerous "skeptics" and doctors that there's no such thing as mercury in vaccines, and that any such suggestion is nothing more than a "wild conspiracy theory." That just goes to show you how ignorant all the skeptics, doctors and health professionals really are: They have NO CLUE what's in the vaccines they're dishing out to people!

All they have to do is visit [this CDC vaccine additives web page](#), which openly admits to these chemicals being used in vaccines right now. It's not a conspiracy theory, it turns out. It's the status quo of modern-day vaccine manufacturing! (And just in case the CDC removes that page, At the end of this article there's a screen shot, taken October 22, 2012, showing exactly what was on the [CDC vaccine additive page](#)).

Feel that headache after a vaccine? That's the feeling of chemicals eating your brain

Now, consider this: The most common side effect of a vaccine injection is a headache. The CDC admits that over 30 percent of those receiving vaccines experience headaches or migraines.

Even if you believe in the theory of vaccines as a helpful way to train the immune system to recognize pathogens, why would anyone -- especially a doctor -- think it's okay to inject human beings with mercury, MSG, formaldehyde and aluminum?

The argument of the vaccine pushers is that each vaccine only contains a tiny dose of these highly toxic substances, and therefore it's okay to be injected with them. But this argument makes a fatal error: U.S. children are now receiving [over twenty vaccines by the time they're six years old!](#) What's the cumulative effect of all these vaccines, plus the mercury from dental fillings and dietary sources? What's the effect of injected mercury on an immune-suppressed child living in a state of chronic nutritional deficiency?

Scientists don't know that answer because such studies have never been conducted. So they pretend that nothing bad will happen and keep pushing more and more vaccines on infants, children and even expectant mothers. They're playing Russian roulette with our children, in other words, where every injection could cause a seizure, coma, autism or death.

Why doesn't the vaccine industry offer "clean" vaccines free from all toxic additives?

If vaccines are supposed to be good for you, why do they contain so many additives that are BAD for you? You wouldn't want to eat mercury in your tuna fish. You wouldn't want MSG in your sandwich, and you certainly wouldn't want formaldehyde in your soda. So why would you allow yourself to be injected with these deadly substances?

And just as importantly, why wouldn't the vaccine industry offer CLEAN vaccines? Without any brain-damaging additives?

Think about it: When you buy health food, you want that health food to have NO mercury, NO MSG, NO aluminum and certainly no formaldehyde. No sane person would knowingly eat those neurotoxic poisons. And yet, astonishingly, those same people literally line up to be INJECTED with those exact same brain-damaging poisons, with the justification that, somehow, "This injection is good for me!"

Absurdly, the vaccine industry says these toxic ingredients are intentionally added to vaccines to make them work better! Yes, that's the reason: Mercury makes vaccines work better, they insist granting children "improved behavior and mental performance."

No, I'm not making this up. The mainstream media literally claims that **mercury is GOOD for babies**. Vitamins might kill you, they say, but mercury is good for you!

But hold on a second: I thought the theory behind vaccines was that weakened viruses would give the immune system a rehearsal so that it would build up antibodies to the real thing. Where does mercury, MSG or formaldehyde fit anywhere in that theory? Does your body benefit in any way from exposure to formaldehyde? Of course not. The very idea is ludicrous.

So are there such things as clean vaccines? I challenge you to try to find one. They simply don't exist for the population at large. **Nearly all vaccines for the masses are deliberately formulated with neurotoxic chemicals** that have absolutely nothing to do with the science of vaccinations, but everything to do with autism, Alzheimer's disease, early-onset dementia, immune suppression, and the mass dumbing down of brain function.

Vaccines are designed with chemical additives to poison the population, not to protect the population

That's the real purpose of vaccines: Not to "protect children" with any sort of immunity, but to inject the masses with a toxic cocktail of chemicals that cause brain damage and infertility: Mercury, MSG, formaldehyde and aluminum. The whole point of this is to dumb the population down so that nobody has the presence of mind to wake up and start thinking for themselves. If you are dumbed down you are easier to control.

This is precisely why the smartest, most "awake" people still remaining in society today are the very same ones who say NO to vaccines. Only their brains are still intact and operating with some level of awareness.

[CDC Vaccine Additive Page](#)

[Additives used in the production of vaccines may include:](#)

- [1, suspending fluid \(e.g. sterile water, saline, or fluids containing protein\);](#)
- [2. preservatives and stabilizers to help the vaccine remain unchanged \(e.g. albumin, phenols and glycine\); and](#)

3. adjuvants or enhancers to help the vaccine to be more effective.

Common substances found in vaccines include:

Aluminum gels or salts of aluminum which are added as adjuvants to help the vaccine stimulate a better response. Adjuvants help promote an earlier, more potent response, and more persistent immune response to the vaccine.

Antibiotics which are added to some vaccines to prevent the growth of germs (bacteria) during production and storage of the vaccine. No vaccine produced in the US contains penicillin.

Egg Protein is found in influenza and yellow fever vaccines, which are prepared using chicken eggs. Ordinarily, persons who are able to eat eggs or egg products safely can receive these.

Formaldehyde is used to inactivate bacterial products for toxoid vaccines, It is also used to kill unwanted viruses and bacteria that might contaminate the vaccine during production. Most formaldehyde is removed from the vaccine before it is packaged.

Monosodium glutamate (MSG) and 2-phenoxy-ethanol which is used as stabilizers in a few vaccines to help the vaccine remain unchanged when the vaccine is exposed to heat, light, acidity, or humidity.

Thimerosal is a mercury-containing preservative that is added to vials of vaccine that contain more than one dose to prevent contamination and growth of potentially harmful bacteria. (Natural News article)