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October 2012 Newsletter

Dear Friends and Family,

**Autumn is my favorite time of the year and I know this is true with many of you. I love the coolness of the evenings. It is such a relief after the hot summer days. Soon the leaves will be displaying their final beauty before fading into the crisp little fragments all ready for me to rake up! And believe me, I'll have plenty to rake since we now live in the woods!**

**Our subject this month is: Sooner Than You Might Think**

### TWO MONTHS TO LIVE

Mr. Russell sat sprawled across Dr. Mitchell's desk bleeding from the nose and mouth. His surgeon had given him two months to live. He half sat, half laid there; crying.

"I felt like crying too," Dr. Mitchell told me, as he related the incident. "The radiation and chemotherapy had caused him to bleed from the nose, mouth, and rectum. He was in a lot of pain."

The cancer had blocked his colon, and metastasis permeated to the liver and kidneys. Surgery had unblocked the colon so that he could function for a while, but really, medical science gave him little hope.

"I can't treat you anymore," the surgeon had told him. He let him know that he need not come back to see him. He could just go home and die in peace. No wonder he was crying.

"My father has colon cancer," his son said. Then came the question from the trembling lips

of a man who was being murdered from the inside - "Can you help me?"

From his busy schedule as a minister, his son, Pastor Russell had brought his dad to a doctor whom he had only heard of by word of mouth. What butterflies were in his stomach as he drove through the busy traffic to the office in Orlando's east side! What groans and prayers were going through his own bosom as he talked with the doctor; as he looked down at the dear one in the chair - dying!

"Will you do exactly what I tell you," Dr. Mitchell asked?

"I'll do anything," came the sob.

"Will you promise me that you won't tell your Doctor?"

"Yes."

There were good reasons for this last question. Number one, it's not ethical for one doctor to take over treatment from another unless the patient is referred. There was no referral. The surgeon had told him that he need not return; but, just the same - no referral. As far as the head echelon of medicine at the hospital was concerned, he was given up to die. Also, Mr. Russell was in his upper seventies. A younger man may have been treated longer.

But the main reason Dr. Mitchell asked the question is that what he was about to do for this poor man was unethical as far the A.M.A. and the State Medical Board was concerned. He could lose his license! Though modern medicine had given up on Mr. Russell, if a medical doctor used "unusual" procedures to try to save him, he would be "out". Whimsical treatments; diet or natural remedies, used by a professional instead of the "accepted" drugs, would be a bad example for the other M.D.'s. as well as a mockery to the profession. Thus the question, "Will you promise not to tell your doctor?"

The doctor gave him the treatment program, told him to go home, and return in one week. He would return once a week for three months.

Mr. Russell went home and returned the next week. He came into Dr. Mitchell's office, grabbed and hugged him. "I feel different!" he said excitedly.

"His pain was gone," Dr. Mitchell said. "There was no depression. He was smiling all over." Every week he came back during the course of

the treatment, feeling like a young man; full of pep and energy.

At the end of three months Mr. Russell went to see his surgeon. "Here I am," he said, walking into his office.

"You're still alive?" the surgeon blurted out!

He was so overcome by the youthful appearance of this man who had so recently left his office, dying, he decided to admit him into the hospital and find out what had happened. He gave him the usual tests - colonoscopy, scanning X-rays, etc. No cancer!

"I can't believe this," the surgeon declared. "I'm going to cut you open."

"Go right ahead," Mr. Russell said. Concerning proof - the more the better!

"He was admitted that day. The next morning he was cut open. The colon, liver and kidneys were checked as well as the surrounding areas. No cancer! The unconscious Mr. Russell was sewed back up and wheeled into the recovery room. After he was in his own room and alert, the surgeon came in to give the good news and talk with him before discharge.

All the surgeon could muster was, "It's just coincidence."

"Just Coincidence!"

What had Dr. Mitchell given him? What had he told him to do each day? And what had he given twenty-four other people who were still alive but had also been dying from cancer?

The following account given to me from Dr. Mitchell, in his home is the same program he gave to Mr. Russell and in general, the other twenty-four individuals.

THE FIRST WEEK. Dr. Mitchell told Mr. Russell to eat nothing but juice and distilled water. The kind of juice and when it was taken was VERY IMPORTANT! Only freshly juiced fruits and vegetables were to be used; nothing canned or frozen. Only fresh carrots, celery, spinach, lemons, apples, grapes and a good variety of other fruits and vegetables could be used. And only DISTILLED water was to be used!

Every-half-hour during each of the following seven days while he was awake he was to drink. He was not to eat anything! Upon waking he was to take four ounces of carrot juice; a half-hour later, four ounces of water, etc. All day - for seven days, this was to be continued. He was given freedom to choose the kind of

juices he drank, except that he was to have at least 30 ounces of carrot juice each day. If water was added to any of the juices, it was to be distilled water. A little salt could be put in the celery juice since he wasn't diabetic. A little honey could be put in the lemon water but absolutely no sugar was to be used in anything. Water on the outside of his body was to be used in showers two or three times per day. And during this first week Dr. Mitchell prescribed a coffee enema to help clean out the colon.

Mr. Russell was to get a little exercise - walking - as he was able. He was to go out in the sunshine, breathing deeply now and then. His body was a masterpiece of God's creation; made of muscle, bone, blood and breath. It was built for performance. He was not to sit and let it rust out from lack of exercise, fresh air and sunshine. His health depended on all these things and especially while fighting cancer.

His mental outlook was very important. Dr. Mitchell told him to play hymns all day long in the background; not jazzy hymns with a beat or any of that easy listening and rock with religious words; but uplifting, holy hymns. He was not to allow any negative thoughts of past, present or future to stay in his mind. He was to think happy, thankful thoughts. He was to educate his mind and lips to speak God's praise - continually!

Doing this was important for several reasons. No. 1: the above frame of mind brings restfulness. Rest of body, mind and spirit were essential. It is another vital factor in good health. No. 2: This training his mind to constantly praise God developed in him faith or trust.

Dr. Mitchell told me that he could not take one ounce of credit for healing Mr. Russell or any of the other twenty-four people. He knew that it was God and the natural elements in nature employed by God which brought the healing. The doctor told me, "Always smile and pray. Prayer - constant communion with God in praise and thanksgiving drew Mr. Russell close to God. This made Mr. Russell willing to do the complete will of the Creator so that His will could be done in behalf of this sick human being." Yes, full surrender; total trust in the will of Divinity was a major element for healing.....**TO BE CONTINUED**

## HEALTH NUGGET

### BABIES AND VACCINES (Natural News)

A recent study published in the journal *Pediatrics* suggests that administering one or more of the five "Ss" -- swaddling, side/stomach position, shushing, swinging, and sucking -- to babies in conjunction with their childhood vaccine regimens can help alleviate the physical and emotional stress typically brought about by this highly-invasive medical tradition.

Swaddling babies, or wrapping them in a warm blanket after they are vaccinated, as well as placing them in certain positions can help reduce their levels of anxiety, say researchers. Gently shushing them while rocking them or giving them a pacifier can also help to make the vaccination process move along much more smoothly and less painfully.

Though these measures do absolutely nothing to address the potential neurological damage caused by vaccines, researchers say they can "soothe" babies and help them to stop crying. According to Dr. John W. Harrington from *Eastern Virginia Medical School* and *Children's Hospital of the King's Daughters* in Norfolk, the methods serve as a "distraction" from the pain caused by the needles.

For their study, Harrington and his colleagues divided 234 two- and four-month-old babies into four study groups, two of which received the five Ss after their vaccinations. They found that those who received these interventions experienced less visible pain, grimacing, and frowning, according to *Reuters*, and they cried less.

But as good as it might be to effectively comfort a child who has just been bombarded with dozens of

vaccine injections, no amount of physical comfort will mitigate the damage being done to babies' brains by vaccines. The combination diphtheria, pertussis and tetanus shot, also known as DPT, for instance, is known to cause severe and permanent brain damage in some children

([http://www.naturalnews.com/031469\\_vaccine\\_brain\\_seizures.html](http://www.naturalnews.com/031469_vaccine_brain_seizures.html)).

All vaccines, in fact, come with the potential to cause permanent nerve damage, particularly in the brain. Going back as far as 1855, when Massachusetts passed the first law in the United States requiring vaccinations for schoolchildren, it was known that vaccines carried with them the risk of encephalitis, also known as inflammation of the brain.

([http://www.naturalnews.com/031476\\_vaccines\\_nerve\\_damage.html](http://www.naturalnews.com/031476_vaccines_nerve_damage.html)).

Brachial neuritis, chronic inflammatory demyelinating polyneuropathy (CIDP), complex regional pain syndrome (CRPS), Guillain-Barre syndrome (GBS), multiple sclerosis, narcolepsy, Opsoclonus-Myoclonus syndrome (OMS), trigeminal neuralgia, and transverse myelitis are among the many neurological side effects that can be caused by vaccines. And none of these conditions, of course, can be mitigated with a pacifier or a blanket.

**Sources for this article include**  
<http://www.reuters.com>

NOTE: Those of you that have children need to do your own research on this subject. Don't take this as the final word in your decision making. When it comes to our children whom we love so much we must be willing to investigate anything that may be harmful to their health and well being.

CONGRATULATIONS ANGEL WOODRUM!

Angel has just completed all the Bible lessons we have to offer. WELL DONE ANGEL! Angel lives in West Madison W. VA and just happens to be the granddaughter of another one of our dear students, Alma Lovejoy, who lives in Ft Pierce, FL and last month finished all the les-

sons we have to offer. Angel's mother, Vada Lively, has also completed a couple sets of lessons. It looks to me like we have three generations of bible students here! Praise the Lord! God bless each one of you!

#### MINI BIBLE STUDY

1. What was the devil's name when he was in heaven? Isaiah 14:12 \_\_\_\_\_
2. What was his job or position there? Ezekiel 28:14 \_\_\_\_\_
3. What caused his fall? Ezekiel 28:17, Isaiah 14:13,14 \_\_\_\_\_
4. Where did he go when he was cast out of heaven? Revelation 12:9 \_\_\_\_\_
5. How will he eventually end up? Ezekiel 28:18 \_\_\_\_\_

#### OVEN CANNING

Our friend Nell Knowles recently sent us an article from Countryside Magazine on how you can easily "oven can" your dry foods. I was much impressed with the article and am now in the process of preserving my dried food in this way. It keeps it free of bugs and deterioration for about 15 – 20 - 30 years!

I am sharing some of this article with you folks this month because I know most of you are well aware of the financial instability in our country as well as most of the world. There is so much in the news these days about world conditions which will probably affect most of us. (Some of you may remember a few years back when we had the truckers strike and how soon the grocery stores were "empty"---It was a scary situation and any disaster that comes will be the same way.)

Folks we don't know how or when all this will affect us individually; however, it behooves us to be prepared for anything that may occur. One way to do this is to have a reasonable stockpile of food staples laid aside and most important of all, a closer relationship with our God.

Oven canning is a great way to preserve our dried foods. It's easy and does a great job protecting food. Even if we don't have an emergency, the food will always be good and we can eventually use it up.

#### HOW TO OVEN CAN YOUR DRIED STAPLES

You will need:

1. A cookie sheet or pan that will fit in your oven to hold your jars.
2. Most glass jars and their lids can be used just make sure the lids have the rubber gasket inside. You can use any size jars you wish. Of course you can use regular canning jars and their lids if you prefer. Be sure your jars are clean and dry. Once in a while a jar won't seal, however, you can just put them in your pantry and use when you want. They will be heat treated and in glass, so they are still bug and critter free.
3. Damp paper towels
4. A small towel to handle the hot jars and another towel to sit the hot jars on.
5. Your dried goods

Heat the oven to 200°. Put the cookie sheet in the oven and place the filled jars on the cookie sheet. You can fill up the oven with as many jars as it will hold. Let heat for 1 hour. Then take out a jar at a time and place on a towel. Wipe rim of jar with the damp paper towel, put the lid on and screw the band down tight. Then take out another hot jar and repeat process until all jars are done.

Foods you can oven can: dried beans of all kinds, oatmeal, cornmeal, flours, rice, dried onions, dried carrots, dried celery, potato flakes, dried yams, cereals, pastas, dry boxed cereals, almonds, pecans, the list goes on....any herbs or veggies you dry, you can oven can.

Foods that don't oven can well: oily foods such as walnuts. These you can toss in the freezer.

Store your jars where it is dry and not over 75°. (Lil Roberts, Manteca, California)

Hope this info will be of use to you.

See you next month!

Remember God loves you and so do we!

Rodney and Katie Armstrong

## Notable News October 2012

### Scientists Warn Geo-Engineering Can Kill Billions of People

By Cassandra Anderson  
October 2, 2012

Geo-engineering is an umbrella term for deliberate climate intervention that includes spraying the sky with aerosols to reflect solar radiation away from Earth in order to cool the planet and to save the environment and humanity from the effects of supposedly man-made global warming. There is evidence that this program has already been implemented for many years using unidentified chemical aerosols, known as chemtrails.

A geo-engineering/ chemtrails experiment using a balloon to spray sulfur particles into the sky to reflect solar radiation back into space is planned for New Mexico within a year by scientist David Keith. Keith manages a multimillion dollar research fund for Bill Gates. Gates has also gathered a team of scientist lobbyists that have been asking governments for hand-outs for their climate manipulation experiments with taxpayer money.

Geo-engineering is touted as a last-ditch effort to save people and the planet from global warming. But the truth is that geo-engineering can alter rain cycles leading to droughts and famine that could result in billions of deaths!

Therefore, Bill Gates appears to be using his concern over global warming to cloak his real intent of controlling weather and/or depopulation.

Mount Pinatubo Model for Geo-Engineering Drought, Famine & Death

The Mount Pinatubo volcano in the Philippines erupted in 1991, spewing 22 million tons of sulfur dioxide (SO<sub>2</sub>) into the upper atmosphere/stratosphere. A 2008 study from Rutgers University based a model on Mount Pinatubo sulfur dioxide (SO<sub>2</sub>) emissions and applied it to geo-engineering; the scientists said that they expected overall global cooling, but some regions would

experience an increase in greenhouse gases and warming, as was recorded after Pinatubo erupted.

Based on the SO<sub>2</sub> volcanic model, the scientists reported that geo-engineering aerosols sprayed in tropical or Arctic regions are likely to disrupt African and Asian/Indian summer monsoons, threatening the food and water supply for billions of people!

Additional negative consequences include ozone depletion, reduced strength of hydrological cycles resulting in decreased river flow and soil moisture.

While the scientists, led by Alan Robock, who performed the experiments appear to believe in man-made global warming, they do have stern warnings against the dangers of geo-engineering.

<http://climate.envsci.rutgers.edu/pdf/GeoengineeringJGR9inPress.pdf>

#### 2012 Geo-Engineering Study

The Max Planck Institute conducted a study of geo-engineering models based on volcanoes, but the study was unrealistic because it used climate models with 400% more carbon dioxide than the pre-industrial era. However, their results showed that geo-engineering will cause a strong decrease in rainfall (a 15% loss in North America and Eurasia and a 20% decrease in South America). Overall, global rainfall would be reduced by 5%.

Unless one considers the financial benefits (government and private grants), it is bewildering why the academia would support geo-engineering.

<http://www.egu.eu/home/geoengineering-could-disrupt-rainfall-patterns.html>

#### Geo-Engineering Can Cause Warming

Geo-engineering can actually cause global warming when tampering with clouds in the upper atmosphere/stratosphere. The Gates-funded scientist lobbyists propose spraying sulfur dioxide 30 miles above Earth and the New Mexico experiment proposes spraying 15 miles above surface- both of these fall within the parameters of the upper atmosphere/stratosphere.

The troposphere is the lowest portion of the Earth's atmosphere, extending an average of 4 to 12 miles above surface. Clouds that are in the lower troposphere are generally thick white clouds with a high rate of albedo or reflectivity of the sun's rays away from Earth that produce a cooling effect. However, the experiments are

to be conducted above this level in the upper atmosphere/stratosphere. The upper atmosphere is called the stratosphere and extends as high as 31 miles above the Earth's surface. The clouds in the higher stratosphere are generally thin, have a lower albedo reflective rate and act like a blanket that traps heat.

Both experiments propose dumping SO<sub>2</sub> in the upper atmosphere/stratosphere, creating a heat-trapping blanket that would theoretically increase warming. This is the opposite of Gates' stated goal to cool the planet.

(Note: most long-distance planes fly at 6 miles above surface, in the lower atmosphere/troposphere)

What About the EPA?

Given that the EPA claims that sulfur dioxide (SO<sub>2</sub>) emissions cause health problems and early death and that they are shuttering coal plants over emissions, you may be wondering why the EPA isn't screaming bloody murder over Gates' SO<sub>2</sub> aerosol-spraying experiments.

The answer can be found on the EPA's own website where they promote giving regulatory power over geo-engineering/chemtrails to the UN and/or developed countries that fund the programs. The EPA is abdicating power to international interests.

Bill Gates' failure to address the EPA's dire warnings of the dangers of SO<sub>2</sub> is proof that he is aware that the EPA's claims are grossly overstated or that he doesn't really care about the environment and has ulterior motives.

Global Warming and UN Control

Global warming is a ruse that claims that life on planet Earth is in grave danger- this alarmism is used for political gain. Global warming is a hoax based on manipulated science from the UN's Intergovernmental Panel on Climate Change. The UN currently is assuming control over geo-engineering through its Convention on Biological Diversity treaty that declared a moratorium on experiments, except in some cases.

Conclusion

Geo-engineering is either a risky adventure to test ignorant theories or a scheme to control weather, water and food supplies.

Bill Gates' record as a depopulation enthusiast supports the argument that geo-engineering is a weather domi-

nation scheme that may be used as a weapon threatening the lives of billions of people.

(Morph City.com)



**The Georgia Guidestones** is a large granite monument in Elbert County, Georgia. It has been referred to as an American Stonehenge. The person or group that paid for its construction is a mystery. Inscribed on its stones are ten commandments, written in twelve languages, for what it describes as an Age of Reason. Many believe it is an agenda for the New World Order.

The first commandment is: "Maintain humanity under 500 million in perpetual balance with nature." Since the world population now stands at over seven billion, that means the commandment calls for the elimination of 93% of the world's population.

### **THE CULLING ALREADY HAS BEGUN**

The Great Culling of the human race already has begun. It is being done through chemicals added to our drinking water, food, medicines, and the air we breathe – chemicals that have the known effect of reducing fertility and shortening lifespan. This message can no longer be dismissed as conspiracy theory. The facts are in plain view.

*G. Edward Griffin*

They lie on the table side by side  
The Holy Bible and the T.V. Guide  
One is well worn and cherished with pride,  
Not the Bible, but the T.V. Guide

One is used daily to help folks decide  
No, not the Bible, but the T.V. Guide  
As the pages are turned, what shall they see  
Oh, what does it matter, turn on the T.V.

So they open the book in which they confide  
No, not the Bible, but the T.V. Guide  
The Word of God is seldom read  
Maybe a verse before they fall into bed.

Exhausted and sleepy and tired as can be  
Not from reading the Bible, from watching T.V.  
So then back to the table side by side,  
Lie the Holy Bible and the T.V. Guide.

No time for prayer, no time for the Word,  
The plan of Salvation is seldom heard.  
But forgiveness of sin, so full and free,  
Is found in the Bible, not on T.V.

Author Unknown