

**Cleaver of Truth Newsletter for the  
Month of November 2010  
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**Dear Family and Friends,**

**We hope that all is well with you.**

**Our subject this month: The Fast That  
God Has Chosen**

**Rodney and I went away for three weeks.  
We left on September 26 and returned  
home on October 14. We are glad to be  
home. (Be it ever so humble there is no  
place like home)!**

**Let me tell you about why we went away  
and where:**

**Rodney went to the hospital in August  
for a regular pacemaker check. He was  
feeling well and everything checked out  
good. However a day or two after that  
visit he started getting sick. He had  
vomiting, diarrhea and a fever.**

**He went back to the hospital and they  
gave him a series of antibiotics. He took  
them for ten days and at first he ap-  
peared to be feeling better and we  
thought everything was ok.**

**Then the diarrhea came back with a  
vengeance! We returned to the hospital  
and they kept him for four days, did var-  
ious tests and told us he had clostridium  
difficile or "C-Diff" for short. They gave  
him another antibiotic which they said  
was the only thing that would help to get  
rid of the bad bacteria.**

**C-Diff is a bacteria you get in your intes-  
tines. It destroys all the good flora or  
bacteria in the intestines and colon. It  
can be very serious because it can  
cause your intestine lining to slough off  
and get holes in it and you could even  
die. You can get C-Diff from hospitals  
and nursing homes. It is caused by tak-  
ing too many antibiotics which kill off  
the good bacteria which we have in our  
intestines.**

**After 24 days of taking antibiotics Rod-  
ney was not getting any better. He was  
eliminating chunks of his intestinal lin-  
ing and losing weight.**

**We again returned to the hospital. They  
looked at the specimen we had saved  
but didn't seem concerned about it.  
They told him they could give him more  
antibiotics. At this point Rodney told  
them he wasn't going to take any more  
antibiotics because they were burning  
him up.**

**He asked the doctor if there was any-  
thing else he could do besides taking  
antibiotics The doctor told him there  
was, but they didn't recommend it. Be-  
cause he wouldn't take any more antibi-  
otics he was sent home to take care of  
himself.**

**Rodney has a friend in North Georgia  
who has a life-style retreat called "Times  
of Refreshing". They sometimes treat  
people whom doctors have been unable  
to help with modern medicine. With  
proper natural remedies and a good diet  
they have been able to reverse the prob-  
lems (without the use of harmful drugs)  
and return them to good health again.**

**They follow the health laws that God  
has outlined in the Bible and use the**

herbs and foods that God has so graciously provided for our healing.

Rodney called them and they were getting ready for a 19-day program that coming Monday. We left here on Sunday and he started on the program the next day. (After we got there Rodney was exhausted and was in bed for about a week).

After the 19-day treatment he is now drug-free and the C-Diff is gone! We praise God for Rodney's recovery. He had been on medical drugs for his heart and high blood pressure for a number of years. His blood pressure is just as good now as it was while he was taking all the drugs. His energy level is coming back and he is gaining weight. (We really believe if he had continued with the medical treatment given at the hospital the story would be different)!

The natural treatments that are being used at Times of Refreshing have been known to reverse diseases such as; diabetes, high blood pressure, cancer, and heart disease as well as many other ailments. If any of you have medical problems that are not responding to the doctors treatments maybe you would like to give this man a call:

**Shelem Flemons, Director**  
**Times of Refreshing**  
**1240 Reeves Rd.**  
**Blairsville, GA 30512**  
**Ph: (706) 835-27**

While we were at the retreat we were taught a better way of eating and preparing food, which we will be sharing with you in some of our future newsletters

Bless the Lord, oh my soul, and forget not all his benefits; Who forgiveth all

thine iniquities; who healeth all thy diseases. Psalms 103:2,3`0020

From Katie's Cookbooks

### Italian Dressing

2 Tbs water  
1/2 cup light olive or flax seed oil  
1/4 cup honey or agave nectar  
1 tsp garlic granules or powder  
2 tsp onion granules or powder  
1 tsp herbamare (health food store)  
1/2 tsp basil  
1 tsp parsley  
1/2 tsp dill weed  
1/4 cup lemon juice

To make a creamy dressing, blend in blender until smooth. Or you can simply combine all ingredients and put in jar. Shake well and serve. Times of Refreshing Cook Book by Diane M. Flemons

### Chili Powder

7 bay leaves  
1 1/2 Tbsp basil  
1/2 cup paprika  
1 Tbsp cumin  
2 Tbsp onion powder  
1 1/2 tsp garlic powder  
1/4 cup parsley flakes  
4 tsp oregano

Blend all ingredients in blender until powdered. May use grinder, Store in airtight container. Times of Refreshing Cook Book by Diane M. Flemons

That's all for now. See you next month.

Remember God loves you, and so do we!

Katie and Rodney

