

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

Time marches on! Time waits for no one! I can see that these sayings are so true. It seems we just finish one month's newsletter and before you know it another month has rolled around,

This past month has been so busy for us! But I thank God He has given us health and energy to do what we need to do. Our garden is just like a "spoiled bratty kid". It demands this and that till all our time is consumed just trying to please it! But things should slow down soon.

We hope all of you are doing well. We both have been very blessed this past month.

This month's subject is: The Master Deceiver

Plant your garden – Come to the garden alone, while the dew is still on the roses..

Plant 3 rows of peas

1. Peas of mind
2. Peas of heart
3. Peas of soul

Plant 4 rows of squash

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

No garden should be without turnips

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

To complete your garden you must have thyme

1. Thyme for each other

2. Thyme for family
 3. Thyme for friends
- Water freely with patience and cultivate with love because you reap what you sow.

THE LORD IS MY SHEPHERD Psalms 23

The Lord is my Shepherd

THAT'S RELATIONSHIP!

I shall not want

THAT'S SUPPLY!

He maketh me to lie down in green pastures

THAT'S REST!

He leadeth me beside still waters

THAT'S REFRESHMENT!

He restoreth my soul

THAT'S HEALING

He leadeth me in the paths of righteousness

THAT'S GUIDENCE!

For His names sake

THAT'S PURPOSE!

Yea, though I walk through the valley of the shadow of death

THAT'S TESTING!

I will fear no evil

THAT'S PROTECTION!

For thou art with me

THAT'S FAITHFULNESS!

Thy rod and Thy staff they comfort me

THAT'S DISCIPLINE!

Thou prepares a table before me in the presence of mine enemies

THAT'S HOPE!

Thou anointest my head with oil

THAT'S CONSECRATION!

My cup runneth over

THAT'S ABUNDANCE!

Surely goodness and mercy shall follow me all the days of my life

THAT'S BLESSING!

And I will dwell in the house of the Lord

THAT'S SECURITY!

Forever

THAT'S ETERNITY!

I STILL KNOW WHO YOU ARE!

It was a busy morning, about 8:30, when an elderly gentleman in his 80's arrived to have stitches removed from his thumb. He said he was in a hurry as he had an appointment at 9:00 am. I took his vital signs and had him take a seat knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided, since I was not busy with another patient, I would evaluate his wound.

On exam, it was well healed, so I talked to one of the doctors, got the needed supplies to remove the sutures and redress his wound. While taking care of his wound, I asked him if he had another doctor appointment this morning, as he was in such a hurry? The gentleman told me no that he needed to go to the nursing home to eat breakfast with his wife. I inquired as to her health. He told me that she had been there for awhile and that she was a victim of Alzheimer's disease. As we talked, I asked if she would be upset if he was a bit late? He replied that she no longer knew who he was, that she had not recognized him in five years now.

I was surprised, and asked him, "And you still go every morning even though she doesn't know who you are?" He smiled as he patted my hand and said, "She doesn't know me, but I still know who she is." I had to hold back tears as he left. I had goose bumps on my arm and thought; "That is the kind of love I want in my life." - Robin Helk

FROM KATIE'S COOKBOOKS

Oatburgers

1 ½ cup chopped onions
2 Tbs. olive oil
4 ½ cup water
½ cup soy sauce, unfermented
1 ½ tsp. garlic powder
1 ½ Tbs. onion powder
1 ½ tsp. basil
1 tsp. oregano
2 tsp. ground dill seed (opt)
1/3 cup nutritional yeast flakes
(Not bread yeast- can find it in health food stores- very good for you)
½ cup chopped nuts
¾ cup wheat germ

3 ½ cup regular rolled oats

In large pot, sauté onions in olive oil until soft. Add remaining ingredients except oats. Stir together and boil 5 min. Add oats and mix briefly. Reduce heat and simmer 5 more min. Cover, set aside and let sit for 1 hour. Using ½ c. measure dipped in water, fill with oat mixture. Place on oil sprayed cookie sheet. (to prevent sticking, dip hands into water before forming into burgers) Bake 350 for 35 min. Turn over and bake additional 15 min. Serve on whole grain bun with lettuce, tomato, onion etc. Burgers freeze well.

Ketchup

2 tsp onion powder
1 tsp garlic powder
1 tsp paprika
½ tsp basil
½ tsp salt (to taste)
1/8 tsp cumin
1/3 cup lemon juice
1 cup tomato paste
1 8 oz can tomato sauce
1/3 cup water
1 Tbs. natural sugar (Opt.)
Mix all ingredients in saucepan, stirring well. Bring to boil and simmer 10 min. Store in Refrigerator.

Mustard

1 tsp turmeric
1 – 2 Tbs lemon juice
½ tsp onion powder
½ cup soy mayonnaise
Dash parsley, chopped or dried
Dash paprika
Dash garlic salt
Stir all ingredients together until well mixed. Store in refrigerator.

Remember God loves You and so do we!

Rodney and Katie Armstrong
HEALTH NUGGET

Did you know that additives in food are a MAJOR reason why people of all ages are so much fatter and ill so much more than they were just 30 years ago?

High Fructose Corn Syrup (HFCS) is one of the worst additives to diet. It is extremely destructive. It is found in thousands of foods in our grocery stores.

Many commercials on TV are misleading and deceptive in regard to many food products on the market today. Food processing industries are reeling from bad press but instead of taking this killer out of foods and losing all the big profits, they just try to make a deadly ingredient sound healthy. If you suspect that HFCS is not good for you...Read on:

HFCS is VERY dangerous to our health and has a bad reputation for VERY good reasons. If you think HFCS is ok, you're killing yourself with a slow sweet death.

Here are the facts:

1. HFCS is made from corn. This is said to show that it is derived from a "natural" source, implying that it is good for you. However cocaine is derived from a "natural source"-The South American cocoa plant, but this doesn't make it good for you. In fact every dangerous chemical has at its root a "natural source"

2. They say it doesn't have artificial ingredients. However HFCS is a substance in a highly processed artificial form that is extremely harmful to your body. (Who cares what's added or not added to it? Would it matter if you added hemlock to your arsenic?)

3. They say, that like sugar, its fine in moderation. WRONG, all sugars are not created equally. Sugar in the form of glucose is the

energy your body needs. Every cell in your body – especially your brain – uses glucose.

Here is how glucose and fructose differ:

a. LIVER STRESS - Your body processes glucose and fructose in entirely different ways. Your liver needs to break down 100% of the fructose you take in, but only 20% of the glucose. So fructose puts an added stress on your liver. A most vital organ. Also fructose metabolism in the liver creates an abundance of wastes and toxins including uric acid, which raises blood pressure and causes gouty arthritis. Extremely painful.

b. FAT ACCUMULATION – Since every cell in your body uses glucose, much of what you take in is "burned up" quickly. But fructose turns into fatty acids, bad cholesterol, and triglycerides, which in turn get stored as fat. These fatty deposits accumulate in your liver and muscle tissues, leading to insulin resistance, type II diabetes, and fatty liver disease.

c. FEELING FULL VS. OVEREATING – Glucose suppresses your hunger hormones and stimulates leptin, which helps decrease your appetite. THIS IS GOOD. But fructose has no effect on hunger hormones, and interferes with leptin's communication with your brain, which leads to overeating and obesity. THIS IS BAD.

d. THE MODERATION JOKE – With HFCS being added to soda and every processed food imaginable, eating it in "moderation" is basically impossible.

4. Fructose itself is not the devil. It occurs naturally in fruits and vegetables and if they were our only sources of fructose like they were 100 years ago, we would be fine. But things have changed drastically.

Before the early 1900's most people took in 15 grams or less of fructose from fresh fruits and vegetables and the fructose was in its pure, natural form. Now the fructose we consume is highly processed (usually from genetically modified corn) and we get MUCH more than 15 grams or less per day.

The average person who drinks soda and eats processed foods take in 142 lbs of sugar (most in the form of HFCS) a YEAR – about 176 grams a DAY. Our daily consumption has increased more than 10 times from 100 years ago.

Just one 8 oz. glass of a popular fruit punch has 29 grams of sugar – double what our grandparents ate in an entire day.

5. HEAVY METAL CONTAMINATION – studies have shown unsafe levels of MERCURY in high fructose corn syrup. Mercury acts as a poison to your brain and nervous system. It has been linked to fertility problems, memory and vision loss, and trouble with blood pressure regulation. It can also cause chronic fatigue and neuro-dysfunction. Mercury exposure has also been linked with autism, heart disease, Parkinson's disease and Multiple Sclerosis. In addition crystalline fructose (which is a form of fructose food industries are now using) can contain lead, arsenic, chloride, and other heavy metals.

So regardless of what commercials, advertising, etc. say, high fructose corn syrup is dangerous and it is unconscionable that it is being massively dumped into our food supply. It is in many food products such as:

SODA	KETCHUP
SALAD DRESSING	SPORTS DRINKS
COUGH MEDS.	JELLIES & JAMS
YOGURT	ICE CREAM
CEREALS	SNACK CHIPS
BREADS	CRACKERS
CANDIES	SYRUPS

PICKLE RELISH	NON-DAIRY
GRANOLA BARS	WHIPPED TOPPING
LUNCHABLES	PACKAGED PASTRIES
SNACK CAKES	COOKIES
LOW-FAT FOODS - (I was shocked to find many of my pantry items had HFCS in them!)	

HFCS is much cheaper than natural sugar, it's sweet, so gigantic profits are made by adding it to food instead of natural sugar.

So what can we do?

Read labels, find alternatives (organic products usually don't contain HFCS), make your own salad dressing, ketchup, mustard, etc. Use organic raw sugar honey or stevia for sweeteners (in moderation) Drink water instead of soda or sweetened drinks (Soda is the largest single source of HFCS consumption in the world) Don't rely on processed foods. Instead feed your body real foods and you won't have to worry about HFCS causing diseases. When you use foods made from real ingredients you'll completely lose your taste and addiction to HFCS and begin to love the flavors and sweetness that occur naturally in foods. Your body will benefit from the nutrients and so will your waistline!

Thanks to Melodee Jones who shared this letter from Sherry Brescia – "Great Taste No Pain System". (I had no space for entire article)