

LAZARUS EFFECT



Introduction

Hello, it's Pastor Andrew here and let me extend you a warm welcome to the Lazarus Effect.

If you're reading this, it means you've made the wise decision to invest in The Exodus Effect. I can't begin to tell you how thrilled you'll be once you experience the difference this can make to your health and overall quality of life.

Ever since I discovered that Our Lord gave us the gift of this miraculous oil, I've been preaching about its effectiveness.

And the faithful members of my congregation have been reaping the benefits in droves.

Here are just a few of the ways that Anointed Hemp has impacted their lives:

- † Pain relief
- † Relief from cancer symptoms and treatments, such as nausea, vomiting and pain
- † Reduction in anxiety and depression
- † Lower blood pressure
- † Acne has cleared up
- † Helped with weight and fat loss

There is even research to suggest that this miracle oil can help prevent some forms of cancer.

It seems that the scientific community is only just now catching up to what Christ's followers knew 2000 years ago. (I'm sure we can agree this wouldn't be the first time that's happened!)

In fact, this is what inspired me to write The Lazarus Effect.

Because I believe God has already given us the secrets to optimal health in the Bible... and modern medicine doesn't have all the answers.

After all, studies show that more than a quarter of a million Americans die every year as a result from medical care. This makes it the third leading cause of death in our country, after heart disease and cancer. [1]

Now, don't get me wrong.

Sometimes modern medicine is absolutely necessary, and I'm not advising you not to visit your doctor when needed.

But when there's strong evidence that natural treatments can help with whatever ails you, that's often a good place to start.

And that's what you're going to find here in The Lazarus Effect.

I'm going to share some ways you can overhaul your health by using remedies that God has given us in the Good Book.

What's great about these remedies is you can put them to use right away...

And anything that you need to take can be found in any grocery store.

However if you want the BEST possible results, then it's important that you keep taking your daily dosage of Anointed Hemp.

If you make this a daily part of your life, just like praying, you will be rewarded with much improved health.

When you combine that with the principles you're about to learn in this book, your life will never be the same again.

So thank you for allowing me to accompany you on this journey into great health.

Yours in Christ,

Pastor Andrew

What Is The Lazarus Effect?

As I'm sure you well know, Lazarus of Bethany has a special place in the Bible.

After all, how many people can claim that Jesus literally raised them from the dead?

While the story of Lazarus's resurrection is well known, what happened after this event is open to debate.

Some Biblical scholars believe Lazarus lived another 30 years. While some others will tell you that he may have lived to the ripe old age of 100, or even more.

While we can't know for sure the exact age that Lazarus died for the second time, what we do know is this:

Lazarus was able to live a full and healthy life even though he was deceased for four days.

Now, here's what that means for you and I.

No matter where your health is currently at, it's possible to resurrect it. It's never too late to turn things around and enjoy the wellness that God intended for us.

When you combine the principles in this book, along with Anointed Hemp and regular prayer, it's possible to see improvements that really do feel miraculous.

With that said, let's take a look at the mechanism behind the Lazarus Effect.

Intermittent Fasting

Did you know that fasting is mentioned more than 75 times in the Bible?

It's not a coincidence that God repeatedly tells us about the importance of fasting. Because as it turns out, not only does it have spiritual benefits — it's incredible for our health as well.

In fact, some people refer to fasting as like being a fountain of youth. One that has the ability to reverse the effects of aging and restore our health to peak levels.

However, fasting as described in the Bible usually required going extended periods of time without food.

And while this can still be an effective method when used today, it's simply not practical or sustainable for most people.

Instead, we're going to make use of a type of fasting known as Intermittent Fasting (I.F.)

I.F. simply refers to a way of eating where you alternate periods of fasting with non-fasting...

And there are many different ways in which you can do this. I'll give you some of my favorite and most effective ways in just a moment.

First, I want to point out that I.F. is the core component of the Lazarus Effect.

That's because just doing this one simple thing can offer an incredible array of health benefits, such as: [2]

- † Weight loss
- † Improved energy
- † Better focus and mood
- † Lowering your risk of type 2 diabetes
- † Reduced inflammation
- † Cellular repair
- † Increased life span

Those are some amazing benefits just for changing how frequently you eat, right?

So if you want to get the most out of this program, I highly suggest you adopt one of the I.F. methods I'm about to share with you.

Different Ways To Do Intermittent Fasting

The great thing about I.F. is there isn't only just one way to do it. You have a lot of control over how you apply it to your life. Because it's so flexible, that means that anyone can find a way to make it work for them.

Now, the only caveat I'll add is that if you're pregnant, I.F. might not be a good idea for you. That's not to say that it's dangerous, just that there haven't been enough studies done to definitively say it's safe for pregnant women to follow.

One reason for this is that I.F. is so effective at helping you lose weight. But during pregnancy, losing weight is not usually recommended.

So assuming you aren't pregnant, here are the 3 different methods of I.F. that I recommend.

1) 16:8 window

2) 5:2 diet

3) Skipping breakfast

Let's take a look now at each of these in more detail.

16:8 Window

This method of I.F. is very popular and has produced results for countless people all over the world.

It simply involves fasting for 16 hours a day, and only eating during the remaining 8-hour window. For example, you might only eat between noon and 8:00 pm.

Or between 9:00 am and 5:00 pm.

The specific hours that you fast aren't that important, as long as you restrict your eating to that 8-hour window.

Now, if your first thought is that 16 hours sounds like a long time to go without food, remember this: It also includes the time that you're asleep every night.

So if you can just wait 4 hours after you wake up before eating... and not eat anything in the 4 hours before you go to bed, that's all you need to do. (Assuming you sleep for 8 hours a night, which I recommend you aim for.)

However, you don't have to split your fast so evenly each side of sleeping.

You could instead have your first meal two hours after waking up. Then as long as you don't eat anything six hours before bed, you'd still be doing this fast correctly.

Like I said earlier, there's a lot of flexibility here for you to adapt this based on what works best for you.

If you're a morning person and love nothing better than a good breakfast, you can still stick to that. It just means that you'd need to increase the time that you fast before going to sleep.

You can choose whichever 8-hour window you like in which to consume all of your food for that day.

It's also up to you what you want to eat and how many meals you'd like to have.

Some people I know do best by only having 2 healthy-sized meals during their 8-hour window. While others find it easier to have 3 or 4 smaller meals spaced out over that time.

And while you do have a lot of freedom over what you can eat, I encourage you not to view this as a green light to go crazy and binge on bad food.

Because as amazing as I.F. is, if you gorge on fast food and sodas every day, your body and health will pay the price.

Don't get me wrong. You don't have to eat like a rabbit while you're doing I.F.

But if you do your best to stick to plenty of vegetables, some fruits, lean meat, nuts and seeds, and healthy fats... then you'll really be treating your body like the temple God designed for you.

However, I'm sure God won't begrudge you having the occasional chocolate bar or your favorite treat now and then :)

5:2 Diet

The 5:2 diet is probably the most well known version of Intermittent Fasting.

It involves eating normally for 5 days of the week, and fasting for the other 2.

But it's not a total fast on those 2 days where you eat nothing at all. You can eat about a quarter of the calories you would consume on a normal day. For example, if your typical day involves eating 2000 calories, you would only consume 500 calories on a fasting day.

Now, if you're not sure how many calories you should consume or how to measure this, I recommend you use this calorie calculator:

<https://www.active.com/fitness/calculators/calories>

What's great about the 5:2 diet is you can customize it to your needs.

If you prefer to have your 2 fasting days consecutively, that's completely fine. Some people like to do this over the weekend, where they can relax and give their body a break. Yet some prefer to do this at the start of the week, leaving the weekend free to enjoy eating normally with family or friends.

Personally, I prefer to break up the 2 fasting days. So if I had my first fasting day on Monday, I might have my second on Friday.

The reason I like this approach better is I find it easier to stick to. If you get a little hungry on that first day, you know that tomorrow you can eat normally again. But if you know you've got to wait an extra day, it can feel a little tougher.

Each to their own, though. What's important is that you find what works best for you.

And for many people, the 5:2 diet tailored to their lifestyle is what works best for them.

Skipping Breakfast

The third method of I.F. is probably the most simple at all.

Don't eat breakfast. That's it.

The reason this works well is you naturally extend your fast that started since your last meal the night before. So if instead of eating breakfast at 7:00 am, your first meal is lunch at noon, that's an extra five hours of fasting.

If you eat this way, usually it ends up looking similar to the 16:8 window method of fasting.

The difference is that if you skip breakfast, you have a bit more flexibility with your eating times the rest of the day. You don't have to stick to the 8-hour window, so if your first meal was at noon, you could still have a snack later than 8:00 pm.

I find that this method of fasting is best for the people who don't want to always be counting when they eat. Either counting time like in the 16:8 window, or counting calories, like in the 5:2 diet.

Skipping breakfast makes the process of Intermittent Fasting pretty simple.

You just wake up in the morning and go about your day as usual, and break your fast around lunchtime (or even later if you prefer).

Now, at some point I'm sure you've heard that "breakfast is the most important meal of the day". Because of that, some people question whether it's really a good idea to skip breakfast.

But did you know that saying was invented to sell cereal?

It's true.

This is actually an advertising slogan invented in the mid 19th century by Seventh Day Adventists James Caleb Jackson and John Harvey Kellogg to sell their new breakfast cereal.

Then the food industry jumped all over this and had doctors sign off on it, even though it was never based on any actual research.

So the idea that we need to eat breakfast is a myth. It was a lie to sell us some sugary snacks for the most part.

That's not to say that eating breakfast is bad. If you can't imagine starting your day without it, then by all means try one of the other methods of I.F. instead.

But what most people find is after a week or two of skipping breakfast, they adapt to this way of eating. In fact, many of them find it preferable and can't imagine going back to their old habit of eating breakfast.

One of the benefits a lot of people experience by skipping breakfast is they feel more focused and alert. And that's because they don't experience the blood sugar spikes and dips that usually occur after eating breakfast.

If you'd like to try this method of I.F. but think it'll be a struggle, here's what I suggest:

Don't start off by skipping breakfast altogether. Instead, push it back by half an hour each day. By gradually increasing the time until you first eat, it won't seem that noticeable.

But after only 10 days, you will have gone from eating first thing in the morning... to a whole five hours until your first meal. This progressive system has a higher success rate than trying to do it all in one go.

Ok, so those are the 3 different methods of Intermittent Fasting that I recommend.

All of them have been proven to deliver great results and help restore your health.

Feel free to try all of them out and then decide on the one that you like the best.

Now let's take a look at what actually happens inside your body when you fast and why it's so good for you.

What Fasting Does To Your Body

More and more research studies are being done that continue to show the health benefits of Intermittent Fasting.

I won't go too deep into the science — as the point of this book is just to give you a practical guide — but let's at least get a basic understanding of what I.F. does to your body.

Here's what Mark Mattson, chief of the Laboratory of Neurosciences at the National Institute on Aging and a professor of neuroscience at the Johns Hopkins School of Medicine, had to say about fasting:

“People undergo a metabolic switch in which the liver's energy stores are depleted, and so the body's cells start using fat and ketones for energy,” he said.

This is a mild form of stress to the body, but the beneficial type. Kind of like how running or exercise provides some stress that actually benefit the body by forcing it to adapt.

Whether it's physical activity or fasting, *“these cycles of challenge, recovery, challenge, recovery seem to optimize both function and durability of most cell sites,”* Mattson said.

So what this means is your body adapts to I.F. by starting to burn its body fat reserves for fuel. When you eat normally, your body burns glucose for fuel instead, holding on to the fat. This is one key reason that I.F. is so effective for healthy weight loss.

Research also shows that I.F. helps lower blood glucose and insulin levels. This is a good thing. If you have high insulin levels you can develop insulin resistance, which leads to prediabetes and type 2 diabetes.

That's why I.F. is viewed as one of the most effective ways to naturally treat diabetes. Because it lowers blood sugar levels and improves insulin resistance, some diabetes sufferers have been able to reverse their symptoms and come off their medications.

So to simplify what we've learned so far, I.F. allows your body to regulate its functions more effectively.

When you eat too frequently, it taxes your body by requiring it to do more work.

Evidence from animal studies also shows that I.F. can reduce inflammation in the brain. Inflammation is the root cause of a lot of disease and illness, so lowering it is crucial for your health.

That's why these studies show fasting can help with neurological disorders such as Parkinson's, Alzheimer's and stroke.

More research needs to be done in human trials to determine the exact impact I.F. can have on these diseases. But I think it's safe to say that eating like this is a great way to help protect your brain health, and possibly even reverse any damage that has already occurred.

Another way that I.F. impacts the body is in relation to our mitochondria.

A good way to think of mitochondria is as the powerhouses of our cells. They help turn the energy we get from food into energy that our cells can actually use.

So, keeping your mitochondria firing on all cylinders is a key aspect of optimal health.

And research from Harvard University showed that fasting can manipulate our mitochondrial networks to keep them in a “youthful state”.^[3] These results show how fasting can help increase longevity and age healthily.

Now, a separate study also shows the effect mitochondria have on telomeres.^[4]

Telomeres are the caps at the end of each strand of our DNA. You can think of them like the plastic tips at the end of shoelaces, and they exist to protect our chromosomes.

Just like how shoelaces become frayed when the plastic tips aren't there, so does our DNA become damaged without telomeres. Without the protection of telomeres, our cells age and die.

And the research shows that keeping our mitochondria strong and healthy is important for protecting our telomeres.

Preventing your telomeres from shortening (which happens when cells divide) is the key to slowing down the aging process and staying healthy.

So because the studies prove that Intermittent Fasting helps protect your mitochondria and telomeres... we can safely say that I.F. directly plays an important role in slowing down the aging process and living longer.

Hopefully you can see now how God has given us all the gift of enjoying longer life and youthful energy. And the key is to simply eat less frequently, as mentioned so often throughout the Bible.

Now let's explore some ways you can use to make I.F. easier to stick to.

Tips To Help Make Fasting Easier

First off, I want to point out that many people don't find this way of eating difficult to maintain at all. A lot of them even find it preferable compared to their old way of eating.

However, everybody is different. And some people take a bit longer to adjust to I.F. than others.

But the good news is there are tips and tricks you can use to make it easier to stick to I.F.

Now, not all of these will be perfect for you. My advice is to try them out and pick and choose the tools here that you find work best for you.

#1 Drink lots of water

A lot of time when we think we're hungry, it's actually because we're thirsty.

This might sound kind of strange, but it's true.

That's because hunger and thirst are regulated by the same part of the brain, the hypothalamus. So if you feel like you need to eat, try drinking a glass of water instead.

Often that'll be enough to ease your hunger within 20 minutes or so.

Not to mention, staying hydrated is a key part of good health anyway.

What I like to do is squeeze some fresh lemon juice into my water — especially first thing in the morning.

Not only does it taste great, but there's evidence that it aids your body in detoxing itself.

#2 Add more fat to your meals

Eating more healthy fat is a great way keep satiated. That's because you won't experience the same blood sugar spikes that are common when eating a lot of carbohydrates.

Another reason to eat more fat is it will encourage your body to burn fat as its fuel source. This will make it easier to lose weight and unwanted body fat.

But it's important you consume the right types of fat that are actually good for you.

Here is a list of some fats that will serve you well:

- † Avocadoes
- † Oils e.g. olive, coconut, avocado
- † Butter (especially grass-fed)
- † Ghee
- † Eggs (the yolk is full of good fat)
- † Nuts and nut butter (peanuts and peanut butter are the least healthy option)
- † Chia seeds
- † Flaxseed

Also note that you'll get good sources of fat from seafood like salmon, halibut and mackerel...

As well as in red meat like beef, duck and pork.

So if you typically eat more carb-heavy meals like cereals, pasta, pizza etc. try substituting those for some of these fatty foods and you should experience less hunger.

#3 Keep busy

One reason some people feel hungry is that they're bored. If they're sitting around and not doing anything, their mind can wander and turn to food.

But when you're busy, you usually don't even have time to notice that you want to eat.

Personally, I love to go for a nice long walk within the first hour of waking up. This keeps my mind focused on all of God's beauty all around me, as well as being a terrific form of exercise.

This is something I've done for many years now and could feel the benefits. But I've since learned that studies have proven going for moderate to long walks can help suppress your appetite.

So whatever it is, find something you can do that'll take your mind off of wanting to eat.

#4 Remove temptation

If you've read the Bible, you'll know what a big theme temptation is. And while temptation can be viewed as a test of our faith in God, you don't need to add more sources to your life.

So when it comes to food, the easiest way to remove temptation is to avoid buying the foods you can't resist.

Because if you're in a fasting period and you open up the fridge to see a piece of chocolate cake (or whatever your guilty pleasure is), you'll have a tougher time than if it weren't there in the first place.

If you're married, this might mean having a discussion with your spouse about changing your shopping habits. Ideally, you will undertake this journey together and support each other as you strive to reach the health God wants for you.

This isn't always possible, and I'm not saying you can't enjoy your favorite treats from time to time.

But if it's actually causing you to fail in your I.F. attempts, then I'd encourage you to do whatever you can to get rid of the temptation altogether.

#5 Use a food journal

Sometimes getting your thoughts and feelings down on paper can be enough [to change how you feel. And this includes hunger, too.

What you do is get a journal or diary and when you notice you're craving food, take note of your experience.

Write down what it is you're craving — if anything specific — and what you were doing that led up to it. Include anything you feel other than just hunger e.g. shame, guilt, anger, frustration etc.

This will help you process your feelings in a clear way.

Not only that, but pretty soon you'll probably start to spot a trend of what's causing your cravings. Once you see what's instigating it, then you can take steps to change things so it's no longer a disruptive influence.

Again, this technique might not be for everyone. But I know some people who say it's the best thing they've ever done for their health.

#6 Mindful Eating

Most people these days treat eating as something that needs to be multitasked. Whether it's watching TV, eating while driving to work, getting work done, or any other activity, people aren't focused on the experience of eating.

Now, this may not sound like a big deal. But research shows when people are focused on other activities while eating, they tend to eat more and be overweight.

So, what is mindful eating? Quite simply, it's the action of eating while being fully present and in the moment. You're paying attention to every mouthful of food without being distracted by other thoughts and activities.

This helps ensure you take the time to properly chew your food (which helps with digestion) and you don't overeat. As a bonus, eating in this manner allows you to enjoy the different tastes and sensations of the food.

I also take the time to pray before each meal and give thanks to God for the wonderful food He has provided for me.

Give this a try from now on and I think you'll really notice the difference it makes.

#7 Pray often

I've left my favorite one until last.

I'm a firm believer that all things are possible through God, including sticking to fasting. And praying regularly helps give me the strength and encouragement to do whatever I set my mind to.

You can pray for God to give you the strength to keep you on track. Or you can pray to give thanks for all the wonders He has provided in your life.

It's not the content of your prayers that matters so much, it's the fact that you're taking time to connect with Him and grow that relationship.

Aside from prayer, I also recommend taking time to read passages from the Bible to keep you feeling spiritually nourished. Because when your spirit is well-fed, your body won't be experiencing the same food cravings.

Here is one of my favorite passages that speaks about fasting. It's from

† **Luke chapter 4: 2-4.**

2 where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

3 The devil said to him, *"If you are the Son of God, tell this stone to become bread."*

4 Jesus answered, *"It is written: 'Man shall not live on bread alone.'"*

So, there you go.

If you try out these 7 tips I'm sure you'll find at least a couple of them will make a big difference for you.

And now that we've covered what the Lazarus Effect is and how it works, let's move on to the remaining topics I promised to cover.

The Genesis Protocol

What I'm about to share with you here has the potential to make you feel like you're aging in reverse. Not only that, but a few members of my congregation admit people mistake them for as much as 10 to 15 years younger than their real age.

So, what is the Genesis Protocol?

It's simple. For a specified number of days, you will be doing a fruit fast. This means the only thing you are allowed to eat is fruit for those days.

The idea behind the Genesis Protocol originates from

† Genesis chapter 1 verse 29:

"Then God said, 'I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.'"

It's clear that God created the multitude of fruits we have available for us to enjoy and to nourish our health.

Now, the reason why a fruit fast is so effective is because fruit is very easy for our bodies to digest.

And when we only consume fruit, it gives our digestive system a much-needed break and allows our bodies to get rid of the toxins and other junk that accumulate over time.

Many people report feeling lighter and refreshed after they've completed one of these fruit fasts.

Rather than giving you hard and fast rules about how to apply this, I'll simply give you some guidelines. That's because there's no single 'best' way to do this, and it's about finding what works for you.

Generally I recommend only doing one or two days the first time you try a fruit fast. Then as you become more comfortable with it, you can extend that to longer with subsequent fasts. However you probably don't want to do this for more than five days at a time.

As for how frequently you should do a fruit fast, I like to do one every one or two months. If I'm doing one or two days, I'll do it monthly. If I'm doing three to five days, it's usually every other month.

There are also different options you have in terms of the fruit you're allowed to eat.

Some people choose to only eat one or two types of fruit during the fast. The reason for that is they think it's easier to digest as you don't have different combinations of fruit mixing together e.g. acidic mixed with sweet fruits.

However other people don't worry about that, and eat whatever fruit they feel like.

I don't know that one approach is better than the other. I suggest trying both and seeing which one seems to work better for you.

As long as you're only eating raw fruit, I don't think it matters too much if you mix them.

Now, because your body is trying to get rid of toxins on this fruit fast, there are a few things you can do to assist with that.

The first is to drink plenty of water throughout the day. Even more than you normally would. This will help you flush the bad stuff out of your body.

Another thing is to keep your fiber intake up. You can do this by choosing fruits that naturally have fiber e.g. apples, pears, raspberries, strawberries etc.

But you can also increase your fiber through supplementing with psyllium husks.

You can sometimes find these in grocery stores, however most health food shops will have them too. All you do is mix in a teaspoon with a glass of water, and it's a good idea to drink another glass of water afterwards.

Doing this once a day will make sure you get the fiber you need. And it's effective in helping you go to the toilet, which is why it's used in constipation-relieving products like Metamucil.

There's also some evidence to suggest that psyllium helps to lower cholesterol when taken regularly.

I recommend going for a walk each day to get some light exercise. But you don't want to do anything too strenuous while on the fruit fast.

You'll be having less calories than usual so you don't want to stress your body by pushing yourself too hard.

And that's pretty much all there is to it.

When you combine the fruit fasting with the Intermittent Fasting you're already doing, it has a very powerful effect.

Your body will be perfectly placed to heal itself and eliminate years of toxins and waste that have accumulated.

You should notice that your skin looks better, your hair is shinier, your waist is smaller, your mood is better, and you feel better than you have in a long time.

The Lazarus Effect and Genesis Protocol are the two main components to this book and revitalizing your health.

However let's take a look at a couple of other things that I believe can benefit your life as well.

How To Resurrect Your Sex Life

One of the greatest gifts God gave us is the ability to connect sexually with our spouse. Yet for various reasons, over time it's common for sex to become less frequent. And that can put a strain on your relationship.

In fact, when I counsel couples, this is often one of the biggest issues they have in their marriage.

But just like it's possible to turn your health around, so it is with your sex life.

And I've identified one passage in the Bible that I think contains the key to doing exactly that.

† Song of Songs 7:6-12

6 How beautiful you are and how pleasing, my love, with your delights!

7 Your stature is like that of the palm, and your breasts like clusters of fruit.

8 I said, "I will climb the palm tree; I will take hold of its fruit." May your breasts be like clusters of grapes on the vine, the fragrance of your breath like apples,

9 and your mouth like the best wine. May the wine go straight to my beloved, flowing gently over lips and teeth.

10 I belong to my beloved, and his desire is for me.

11 Come, my beloved, let us go to the countryside, let us spend the night in the villages.

12 Let us go early to the vineyards to see if the vines have budded, if their blossoms have opened, and if the pomegranates are in bloom— there I will give you my love.

What a beautiful passage.

Now, the part that contains the secret to resurrecting your sex life is in verse 11. “Come, my beloved, let us go to the countryside, let us spend the night in the villages.”

You don't have to go to the countryside or spend a night in a village.

But if you and your spouse go away on a romantic trip together, this almost always leads to resparking that passion.

It doesn't have to be a fancy hotel or anywhere specific. The key is you're getting away from where you usually live and going to a new location.

At home, you have all kinds of associations and reminders of things that aren't romantic at all.

But when you go away on a romantic trip, you can simply focus on each other without the distractions of your regular life.

It gives you the chance to reconnect and remember that God intended for you to be together and to enjoy each other... body, mind and soul.

Get outdoors together and enjoy the fresh air and sunshine. Notice the beauty all around you, as well as that in your partner.

Feel gratitude for everything God has given you.

Go out and enjoy a nice romantic dinner. Share a bottle of wine together if you happen to drink. Laugh, tease, stare into each other's eyes and fall in love all over again.

When you arrive back at the hotel or place you're staying, I'm sure you won't have any problems with knowing what to do next :)

Then the key is to take this same attitude and appreciation of your partner back home with you. Resist the urge to fall back into old habits.

Instead, make time for each other and remember how fortunate you are to have each other. Cherish and love each other completely, the way God fully intended.

When you do this, your relationship and sex life will soar to new heights.

The Essential Oil Myth

I'm including this section here in the book because I see so-called essential oils becoming more and more popular. This is especially true with women.

And while there is some evidence to suggest these oils can have a beneficial effect, there are also risks involved. Particularly if they are not used properly, which unfortunately is quite common.

For starters, you want to avoid taking any oils orally. Some people do this by placing a few drops in their water because they think it will deliver better results. But the truth is it can be quite dangerous.

Taking in larger amounts of certain oils -- like tea tree oil, wintergreen, and camphor -- can lead to throat swelling, a racing heart, vomiting, and even seizures, according to the Tennessee Poison Center.

There are cases where people have reported severe reactions and ended up in the hospital. The same can also be true when applying the oils directly to your skin.

It's possible to experience swelling, welts and phototoxicity. That's when you have a toxic reaction to a chemical and then it's exposed to light, which can lead to severe burns and even skin cancer.

The essential oils that are known to cause phototoxicity in some cases are bergamot, orange, lime, lemon and angelica. So you want to be particularly careful if you are using any of those.

Now, I'm not trying to admonish essential oils altogether.

I simply want to highlight the importance of using them safely. And that involves getting guidance from someone who is qualified in their use, such as a licensed aromatherapist.

But let me share with you a few oils that appear to be promising for certain diseases and conditions.

And one of the most well known oils from the Bible could also be one of the most beneficial that you can use today. I'm talking about frankincense.

Research shows that frankincense could be useful in helping with cancer and inflammation. This isn't to say that frankincense will cure cancer, but in a study on bladder cancer only the cancer cells were targeted, while the healthy cells were not affected. ^[5]

That's not to say that frankincense is a cure for cancer. But it does appear to have healing and therapeutic benefits that make it one of the more appealing essential oils.

Another terrible disease is dementia. And it's becoming more and more common, particularly in elderly people. While this is something you'd definitely want to seek your doctor's help with, here are 7 essential oils that are widely used for assisting with dementia:

- † Lavender
- † Peppermint
- † Rosemary
- † Bergamot
- † Lemon balm
- † Ylang ylang
- † Ginger

So if you're worried about dementia, these 7 would be worth considering.

Now, rheumatoid arthritis is another huge problem that many people face. Nobody wants to struggle with pain on a daily basis.

However there are also essential oils that appear to have therapeutic effects for this, too. These are:

- † Frankincense
- † Myrrh
- † Ginger
- † Turmeric
- † Orange
- † Peppermint

But again, if you're going to use essential oils, please use them responsibly and as intended. Seek expert assistance on their proper use and don't consume them in ways they're not intended for.

And be careful about accepting advice from other people who have used them. Just because they didn't have any allergic reactions to them, doesn't mean that you won't.

Now, while we're talking about rheumatoid arthritis and joint health... let's also talk about osteoarthritis, which is also really common.

And one of the popular beliefs out there is that you should consume a lot of vitamin C to help fight against osteoarthritis.

However, a study has shown that taking a lot of vitamin C over a period of time can actually worsen your osteoarthritis.^[6] So if you're going to take it, I suggest doing some research to make sure you're not taking too much.

However, there are some other natural foods that could be a much better alternative. And those 2 foods are grapes and ginger, which also feature in the Bible prominently.

Specifically when it comes to grapes, the compound that helps with arthritis is polyphenols. A four-month clinical study showed significant improvement in arthritis symptoms in participants who consumed grapes versus those who didn't.

Ginger is also proven to be effective. Dr Krishna Srivastava of Odense University in Denmark concluded that 75% of patients who took 1/3 teaspoon of powdered ginger 3 times daily got significant relief.

So this is something definitely worth trying and seeing if it helps to relieve your symptoms.

Conclusion

Ok, that brings us to the end of the book.

I hope you've enjoyed reading it as much as I've enjoyed writing it.

There is a lot of powerful information contained here on how to resurrect your health, energy and enjoyment of life.

God has provided so many natural solutions for us, and they truly can work miracles. So I encourage you to experiment with the ideas here in this book and adapt them until you find what works best for you.

And as a disclaimer, I am not a medical doctor. I'm not giving you medical advice here in this book. If you have any kind of illness or disease it's always best to first consult with an accredited physician to get an expert opinion on the state of your health.

Plus, don't get forget to take your daily dosage of Anointed Hemp. This truly is the key to so many health benefits, and I'm sure you'll be as thrilled with how it impacts your life as much as all the other people who wouldn't dream of going without it.

That's it from me, I'll be praying for your health and happiness.

Yours in Christ,

Pastor Andrew

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