

Goodbye *Aches and Pains!*

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An old age without aches and pains? You're kidding of course. And rivers flow upstream right? *Balance pH and digestion to control inflammation and persist with Jesus.* What? That simple? And what does Jesus have to do with it? Keep reading for a chance to say goodbye to aches and pains *with Jesus!*

Twenty years ago in my sixties I had pain in both knees when walking out of a movie theater. I thought it was from running on a concrete sidewalk, knee joints wearing out, old age etc. I bought a crutch. Then I got serious about my chemistry and digestive physiology consistent with what I now teach through the Perfect Health Foundation. In a few weeks my sore knees didn't hurt anymore. Today at 86 I walk and run on grass or concrete without pain and feel pretty wonderful and thankful most of the time (details in kit).

Most of us know how to avoid some pains. Don't touch a hot stove. Don't run on an icy sidewalk as I did once - two broken bones ouch! While most know how to avoid pains of stupidity how do we avoid pains of time? Why not avoid all pains with the Lord's help? Everyone has their "truth". From experience and letters from customers my truth heals sore knees, irregular heartbeat & flops, cancer, depression, panic attacks, headaches, foggy brain and more *with the joy of knowing you're partnering with Jesus.* After healing yourself this way you begin to think me and Jesus can fix me of anything.

Belief defines potential. If you believe incurable, you're right. If you believe curable. you're right. There are two ways for "curable" *with Jesus* to work. One is by prayer, forgiveness, and fasting with qualified help. The other is to touch the hem of His garment as did a woman with an issue of blood - time machine not needed. God is a Spirit. He wears and discards creation as we do clothes (Ps 102:26; Is 51:6; Heb1:11). This is His "garment" to reach out and touch for His power *if we don't mess it up and if we use it wisely.* We use His garment power with each breath, bite of food, sip of water. In Matthew 23:23 Jesus complained about some ignoring mercy and justice and in the same breath recognized dill, mint, and cumin valuable enough to be used as money in tithing! *He (our partner in life) made them! He should know!* (John 1:3).

Good news! We have a Lord Who can heal both bodies and souls! “Which is it easier to say; your sins are forgiven you or take up your bed and walk?” Many know the power of spirit but few know the power of earth. “The earth is the Lord’s and the fullness thereof”; ”The whole earth is full of His glory”; “I will praise you Lord for I am fearfully and wonderfully made” (Ps 139; 24:1; Is 6:3). We sing “how great thou art” but miss the blessings of creation including wholeness in nutrition and mother’s milk, all working *by Jesus!* We miss power to heal ourselves and others by not connecting Jesus to creation and not learning how to use it properly. Enter Nutrition-for-life.

On the science side of healing search pubmed.gov (National Library of Medicine) for “inflammation disease”; “oxygen healing”; “pH oxygen”. Inflammation precedes disease as do imbalances of saliva and urine pH (details in manual). Oxygen is life, the key to healing. Oxygen works with hydrogen/pH and water or H₂O. Strong acids cause pH imbalances that lead to “inflammaging” and lower oxygen to cells. Some “itis” pains are arthritis, gastritis, cholecystitis, cancer-itis, clogged artery-itis etc. When a nerve cell is deprived of oxygen PAIN! Any cell CANCER! (Otto Warburg). Blood buffers quickly neutralize strong acids *but only if pH reserves of calcium, sodium, bicarbonate, and others are sufficient.* A pH imbalance can be whole body or a local cell, tumor, organ etc. Nutrition-for-life balancing of urine and saliva pH (systemic/whole body) builds reserves to balance pH of cells, blood, digestive fluids etc. Suddenly more oxygen! Now foods, supplements, herbs, superfoods, enzymes, antioxidants etc. all have a chance to work as God intended to keep you *aches, pain, disease free.* Full stop - read again.

How about headaches? Aren’t they about a “trigger” of some kind? Maybe. The autonomic nervous system that controls constriction and dilation of brain blood vessels balances with pH. “Everything points to pH” said Dr. Ted Morter Jr. Mental issues? I once heard an herbalist who ran a natural clinic for hopeless cases say “when the body is clean inside including the colon most mental problems go away”. This only works if pH and digestion and other key body systems are in balance. Freedom isn’t free. Neither is pain-free free. We need faith to reach out and touch the hem of .His “garment” to feel the power of the Son. “I am the door of the sheep” said the Lord, a door that opens to a room full of miracles waiting to happen!

This article is for educational and inspirational purposes only. Comments? Send to Jim at lebeaultj@aol.com with “nutrition” in subject box. Info on kits www.phpower.org.