

Make America Healthy Again

MAHA *in the name of Jesus!*

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MAHA *in the name of Jesus* because He made the air, water, food, herbs, all things that we use every day to be well in body and mind so life works in God-glorifying ways John 1:3; and because He said to “Heal the sick” Luke 9:2; 10:9; Matt 4:23; Acts 5:16; and because “God’s temple is holy” 1Cor 3:17.

MAHA *in His name* because it is the Jesus/merciful thing to do. Some doctors find that God’s power heals what others find “incurable”. Natural-nutritional healing uses the powers of the Son (John 1:3) far above human power. Some are impressed by rockets blasting off to the moon while taking for granted His power that made a moon. The same power makes a tree, a baby, whole grains of wheat, mother’s milk, heals a cut, mends a bone, and grows a crop without poisoning the planet and giving people cancer. Trust Jesus, be merciful.

MAHA *in His name* by teaching the difference between junk food and real food. Junk foods are fragmented, processed, chemically preserved for a long shelf life, sweetened with artificial sugars toxic to the brain. Real food is food as God makes it. It may “spoil good” like yogurt. Most fruits and vegetables can be eaten raw. Grains and legumes need cooking. Real food keeps you healthy. Junk food makes you fat, weak, and sick. Trust God, be merciful.

MAHA *in His name* by learning the power of *fresh* beginning with micro-algae in oceans that make DMSO (dimethyl sulfoxide) that rises up where sunlight converts it to MSM the “sulfur cycle”. MSM falls gently on the plain in rain where plants and animals soak it up. We get some MSM and C with every bite of a *fresh* apple or carrot, then both begin to fade. We get hexagonal shaped water clusters in juices of fruits and vegetables that gets good things in and keeps the bad out at cell membrane level. For miracle healing *think fresh*. This includes freshly expressed milk from grass fed cows or goats like a friend used to cure her TB with help from animals on the Kellogg farm, Battle Creek Michigan. Don’t forget grass fed raw Wisconsin butter, milk and cheese.

MAHA *in His name* by the power of the pH of body fluids. Physiology texts explain that when pH or hydrogen is off even a little in body fluids, trouble.

Most know that our 40 trillion cells need oxygen to burn glucose just as the cylinders of our cars need oxygen to burn gasoline. Many understand “organic” and the dangers of manmade chemicals. Some know the power of herbs. We all know that if we stop breathing we die. Few know that without hydrogen (pH) at a proper level in body fluids, 5000 enzyme systems first weaken then become “inactive”. Without pH at a proper level we can’t breathe or digest right! Such is the power of the third most abundant element in our bodies and the most abundant element in the universe that makes H₂O - no water, no life.

MAHA *in His name* by testing. With testing your body becomes your teacher. “Youth is alkaline, old age acid” say doctors who work with pH. As the years pass you may not notice this unless you’re testing urine and saliva pH once a year as a preventive measure. Your doctor may not notice either since most are trained to work with *blood* pH, not urine and saliva. The problem is that blood pH is the last to go off. Our bodies steal alkalizing elements from other parts like bones and saliva to keep blood pH a perfect 7.40. This is so critical God gave us two lungs and two kidneys that work 24/7 to keep blood pH perfect and three buffer systems to offset short term ups and downs from stress, diet, etc. Zinc is needed to make bicarbonate from CO₂ to keep blood pH perfect so *zinc is essential to survival*. Most children have enough “alkaline reserves” like calcium, zinc, magnesium, sodium, potassium to support pH and buffer systems, then comes old age. *Test your way to a healthy old age.*

MAHA *in His name* by learning how to prevent body and mind breakdowns that begin with shortages of C, MSM, and deficiencies of zinc, magnesium, potassium, omega3s etc. found only in the bran and germ of a whole grain of wheat with none in the white flour goodies that fatten and sicken. Essential elements in proper ratios are critical for pH balance and other body systems, another reason for “organic”. To avoid the normal decline in old age invest ten bucks for Hydrion pH paper (amazon.com) to test your urine and saliva pH from 5.5 to 8.0 in .2 increments on the pH scale. Then with Nutrition-for-life learn what to do when pH and other key body systems go out of balance *while learning to trust God more in the details of how He made life to work.*

MAHA *in His name* for mercy’s sake. This is only an introduction.

This article is for educational purposes only. Comments? Send to Jim lebeaultj@aol.com with “nutrition” in subject box. For details on Nutrition-for-life see www.phpower.org.