

# Proper Nutrition Can Improve Your Mental Health

Do you desire to achieve complete mental health? One method to reach and hold on to optimal mental health could be taking a journey of discovery into which foods add to the quality of your life and which foods aggravate mental issues. Good mental health depends on the food you put into your body, because it affects how your body works.

Dr. Bob DeMaria wrote *Dr. Bob's Drugless Guide to Mental Health*. Learn how to reach and hold onto optimal mental health to explain the association between organs, food, and function.

The good news is that you can improve mental health issues by making optimal food choices. Poor mental health, whether it's anxiety, depression, or memory loss, is really a sign of what's going on inside your body. Simply taking medication to treat a symptom might not address the root cause. Dr. Bob does not recommend discontinuing medications but suggests adding healthy foods to your diet and working with your healthcare practitioner.



***Pre-Order Dr. Don Colbert's New Book, "Live Long and Strong" on !***

Dr. Bob has simple, easy recommendations to help improve your physical and mental health that he calls his ABCs. His ABCs include eating half of a red (not green) apple, one-third to a half of a cup of beets (to help reduce the amount of cholesterol in your body), and a carrot (which gives you vitamin A) daily.

Different organs in the body are associated with various emotional issues. The liver is associated with anger. If you eat too much fruit, it will place a demand on your liver. The

gall bladder, at the base of the liver, is associated with bitterness. The lungs are associated with sadness. The kidneys are associated with fear. The spleen is associated with anxiety, worry, and the immune system. His book supplies suggestions for which foods will alleviate the mental-health issues related to those organs.

Poor mental health—anxiety, depression, memory loss—is really a sign of what’s occurring on the inside of your body. The good news is that many folks who experience stress, anxiety, and depression can find relief through proper food choices.

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# **The Lord Will Minister to**

# Your Needs

Did you know that God has 19 names? Each of His names reveal something new and exciting about God's character that can minister specifically to your needs.

Marilyn Hickey, along with her daughter Sarah Bowling and granddaughter Isabell Bowling, discuss the glory of knowing Jehovah Jireh, our Provider, and our right standing with God knowing Jehovah Tsidkenu.

The name of God that deals with provision is Jehovah Jireh, our Provider—which brings us peace, joy, favor—whatever our need is. In your life, you may have a lack of finances, wisdom, favor, direction, resources, or energy, but Jehovah Jireh will provide.

Isabell says she relies on Jehovah Jireh every day. “There was a time when I was fund raising for a mission trip, and I was \$3,000 short. I was 16 at the time and didn't have \$3,000 on hand. I prayed and sent out ministry letters, and it was getting to the point where if I didn't have the money, I was going to be off the team. The night before the deadline, I received a check in the mail for \$3,000. That was the first time the Lord had provided financially for me.” That provision represented a destiny-changing moment. “That trip ended up changing my life, setting me on a trajectory to where I am today,” she says.

Seeing God work in your life is amazing. “Jehovah Jireh is growing your faith for more and more provision,” says Isabelle. “He will supply all your needs—today, tomorrow, and in the future.”

When she thinks of the Lord our Provider, Sarah Bowling recalls the time when Abraham was about to sacrifice Isaac. "He's got Isaac tied up on the altar, he's got the knife, and he's about ready to sacrifice Isaac—and he still has confidence that God will be his provision. This is the first time where we see Jehovah Jireh in the Bible."

Marilyn adds, "Sometimes God brings us to the end of ourselves so we can trust Him. And He gives us bigger miracles. In the story of Abraham and Isaac, the big miracle was the deliverance, the ram in the thicket. Abraham and Isaac had to trust God, or sink."

In the story, Abraham tells his servants, 'I and the lad will go and worship, and we will come back to you.' Sarah says, "I find that so encouraging that Abraham believed God, even though he was supposed to sacrifice Isaac."

"What faith Abraham had, and what relief he must have felt," says Isabell. "God had Abraham down to wire. Isaac must have been freaked out. But at the last second, the Lord provided."

Jehovah Tsidkenu, another name of God, means the Lord is our Righteousness. "There are times when we don't feel holy or right with God." Marilyn says. "But He is our righteousness. We are righteous in Him. We might not feel righteous, but He *is* our righteousness."

Isabell explains, "In Hebrew, Tsidk is 'righteous' and enu is 'for us.' So, it means the Lord is our righteousness. Righteousness is right living. It's what happens after you give your life to Christ. When you repent, you turn righteous. It's an identity-thing. Righteousness is not having to work hard to be deserving, it's a byproduct of salvation. When we say the Lord is our righteousness, it means you don't have to be in right living on your own volition, and you don't have to work to earn your salvation. You live a righteous life by allowing Him to live through you. Many people have struggles

with addiction—pornography, alcohol, drugs—the Lord wants to heal you of that because that is not who you are. It shouldn't feel like a burden to live righteously, but a joy because you get to partner with the Lord daily, making decisions.”

The enemy is a liar, but God is present with you. God is infinite, there is no need you can have that God cannot occupy and transform.

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# How to Overcome Stress, Worry or Anxiety God's Way

Are you feeling weary, wondering if you'll ever be healed or if your troubles will ever end? Don't let stress, worry, and anxiety consume your life.

On the seventh day, God was not tired. Creation was finished and man's first full day on the earth with God was a day of rest. No wonder Jesus said, "Come unto me all ye that are weary and heavy laden, and I will give you rest," (Matt. 11:28).

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When Marilyn Hickey looks at what God did on the seventh day, He rested, she knows that, "God wants us to rest in Him and be refreshed."

Genesis 3:19 tells us, By the sweat of your brow will you have food to eat until you return to the ground from which you were made. For you were made from dust, and to dust you will return. So, part of the curse was sweat and stress. But in John 19:30 when Jesus received the sour wine He said, "It is finished!" Then he bowed his head and gave up His spirit. Jesus came and took the curses. We don't need to carry them. We have His rest.

Remember what is said in Philippians 4:13 about doing all

things through Christ who gives you strength. God thinks you can do anything!

Trust God and rest in Him. God never told us to chew our nails or have a nervous breakdown. In Isaiah 11:10, we're told His resting place shall be glorious. We have to turn our troubles over to God and rest in Him. His rest is glorious because we are resting in faith.

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The devil is restless and he wanders around looking who he can attack. When we get restless and uptight, we're getting into the devil's territory. God doesn't want you there! He wants us to be full of miraculous faith. Faith and fear are opposites, they cannot exist in the same place at the same time. The devil wants you restless so you can't focus on faith.

The Bible tells us in 1 Peter 5:7 to cast all our care on Him because He cares for you. Have you ever woken in the night and worried? Marilyn says, "You have to be careful of all the worries that go through your mind. That's the moment when you cast all your cares on Him." Don't be restless, believe God for your miracle.

Marilyn has seen God move in her family, in nations, in the world. She's seen God move in her health and move in ways that have amazed her. "Faith is contagious," says Marilyn. "Don't be restless, have faith in God, and get anchored in the Word of God."

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The devil goes about "like a roaring lion," but remember—he isn't even a lion, he's a pretender. You have the Word of God that brings you through to victory. Cast your cares to God and

take faith. Thank God that you have the opportunity to walk in faith. Remember, the Word says you can do all things through Christ who strengthens you.

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# Trusting God When Life Is Unfair

Why do bad things happen to good people, and why do the righteous suffer?

The book of Job, which is the oldest book in the Bible, deals with these questions—and God has an answer.

Everyone will have problems and suffering in life, but Christians have provisions to go with their problems. Today we will consider the story of Job. He was blameless and upright, feared God and shunned evil. He was a wealthy man. Note that the Bible describes Job's character first, then his family, and then his possessions.

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Battles occur when two forces want the same possession. The key thing the two forces (Satan and the Lord) wanted from Job was his character not his family or possessions. The devil wanted Job's character, and so did God. So, there was a battle going on for the soul of Job.

The same thing is going on with you. The devil wants your soul and your character. He wants you to lose faith in the integrity of God and throw in the towel. The devil wants you to quit praying and reading the Bible and quit going to church.

God also wants your soul and your character. We have to make a choice of how we will live. The devil tries to make you lose faith in God and lose your character.

Job prayed on behalf of his children and wanted them to be spiritual. He regularly used blood sacrifice to atone for his children. Job was a priest for his family.

One day Satan came before the Lord, and the Lord said, "Have you considered My servant Job?" God bragged on Job saying he's blameless, upright, fears God and shuns evil. Perhaps Job wasn't as perfect as God says, but because when God looks at His people, it's through the lens of grace.

Satan asked if Job feared God for nothing. "He's been blessed, but now touch all he has, and he will surely curse you." See? Satan is after Job's character.

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God said, "Very well, then, everything he has is in your power, but on the man himself do not lay a finger." Then Satan went out from the presence of the Lord. It was Satan who went after Job, not God. Bad things happen to good people because of Satan. Suffering doesn't come from God.

A messenger came to Job and told him his livestock were killed, then another messenger came and said his children had all died. Job tore his robe, shaved his head, fell to the ground, and worshipped God. This is the lesson for you. When you fall into a trial, worship God. Worship is the key that gave Job the strength to take him through his trials.

Satan came before the Lord again, and the Lord said, "Have you considered my servant Job? There is no one on earth like him; he is blameless and upright, a man who fears God and shuns evil. And he still maintains his integrity, though you incited me against him to ruin him without any reason."

Satan challenged God to allow him to strike Job physically. God allowed this, but forbid Satan to kill Job. Satan struck

Job with painful sores over all of his body. Then Job's wife encouraged him to curse God and die. Job replied, "You are talking like a foolish woman. Shall we accept good from God, and not trouble?" Job did not lose his integrity or his faith.

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What carried Job through his troubles was worship. When you experience bad things, you must step out in worship. Remember, life often feels unfair, but you can still trust in God's plan.

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## **Trust the Promises of God and Find Freedom**

For many people, the fact that Jesus still heals today—body, mind, soul, spirit and finances—is a revelation. God's Word is alive, active and our divine weapon against the enemy and the evil in this world.

Unfortunately, life can cause you to have trauma that needs to be healed, not just medicated. After 45 years of being in ministry, God gave Joan Hunter insight into healing. Because of that, she wrote *Prayers and Promises for Healing*. Her book provides readers with promises from scripture to encourage them and then gives them prayers to pray over their particular situation.

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Joan says, "I encourage you read the prayers out loud to declare and decree them because faith comes by hearing. When you simply read it, you hear it in your spirit. But when you read it out loud, you'll hear it in your ears and your spirit." Your words are powerful, and you can use them to bless, strengthen your faith and start a deep conversation with God.

Addiction is so prevalent today, even in the body of Christ. People with a history of trauma or injury try to soothe pain with alcohol or drugs to mask their pain and postpone having to deal with the root cause. Joan says, "the hurt needs to be dealt with, more than the addiction." Take smoking, for example. Often, people started to smoke when they were young and knew their parents wouldn't approve, and knew that it was not a healthy habit—bottom line, that's rebellion. That opened the door to rebellion in every area of their life.

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Too often times, people are trying to deal with the actual addiction, rather than what brought the addiction on—rebellion, grief, trauma, betrayal or abuse. People try to cover up the cause of their addiction.

Prayers and Promises for Healing is a quick reference for issues dealing with grief, health, hope, safety, identity, victory, thankfulness, praise, prayer, provision, purpose, loneliness, mental illness, comfort, confidence and courage.

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Remember, you can declare health and healing to yourself and others. Jesus came to give us life!

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# Shed the Weight of Past Mistakes

Home is a big deal. For Isabell Bowling, home has meant different locations. While in college, it was her dorm room. When she'd go home on breaks, it was the family home. "Home is the place where I belonged, where I knew I had a place that was set apart for me."

Her mom, Sarah Bowling, says, "When I think of home, I think of my Dad with popcorn on the stove. I remember walking in the house and smelling that buttery popcorn. Home is where you can let your hair down and belong."

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But for some, the idea of home can be filled with negative connotations. For some folks, home has been a toxic experience. To overcome those feelings Sarah and Isabell wrote *The Road Home*. The book, a parable of the Prodigal Son, shows a man who no longer feels like he belongs in his home.

Maybe you were raised in a broken home where you no longer feel like you belonged in that place anymore. Jesus shared a verse in John 14, I have gone before you to prepare a place for you. In the parable, the father of the prodigal son kept the son's place in the home and went out to bring his son home.

Isabell has comforting insight, "If you've come from a broken home that was painful and difficult, remember that Jesus has gone before you and He has created a place where you belong

and matter.” There is a place where you belong, and that is the kingdom of Heaven. You were intentionally created for the place God has for you.

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The sense of “father” is key in the parable. There’s a lot of attention given to the younger son who runs away, then the older son is unhappy because Dad threw a big party for his younger brother, the reprobate. Still, the father is central key catalyst, the change agent in the parable. In the Jewish tradition, this parable is called, The Chasing Father. In reality, the parable is about the father, even more than either of the sons.

You may be struggling as it relates to your relationship with our Heavenly Father, and maybe you perceive your Heavenly Father as angry, punitive, judgmental, exclusive, dismissive or superior—looking down on you. So many times, the way we perceive our Heavenly Father is a reflection of our earthly upbringing. That can be problematic because no parent is perfect. But God can redeem and speak into broken places and repair that relationship with your Heavenly Father.

In the parable of the prodigal, the father went out to each son, chasing and connecting with each of them. Sometimes you might think you’re not worthy and that you need to clean up, but our Father chases us regardless of whether we’ve done everything right or if we’ve messed up. Regardless of our condition, our Heavenly Father chases us—not based on what we have or haven’t done, but based on who our Father is.

Home is where our Heavenly Father is, and our Heavenly Father chasing us is welcoming us to. It’s as if He’s saying, “Come home. I’m passionately in love with you and I love you because you’re my child.”

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“Sometimes, we think of God as inactive, on His throne watching everything play out,” says Isabell. “But the truth is God as a Heavenly Father is active in your life. He is seeking you out. If you have walked away from the Lord, He is seeking you.”

You don't have to feel lost, stuck, or far from God. Begin your journey back to grace, healing, and belonging, and reconnect with your identity and purpose.

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# **Is Broken-Heart Syndrome the Blockage to Your Thriving Life?**

Everywhere you go, people are hurting. They've been betrayed, abandoned, abused, suffering with health and relationship issues and financially devastated.

Joan Hunter suffered through a failed marriage, cancer and financial problems. Counselors told her she'd feel better in seven or eight years, but she'd never get over it. Joan didn't accept that prognosis because Jesus died to heal her. He died with a broken heart so she wouldn't have to live with a broken heart.

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"Too many times, like me, people are told they have to live with a certain condition. I went after God and told Him, I can't live with a broken heart. I went after God to heal my heart," Joan says. He did more than simply heal her heart—He healed her heart, her finances and healed her of breast cancer. "When I got rid of the junk in my heart, it was no longer feeding the cancer and it was gone."

Joan believes when you go after a heart healing, the diseases that plague you will automatically go. "I felt like my heart had been shredded. Symbolically, I gave my heart to God and admitted that He's the only one who can heal it. And God gave

me a new heart.”

There is a disease called broken-heart syndrome. The muscles, ligaments and tendons of a broken heart are shredded. Joan encourages others that God wants to and can give them a heart transplant—a brand new heart.

Proverbs 4:23 tells us to, guard your heart, for out of it comes wellsprings of life. So when your heart is shredded—broken-heart syndrome—it’s not functioning or beating right. Then everything on the outside, your conversations, interactions, relationships, your whole mindset, is affected. Suddenly, you turn into a victim and experience a cascading failure to thrive.

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There is a process to healing. Deep wounds can be healed instantly, but God will reveal areas of your life that also need healing. For example, unforgiveness. Joan says, “Unforgiveness is a poison we drink hoping the other person gets sick.” If you hold on to unforgiveness it’s an open door to sickness. When you get that revelation, you’ll forgive everybody and everything.

There are a lot of teachings on soul ties, which are not mentioned in the Bible. You might need to get rid of the soul tie to someone with whom you’ve had an intimate relationship. Or, if you’re divorced, you need to renounce the covenant that is no longer true. Renouncing soul ties and covenants is very freeing, and helps to free your heart. Ezekiel 11:19 promises, “And I will give them one heart, and a new spirit I will put within them. I will remove the heart of stone from their flesh and give them a heart of flesh,” which is restoration and renovation—a brand new heart.

A healed heart is one that is free, unbound, serving God and

others, harbors no unforgiveness, and is free to love and be loved without fear. You can be set free, restored, and made totally whole.

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# With God the Impossible Becomes Possible

When life feels impossible, remember that with God nothing is beyond reach. When you are pressed to the wall, don't give up!

In Genesis 32, we see Jacob struggling with having to go meet his estranged brother. Frankly, Jacob made the problems with his brother Esau. Unfortunately, some of the problems we face, are a result of our choices as well. Don't fear—God can still do the impossible when we have done wrong.

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Back to Jacob, he had to go back into the Promised Land and face Esau. One night, an angel met with Jacob and wrestled with him all night long. Jacob said the angel, unless you bless me I won't let you go. That was an aggressive faith move, but God likes aggressiveness. God blessed Jacob, who faced Esau without a problem, and God prospered Jacob.

In Luke 18:1-8, Jesus tells a story about always praying and never giving up. The story is about a widow who went before a judge who didn't fear God or care about people. The judge ignored her, but she kept going back. She didn't give up. Finally the judge rendered a decision in favor of the widow because she wore him out with her constant requests.

Jesus says we need to pray like that widow because it's not over until you win. If you give up, you'll never win, but if you hold on in prayer there will come a day when you'll win. God can take whatever impossible situation you're in, and He

will make it possible. God's Word says you're always triumphant in Christ—now a half or a third of the time—but always triumphant. Never give up!

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Jesus further teaches about persistence in Luke 11:5-8. The story is about a man who goes to a friend's house at midnight, wanting to borrow bread. The friend responds saying to not bother him because the door's locked and the family is in bed. The man kept knocking until he got his bread. Jesus says the lesson is that if you are persistent, you will prevail.

We tend to look at all the inconveniences, circumstances, and challenges, when we should simply look to God and not give up. Your problem could be God's opportunity to give you a miracle. In Matthew 7:7, Jesus tells us exactly how to move from the impossible to the miraculous: "keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you."

Ask, seek, and keep believing. Seeking is like warfare. Perhaps you may also need to fast or pray more intensely, and pray longer. Maybe you've asked and you've seeked, but nothing is happening. Don't give up because the next step is to knock. Knock and keep knocking. Be persistent. God has given you the power to win.

With God by your side, the impossible can be possible. Every time we speak God's Word, we choose life—which makes the impossible, possible.

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## **God Allows Seasons of Silence**

Have you ever prayed, fasted and believed God, only to be met with silence? Perhaps you were even doing everything you ought to be doing, praying, reading your Bible and going to church. We've all had times when it seems God is silent—times when you've prayed for years over a particular situation, yet feel forgotten by God.

The silence of God can be a blessing or it can be a curse. When you find yourself in one of the silent times and you choose to act on your own and make a wrong decision, the silence of God is a curse.

The silence of God can be a time that counts for you or it can be a time that costs you. God wants those silent times to be a counting time and a blessing time.

In Psalms 50:20-21 says, "You sit and speak against your brother; you slander your own mother's son. These things you have done, and I kept silent; you thought that I was altogether like you; but I will rebuke you, and set them in order before your eyes."

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A companion scripture, Ecclesiastes 8:11 says, "Because the sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil."

Sometimes when you've blown it, you may think you've gotten away with something because God was silent in your sinning. Don't take that silence in a wrong way because it's a grace period for you to repent. The judgement time will come. God would rather you repent than bring judgement on your sin.

If you sin, there is a grace period when God deals with you and speaks to you in many different ways. He loves and encourages you because the goodness of God leads you to repentance. But if you don't repent, He will bring it up publicly and deal with it.

For instance, look at Samson. He got away with adultery and some real garbage for many years. Finally God said, enough. Samson ended up blinded, but he repented and finished what God called him to do. You won't get away with anything, because

God sees it all.

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There are seasons of judgement and correction and there are also seasons of blessing. Most promises don't come immediately.

There are seasons where we know to pray for one of God's promises, but it doesn't come to pass as fast as we think. Moses's parents knew when Moses was born he was to be a deliverer. By faith, they put Moses in an arc and floated him the river. But with human vision, it looked bad for 40 years. He was raised by Pharaoh's daughter to be a pharaoh, not raised with a spiritual environment. He didn't seem to have any interest in God in all those years.

Hebrews 6:12 says, "so that you will not be sluggish, but imitators of those who through faith and endurance inherit the promises." Faith and patience bring the inheritance. If you don't stay in faith, and hold on, that promise will not come through.

There is a timing before a promise is realized. Moses didn't become a deliverer until he was 80. But it still came to pass. So even if it takes time, don't give up—through faith and patience, you will inherit the promises.

Today we have our Bible to hear the voice of God, but things were different for Abraham. God spoke to Abraham only seven times in 25 years, that's a lot of years of silence.

1. God called Abraham. (Genesis 12:1)
2. God gave Abraham a promise: to your offspring, I will give this land. (Genesis 12:7)
3. Abraham had a vision: all the land you see, I will give to your offspring, and they will be like the sands of the sea and stars of the heavens. Every place you walk will become yours. (Genesis 13:14)
4. God enters into a covenant with Abraham. (Genesis 15)
5. God tells Abraham he'll have a son. (Genesis 17)
6. Abraham intercedes for Sodom and Gomorrah and God speaks to Abraham. (Genesis 18)
7. Abraham offers Isaac as a sacrifice and God spoke and provided a substitute. (Genesis 22)

God spoke to Abraham seven times, and even Abraham blew it. He went to Hagar and had Ishmael. Perhaps when God was silent, Abraham thought he'd better help God.

Have you ever tried to "help" God or answer your own prayers in those silent times? That is very dangerous. You can get into natural reasoning instead of supernatural believing.

However, Abraham learned how to believe God when He was being silent. Galatians 3:6 says, "Just as Abraham believed God, and it was credited to him as righteousness." Romans 4:3 says the same, "Abraham believed God, and it was credited to him as righteousness." Abraham made many mistakes but he repented, and God forgave him and remembered his faith.

Abraham learned some special lessons in the silences of God. Abraham learned to obey God for the things he heard and to stand in faith for the times he didn't hear God.

The next time you're in a situation when you don't hear God, remember to stand in faith and keep holding on to the promise. When you're in a hard place, be persistent. God is always working in the silent times.

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