

10 Ways to Put More Humor Into Family Life

My dad made us laugh all of the time.

One of his favorite things to do to make us laugh was to dress up. On New Year's Eve one year, he dressed up as Baby New Year. He fully committed, I mean, diaper, sash and top hat.

That's all he was wearing and we lived up north where it was cold. He had no problem going out into the neighborhood like that to get a laugh and he had people rolling. On another occasion, a friend invited him to come to a pool party and told my dad, "Be sure to wear your suit." Naturally my dad showed up in a three-piece business suit, walked right to the pool and jumped in.

The majority of the best family memories revolve around something that was really funny. To possess a sense of humor is not only a happier way to exist, but it also provides tremendous health benefits. Laughing greatly reduces stress and builds upon our connections and relationships. Here are 10 ways for your family to laugh more.

1. Old tales. Your kids absolutely love to hear funny stories from your own childhood. Self-deprecating humor is always a sure-fire winner. Just don't go too far with it and ruin their opinion of you. Sharing your past helps them bond and feel closer to you.

2. Creative bedtime stories. [We all read bedtime stories to our kids.](#) But do you make it funny? The laughter of your daughter or son is the most beautiful sound in the world. Add funny voices to the characters. Make hand motions. If you are the creative type, make up your own stories. Kids love to be included in the storyline.

3. Observing life. People-watching and making up funny stories as you go is great fun. The same applies for animals. You would be amazed how many silly conversations you can “pretend” they are having. Keep it light, though. You don’t want to teach them to be mean.

4. Unexpected moments. [In his book *Uncommon*](#), Coach Dungy talks of the importance of being silly with your family. He gives the example of accidentally falling in the pool. Your kids love seeing you fall or pretending to be hurt. Maybe you accidentally trip and bounce off the couch, then the coffee table and land flat on your backside. Can’t miss.

5. Make up your own lyrics. Chances are you are listening to their music anyway. It’s probably annoying. Make it fun for yourself and funny for them by changing the words more to your liking. Sing it loud and proud.

6. Impersonations. It could be anybody or anything. Maybe one of their favorite television characters. Maybe a famous singer. The king of England. Who knows? Even if you stink at it, it will probably still be funny. The laughter might come from how bad you are at it, but it’s still humor.

7. Silly pranks. The timeless classic—the whoopee cushion. Funny 99 percent of the time. The whole joke depends on the timing. A quiet hush in the room. Mom in serious mode ready to sit down and read. Boom. Now that’s funny. Pranks require catching the victim off guard. It also requires good sense enough to not be mean or destructive.

8. Crazy props. Funny coats. Wild hats. Fake buckteeth. Props rule when it’s unexpected. Maybe you are shopping with your wife and you and the kids are bored in the women’s section. Grab one of those big sun hats that always seem to be around and sneak up behind your kids. It will be funny. If you keep a straight face like it’s normal that’s even better. The key to humor is always timing.

9. The careful insult. Insulting humor can be very funny when done properly. However, you certainly don't want to hurt anyone's feelings. Make light of certain prominent personality traits of your family members. Including your own. Maybe your wife is a clean freak. Your son a big jock. Over-hype the trait. Just always be careful to do it with love in your heart.

10. Real life situations. Everybody has bad moments. Maybe you just tapped into the back of the car in front of you. Maybe your bag of groceries, the one with the carton of eggs, just busted open two feet from your front door. Generally you might be inclined to say some choice words. Instead, make it funny. Lighten the tension. Making fun of yourself at these moments can turn a possible bad memory into a lifelong great one.

For the original article, visit allprodad.com.

10 Powerful Foods That Naturally Detoxify the Body

Do you suffer from symptoms of fatigue, irregular bowel movements, skin challenges and unclear thinking? Have you been feeling guilty about eating the wrong foods for a period of time?

Here are 10 powerful foods that will *naturally* help the body to detoxify which can provide a *boost* toward increased wellness and improved body function:

1. Plenty of water. Most of us know water is good for us, but do we really get enough of it on a regular basis? Water is

also the most important ingredient when planning a natural detox program. When detoxifying, the rule of thumb is to drink around a gallon of [water](#) per day. This quantity can be adjusted depending on your body weight as well as how much you normally consume through a normal day. The goal is to drink enough to help the body to flush out toxins.

2. Juice from lemons. Juice from lemons is another food item which will help to *boost* the detox process. Drinking the juice will help to increase “digestive juices” in the body and benefit the liver, colon, and gallbladder. By adding lemon juice to your detox program, the body will *naturally* flush toxins from the colon. Add some juice from real lemons to water for an enjoyable refreshment.

3. Oats and oatmeal. Oats and oatmeal offer the body soluble as well as insoluble fiber (along with vitamins, minerals, amino acids and anti-oxidants). The ingredient is also a natural diuretic for the body which helps “to detox” via kidneys as well as the [colon](#). Oats can also be added to healthy smoothie and yogurt recipes.

4. Protein-packed lentils. Eating lentils are wonderful to remove pollutants naturally from the body. They are an awesome source of protein, and they provide satiety with no added fat. Lentils are *very inexpensive* and can be added to soups as well as stews.

5. Brussels sprouts. [Cruciferous](#) vegetables help the body to remove toxins *naturally*. Consuming Brussels sprouts (along with other cruciferous veggies) will help keep the colon working properly, and the foods contain a good amount of fiber. Cruciferous veggies are great for the skin, liver and the kidneys. This class of vegetables can be steamed, boiled, roasted and grated (raw) before eating.

6. Powerhouse artichokes. Artichokes are another food item to add to your detox program. They are considered a “powerhouse”

for those interested in removing toxic waste from the body. Healthy individuals who consume artichokes will be blessed with improved liver function that *enhances the ability* to absorb nutrients. This vegetable can be steamed, baked and grilled.

7. Antioxidant green tea. Green tea is packed full of antioxidants which help the body to fight damage caused by free radicals. Many reports suggest three cups a day on a regular basis to gain the *fullest* health benefits. Green tea can also be combined with lemon juice to increase the detox effect on the body.

8. Seaweed and kelp. Eating seaweed provides some wonderful health benefits including natural cleansing properties. Kelp is another option which also aids the body during regular detox. Seaweed can be added to your menu options as well as taken in a healthy natural supplement.

9. Dandelion greens. Dandelion greens are wonderful for *improving* liver function. They also help the body to remove toxins. These greens can be cooked at home in the same way as collard greens, or consider purchasing them as a health food supplement.

10. Turmeric spice. [Turmeric](#) is excellent for aiding the natural detox process. The spice can be added to a variety of foods, including teas. This simple spice gives a *boost* to the liver. Some health physicians encourage detoxification simply by drinking more water and adding more of this spice to the diet on a regular basis.

Dr. Colbert recommends his 21-Day Detox to flush out toxins and replenish it with vital nutrients. For more information on the 21-Day Detox, please [click here](#). {eoa}

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such as The Bible Cure Series, What Would Jesus Eat, Deadly Emotions, What You Don't Know May Be Killing You, and many more with over 10 million books sold. He is the Medical Director of the Divine Health Wellness Center in Orlando, Florida, where he has treated over 50,000 patients.

For the original article, visit drcolbert.com.

Why You Should Stop Telling People Who Are Hurting to Pray Harder

I remember sitting on the floor of our youth building one Sunday morning while one of the dads who attended our church led a small group for me and four other boys.

I was bored, I was ready to leave, and I was hoping he didn't ask me if I memorized the Bible verse from last week; because I didn't. I was around 12 years old and had just begun a dark and weary descent into what I didn't know would be a six-year battle with severe depression. All I knew was this; I didn't want to sit around with people who didn't know me and act like everything in my life was OK. I was sick and tired of being sick and tired, and I no longer wanted to pretend like my life was just dandy.

Our small-group leader had asked the group to share what God was doing in their lives and how the rest of the group could be praying. After all the other boys had shared with the group what God was up to in their lives, it was now my turn to share. I debated whether or not to give some shallow and cliché answer.

But while I knew that would have been the easy way out of having a deep conversation, I decided I no longer wanted to act like nothing was wrong. Instead, I told everyone that I was struggling, hurting and having a hard time with my relationship with God. Blank stares began to fixate themselves on me. Confusion filled the group. It was as if everyone was thinking, *Wow! He actually took the question seriously.*

I felt a little embarrassed for sharing my heart with a group of people I really knew nothing about, but I felt that sharing my pain was probably the best way to find healing for it. To my surprise, it seemed that not even the small-group leader knew how to handle my honest response to his question, and his reaction to my cry for help is something I have never forgotten. He looked at me and said, *"Well, Jarrid, I'd encourage you to just pray harder. God will take care of it."*

Yup. That's all I got.

When you tell someone who is hurting, *"You just need to pray harder,"* what you're really saying is, *"You're not praying hard enough"*—which in itself is a false depiction toward the way God moves in the lives of everyday people. If God answered prayers by how hard someone is to pray, then God would be a transactional genie and not an almighty and sovereign God. Sure, God responds to our prayers, but He isn't controlled by them.

I remember going home defeated, thinking that my already shaky faith in God was actually worse than I thought it was. I felt insulted and not good enough and thought my small-group leader had just confirmed everything I had already thought about myself—that I was a broken and terrible Christian. I'm assuming this was one of the many experiences that attributed for my years of distaste toward God and church.

Looking back, I understand why my small-group leader said what he did. He didn't mean any harm. He had good intentions. He

just wasn't equipped with the tools necessary to handle the honest conversation. I know he was trying to give me advice that pointed back to Jesus, but his advice fell short on many levels. Regardless if someone is well-equipped to handle every situation they are thrown in life, I believe the statement, "Just pray harder" is something that should be used with extreme caution and understanding. We must be willing to help people in their journey of pain and hurt, not pawn them off to Jesus because it's easier than spending time with someone who needs you.

Prayer is a powerful weapon, but "Just pray harder" without follow-up is horrible advice. {eoa}

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For the original article, visit jarridwilson.com.

How 'The Phantom of the Opera' Can Parallel Your Walk With Christ

There is something about [The Phantom of the Opera](#) that has always spoken deeply to me.

If you remember the story, the Phantom lives in the bowels of the Paris Opera House, fated to live alone because of the hideous face he was born with. He is a musical genius, yet he longs for love and finds the possibility of it in Christine, a young woman whose voice he has trained. As the musical proceeds, he becomes more and more consumed with demanding love from Christine, even to the point of kidnapping her and taking her down to his hideout, threatening to keep her there forever.

But Raoul, Christine's other lover, comes to rescue her from the Phantom's clutches. As the musical ends, we find that Raoul and Christine were married, but the Phantom remained alone for the rest of his life.

I think the Phantom is such a good picture of fallen humanity. He experiences shame and hides behind a mask. (Doesn't that sound familiar?) He lives alone and yet longs to be loved. Ironically, it is the very mask he hides behind that keeps him from true love and union. He demands love from Christine and manipulates her through fear to get it, failing in the end.

There is so much of my own story parallel to the Phantom. As a musician, I too have known the power of music and song. As someone bound by shame over both body and soul, I too hid myself, wearing masks to hide behind. As someone who longed for love, I found it in a young woman when I was 15, but I too was caught in a love triangle, as she was already dating another young man.

But instead of responding like the Phantom with anger and threats, I did what became characteristic of me for years: I simply capitulated and let her go. To desire love and have it denied stung me so badly that I decided it was better not to desire love at all. So I chose the route of locking my heart in a vault and trying not to need anyone. I became disciplined, dutiful—and dead.

Now I know that my story is in some way the story of every man. The longing for love and union is the deepest ache we all have, yet it hurts too much to keep the longing alive when rejected or denied. So we all to one degree or another bury the ache. But this maneuver doesn't just affect our relationships with others; tragically, it affects our relationship with God as well. How can you live in the Father's love when you have locked your true heart away? This is the dilemma we all find ourselves in, for how we solve our longing for love becomes the emotional template for how we come to God. If we have chosen to perform for love, this is how we approach God. If we try to manipulate and demand love, this is how we approach Him also. If we lock our hearts away, we approach Him rationally or ritualistically.

But Jesus said something striking about our core longing at the Last Supper: *"Truly, I say to you, I will not drink again of the fruit of the vine until that day when I drink it new in the kingdom of God"* ([Mark 14:25](#)). The cup of wine that He is referring to is the fourth cup of the Passover, done at the end of the meal. It was the cup of consummation, referring to the pledge that God would come and take us to be His people. It is strikingly similar to what a man does with a woman as they pledge themselves to be married. The consummation would then be the wedding followed by sexual union. But here in this verse, Jesus pledges to come and take us to be with Him forever.

What if we could see Communion as His way of continually approaching us, inviting us into deeper union with Himself? What if He is trying to speak to us like this each time we take that meal in church? What would it look like to hear His voice telling us of His love for us, His desire to be with us and His commitment to see that happen forever? What would happen if we knew He desired our company, not just corporately, but each one of us individually? To begin to answer these questions is to enter the story of the Bible, the

story of a Hero who came to rescue His beloved. It is the story of being so treasured and so sought after that He bled and died to prove that love.

But this story is no musical on Broadway; it's sober history.

It's a story worth entering. {eoa}

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For the original article, visit [authenticmanhood.com](#).

A Huge Reason Why Your Workouts May Be Losing Effectiveness

"Plateau." It's a negative word in the fitness world that symbolizes stagnation, boredom, frustration and an unbearable lull in one's progress.

"I dropped 15 pounds so fast, but the last five won't budge, and it's been two months!"

"I've been adding 10 pounds a month to my back squat for almost a year, but this week I lifted 20 pounds less than my

personal record! What's going on?"

As beings who relish achieving goals and reaching new milestones, plateaus are discouraging, disconcerting and even depressing places to be. So understandably, we're eager to find the quickest way off the plateau and on to the nearest mountain peak. Either that, or we give up altogether, only to find ourselves back to square one in a couple of months. But despite our insistence that there is absolutely no reason to explain the perplexing stall in our progress, plateaus can often be narrowed down to three culprits.

Today, I'm going to talk about Culprit No. 1:

Subpar Nutrition

When we first commit to hopping on the Healthy Bandwagon and eating more veggies, less sugar, more protein, less trans fats and so on, we're enthusiastic and full of hope, almost giddy enough for people to think we have a new crush. We diligently plan and portion our meals, ask the waiter to take away the breadbasket lest it tempt us and happily sip our herbal tea while friends imbibe with alcohol. You know the drill.

But for most of us, a single moment of weakness, which is inevitable yet *not* insurmountable, leads down a steep, slippery slope littered with one nutrition blunder after another. We become complacent and hope somehow that our bodies won't notice that our oatmeal has been replaced with cream cheese bagels and our black, almond milk-sweetened coffee with chocolate chip Frappuccinos. *Maybe my workouts will offset the damage.*

And that is what they call "wishful thinking."

For many women I know, a major issue is not consuming *enough* calories. The human body can become quite efficient with calories and can sometimes struggle to progress. When this happens, upping our caloric intake by a few hundred calories

will signal to our bodies that they aren't starving and that it's time to stop hoarding calories and storing them as fat. The increase will tell your body to burn calories as fuel and to use them to build new muscle.

If you suspect you've been under-eating, consider adding 250-500 calories to your daily total (250 for women, 500 for men, is a general recommendation). It might be all you need to shock your system off its plateau! If, however, you realize you fell off the bandwagon weeks ago and admit to indulging in one too many well-deserved "treat meals" or celebrating a plethora of "special occasions," then it's time to keep a food journal, find an accountability partner, clean out your pantry and fridge if needed and get ready for the momentum to pick back up!

On a personal note, about a year and a half ago, I was frustrated with my fitness. I felt lethargic during workouts, wasn't getting stronger, and wasn't recovering as well as I once did. I reached out to my good friend Michael Prince, the man who first introduced me to weightlifting back in high school, and asked him for his advice. Two simple words were enough to make the plateau quake beneath my feet: *"Eat more!"*

After just a few weeks of consistently eating a few hundred more calories (quality calories, by the way, not Starbursts and Pringles), my energy levels were boosted, I was hitting new one-rep maxes on my lifts (squat, deadlift, clean and jerk), and wasn't feeling nearly as sore or exhausted because my body had the necessary amount of macronutrients, namely protein and carbohydrates, to repair and rebuild my muscles. In addition, my muscle definition became more apparent due to my increased carb intake. When you're healthy, your external appearance and internal feeling will simultaneously show it!

If you're currently camped out on a dreaded plateau, I hope you've found today's post useful! Comment below or tweet me [@dandersontyler](https://twitter.com/dandersontyler) to share what you're going to change in

order move onward and upward! I'll be back next week to uncover Culprit #2!

Fit Fact: Research shows that if you wait several hours post-training to consume carbs, you will reduce your glycogen repletion rate by as much as 50 percent. Not consuming enough carbs after exercise can also exacerbate inflammation, depress immunity and lead to prolonged muscle soreness. {eoa}

Diana Anderson-Tyler is the author of Creation House's [Fit for Faith: A Christian Woman's Guide to Total Fitness](#), [Perfect Fit: Weekly Wisdom and Workouts for Women of Faith and Fitness](#), and her latest book, [Immeasurable: Diving into the Depths of God's Love](#). Her popular website can be found at dianadeadlifts.com, and she is the owner and a coach at [CrossFit 925](#).

For the original article, visit dianadeadlifts.com.

Government Admits Cellphones Can Cause Cancer

The government just made a startling admission—cellphones can cause cancer. After years of sidestepping the public's concern, a \$25 million study conducted by the National Toxicology Program (NTP), a branch of the National Institutes of Health, found that cellphones increased the risk of two types of tumors—gliomas, a type of cancerous brain tumor, and schwannomas, a rare tumor of the heart.

Chris Portier, former associate director of the NTP, calls the study a “game changer.” For the study, rats were exposed to different levels of radio frequency radiation or RFR: The

highest was up to seven times the amount humans usually receive when using a phone.

Although there was no increase in risk among female rats, male rats exposed to radiation had a 2 percent increased risk of malignant gliomas, and about 3.5 percent developed a schwannoma in the heart.

“The NTP report linking radio frequency radiation (RFR) to two types of cancer marks a paradigm shift in our understanding of radiation and cancer risk,” said Dr. Otis W. Brawley, chief medical officer of the American Cancer Society. “The findings are unexpected; we wouldn’t reasonably expect non-ionizing radiation to cause these tumors.

“This is a striking example of why serious study is so important in evaluating cancer risk,” said Dr. Brawley. “It’s interesting to note that early studies on the link between lung cancer and smoking had similar resistance, since theoretical arguments at the time suggested that there could not be a link.”

“The new report covers only partial findings from the study, but importantly one of the two cancers linked to cellphone radiation was malignant gliomas in the brain,” he said.

“The association with gliomas and acoustic neuromas had been suspected from human epidemiology studies,” said Dr. Brawley.

“The second cancer, called a schwannoma, is an extremely rare tumor in humans and animals, reducing the possibility that this is a chance finding,” he said. “And importantly, the study found a ‘dose/response’ effect: the higher the dose, the larger the effect, a key sign that this association may be real.”

The study’s results are no surprise to neurosurgeon Russell Blaylock. “We’ve known this for years,” says the author of [The Blaylock Wellness Report](#). “It’s the same situation we had with

cigarettes,” he told Newsmax Health. “We knew for years that cigarettes caused cancer, but the government and tobacco industry refused to admit it.”

Several previous studies linked cellphones and cancer, especially cancer of the brain. A study published in the journal *Pathophysiology*, found that people who used cellphones the most doubled their risk of being diagnosed with glioma. Another study found a link between women who carried cellphones in their bras and breast cancer.

A 2015 meta-study found that the radiation cellphones emit are a real danger. The results, which were based on a review of 100 studies, found that the low-intensity RFR cellphones emit has an effect on living cells and can damage DNA.

Study author Igor Yakymenko wrote that of “100 currently available peer-reviewed studies dealing with oxidative effects of low-intensity RFR, in general, 93 confirmed that RFR induces oxidative effects in biological systems.”

Oxidative stress is a condition in which the body creates harmful radicals at such a rapid rate that the body doesn't have the ability to repair the damage they cause.

According to Yakymenko, using a cellphone for 20 minutes each day for five years increased the risk of one type of brain tumor by 300 percent, and talking on a cellphone for an hour a day for four years increased the risk of some tumors up to 500 percent.

A 2014 Swedish study found that people who talked on cellphones for more than 25 years had triple the risk compared to those who used the phones for less than a year. The study, which was published in the journal *Pathophysiology*, found that people who used the phones the most—a total of 1,486 hours—doubled their risk of being diagnosed with glioma.

A previous Swedish study found that people who used cellphones

regularly before the age of 20 quadrupled their risk of the rare tumor. An article, also published in *Pathophysiology* stated that brain cancer is only the “tip of the iceberg” because the rest of the body shows effects other than cancers.

The reason studies linking cellphones with cancer have been downplayed boils down to money, says Dr. Blaylock. “A recent analysis of thousands of articles written on the subject of cellphone safety found that the majority of scientific papers in major journals that reported no medical problems or biological damage related to radiation exposure were financially supported by the cellphone industry,” he said.

“On the other hand, studies that were completely independent found just the opposite—damage was indeed occurring.

“The love of money is, indeed, the root of all evil,” he says.

Will the new study spur changes in the cellphone industry or in government rules that govern it? That remains to be seen, says Dr. Blaylock, who is doubtful.

But the new government-sponsored report will undoubtedly raise concern.

“By confirming the connection between cellphone radiation and malignant tumors in male rats, the NTP’s study raises concerns for risks to people to a new level,” said David Andrews, Ph.D., a senior scientist with the Environmental Working Group (EWG).

David Carpenter, director of the School of Public Health at State University of New York at Albany, has followed the issue of cellphones and cancer closely. He said the report “won’t end the debate, but I can’t imagine anything with more credibility than an NTP report.”

For the original article, visit newsmxhealth.com.

WATCH: How to Mobilize Your 'Angel Army'

On a recent appearance on Sid Roth's *It's Supernatural*, apostle, pastor and author Tim Sheets says that God is showing him that more angels have been released on planet earth than ever before.

Sheets says we are about ready to see the greatest move of God's Spirit in the history of planet earth.

Let Your 'Noes' Be No

"No, thank you."

"Not at this time."

"I am so sorry. I can't do that."

Perhaps, like me, you have a hard time saying no when ministry opportunities present themselves. I have been known to fill my already overloaded schedule with an abundance of commitments just because I am honored that someone would ask me to accomplish a worthy task or two.

Often it is because I just hate letting people down or risking a breach in a relationship that I find myself saying yes when what I should be saying is no.

Why do I falsely believe that the ability to say no and a heart of kindness are mutually exclusive? Why indeed?

"That won't fit into my schedule, but thank you for thinking of me."

"I have other commitments that are on the front burner right now."

"Thanks, but no thanks."

There are a thousand different ways that one can say no yet still maintain healthy and friendly relationships. No is not a dirty word ... it is not an ugly word ... nor is it a cruel word.

Sometimes no is the kindest thing you can actually say.

"It's not going to work out for me."

"I am being led in a different direction, but I will be praying for you."

"No, that just won't be possible."

Even the phrase, *"Let me pray about it,"* is often healthier and more honest than the knee-jerk, *"Sure! Not a problem at all!"*

However, if you have said, *"Let me pray about it,"* then actually pray about it! Don't ignore the request and then be bullied into an eventual yes just because you have put it off for a period of time.

Pray about the request immediately and then genuinely ask God to give the wisdom that is needed in this situation. Listen for God's voice and when you receive heaven's download, make haste to obey!

"But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him" (James 1:5).

If you agree to do something that God has **not** given you the go-ahead to commit to you may be denying someone else the opportunity to walk in their God-ordained assignment. That's a sobering thought, isn't it?

Life is too short to involve oneself in activities, events and commitments that are a mere distraction to God's good plans for one's life. When your plate is filled with vacuous potato chips, there is no room for the delicious and protein-rich filet!

Rather than say a half-hearted and stressed-out "Sure, that works for me," take a breath and re-evaluate what **is** best for you, what **is** best for the people you love and what **is** best for the person who is requesting your involvement.

"Do few things but do them well" is a quote that has been a significant part of my core values since I was in college. When presented with the smorgasbord of demands, requests and activities, a wise person chooses selectively and sparingly. When faced with a mountain of possibilities, a person of excellence determines what is of the greatest value and what will make an eternal impact.

Are you drowning in a sea of expectations, unnecessary commitments and long-term regrets? Let me throw you a lifesaver or two.

"Thanks for asking, but I can't commit to that right now."

"My plate is already full, but I hope that you can find just the right person for the job."

"No. Thanks anyway."{eoa}

Carol McLeod is an author and popular speaker at women's conferences and retreats, where she teaches the Word of God with great joy and enthusiasm. Carol encourages and empowers women with passionate and practical biblical messages mixed

with her own special brand of hope and humor. She has written five books, including No More Ordinary, Holy Estrogen!, The Rooms of a Woman's Heart and Defiant Joy! Her most recent book, Refined: Finding Joy in the Midst of the Fire, was released last August. Her teaching DVD The Rooms of a Woman's Heart won the Telly Award, a prestigious industry award for excellence in religious programming. You can also listen to Carol's ["A Jolt of Joy"](#) program daily on the Charisma Podcast Network. Connect with Carol or inquire about her speaking to your group at justjoyministries.com.

How Green Supremefood Changed This Doctor's Life

For many years, I suffered from Chronic Irritable Bowel Syndrome also known as IBS. I was faced with bouts of diarrhea and constipation, day in and day out. At the same time, I suffered from Psoriasis and spent much time trying to cover up sores on my body.

For more than 10 years, I tried *many* different treatment methods including prescriptions, topical applications, and other conventional means. In my determination to be healed of these conditions, I decided to search for alternative means which would soon bring me renewed health and enhanced wellness in life.

Dietary Modifications

In my diet, I began to make changes that included removing specific "inflammatory" foods. I added natural probiotics routinely to my regime. Fermented foods were added to my diet on a regular basis as well. After a very short amount of time,

the results were *truly* amazing. The sores I suffered from began to disappear. I started to have days where IBS did not control my life. I was totally *full of energy and vitality*.

Fermented Foods

Fermented foods are a special type of food that holds wonderful benefits for the body. Some examples of fermented foods include kombucha, cultured vegetables, tempeh, kefir, miso, rejuvelac, pickled beets, and sauerkraut. These foods are “cultured,” or “fermented” to contain friendly bacteria which improve digestive health; they are *tremendously* beneficial to living a healthy life.

Fermented foods are *easily* digested by the body, as they are in a “partially digested” form. Beneficial bacteria are also introduced into the gut by these foods, which further aids digestion. These foods also help the body to absorb more nutrients and support the process of enzyme creation.

History of Fermented Foods

Fermented foods have been celebrated around the world throughout history. Originally, foods were fermented as a preservation method. Earliest records of using fermentation for foods date as far back as 6000 B.C. Nearly *every* civilization known includes some form of culturing foods within their history.

Korean cultures create kimchi as well as banchan while Indian cultures use the fermentation process to create yogurts, cheeses, and sauerkrauts. African countries create garri using this special fermenting method. Tanzania ferments togwa while the Japanese create natto out of fermented soybeans. In many areas of the world, fermented foods are used for medicinal purposes to improve health. These foods are a part of the ordinary “culture” of the world.

Why I Created Green Supremefood

After an *amazing recovery* in my health, I searched to learn more about these types of foods. The more I studied about fermented foods and their health benefits; I desired to create a product that would provide *renewed health and wellness* for others. I *knew first-hand* the change in health I had experienced and knew others would *definitely* benefit.

Green Supremefood contains 10 organic vegetables in every serving along with fermented grasses, digestive enzymes, probiotics, and natural herbs. My specially created product does not use any GMO ingredients. The supreme formula is also soy free, dairy free, and gluten free.

Organic fiber, included in this special formula, is essential for satiety and it also provides support for healthy glucose levels within the body. Digestive enzymes provide the body with wonderful quantities of natural energy. Organic antioxidants in this high-quality supplement help the body to neutralize free radicals that are harmful. Green Supremefood also provides the body with a *healthy alkaline* environment.

To Live a Truly Healthy Life

I continue to make fermented foods a part of the *daily routine*, to live a truly healthy life. Green Supremefood helps provide the *proper balance* of daily nutrients to keep the digestive tract and body functioning *exceptionally*. This product will provide you with *increased* vitality, strength, and wellness. I encourage you to see *the results* I have seen in my own life!

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For the original article, visit drcolbert.com.

The Scripture That Can Change Lives

I said the prayer of salvation back in 1992, but my life did not change for nine years.

I simply thought of the prayer of salvation as a means to an end. I thought, "Hallelujah, I'm not going to hell" and continued my same way of living!

I did not know that saying the prayer of salvation is designed to kick-start a daily, intimate relationship with your Creator.

But in 2001, I went to a Christian women's conference and had an encounter with the Lord that gave me a new revelation of who He is:

"The Lord your God in your midst, The Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing" (Zeph. 3:17, NKJV).

Up until that point, I had thought of God as a [tough taskmaster](#). I felt that nothing I did was ever good enough.

I saw life as a series of hurdles I had to jump over to get approval from others, from God, and from myself.

What a life-changing revelation that God loved me just as I

was! As a loving Father, He wanted to see me become all that He designed me to be.

Don't loving parents desire the best for their children?

God had a wonderful plan for my life and as I listened to His Word, I could learn about that plan and, most importantly, come to **know Him**.

Today, let's break down Zephaniah 3:17 and discover the relationship God wants to have with you. You are So precious to Him!

1. The Lord your God in your midst. The Lord promises to be with you. Do you know how awesome that is? That means that no matter where you go or what situations you face, the Lord is with you.

King David wrote about the intimate presence of God in Psalm 139:7-12:

"Where shall I go from Your spirit, or where shall I flee from Your presence? If I ascend to heaven, You are there; if I make my bed in Sheol, You are there. If I take the wings of the morning and dwell at the end of the sea, even there Your hand shall guide me, and Your right hand shall take hold of me. If I say, 'Surely the darkness shall cover me, and the light shall be as night about me,' even the darkness is not dark to You, but the night shines as the day, for the darkness is like light to You." (MEV).

2. The Mighty One will save. Are you facing any situations from which you need deliverance? Seek the Lord's wisdom and His word will save you! ... through knowledge the righteous will be delivered (Proverbs 11:9).

"God made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him." (2 Cor. 5:21, MEV).

3. He will rejoice over you with gladness. This part of the

Scripture reminds me of the Father's reaction when His prodigal son returned home (see Luke 15:11-32).

Was the father angry when his son returned? Did he lecture his son about his grave mistake? No, instead the Bible records the father's reaction:

"... But when he was still a great way off, his father saw him and had compassion, and ran and fell on his neck and kissed him. And the son said to him, 'Father, I have sinned against heaven and in your sight, and am no longer worthy to be called your son.'

"But the father said to his servants, 'Bring out the best robe and put it on him, and put a ring on his hand and sandals on his feet. And bring the fatted calf here and kill it, and let us eat and be merry; for this my son was dead and is alive again; he was lost and is found.' And they began to be merry" (Luke 15:20-24).

I wonder how long the son stayed away from his father because he was afraid of how his father would react upon his return?

Me? I stayed away from God for nine years! Even though I went to church occasionally, my heart was far from the Lord.

The only time I really thought of Him was when I was in trouble or I desired more material goods from the world.

But now I know the Lord is **always** glad to see us. He has an open door policy. He loves it when we spend time with Him just because we love Him and want to be with Him.

4. He will quiet you with His love. This brings up an image in my mind of a father holding his little girl in his arms after she's had a hard day and comforting her, bringing her peace.

The good news for us is that the Lord is always there to comfort us. We often live so frantically, rushing from this place to that. But the Bible never records Jesus hurrying

anywhere! Neither should we.

We should order our lives so that we have plenty of time to do what we need to do. Many times we are stressed because we are doing too many things that the Lord never called us to do.

Even in the midst of stress, we can seek the Lord and He promises to give us perfect peace according to Isaiah 26:3: *"You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You"* (MEV).

5. He will rejoice over you with singing. This my favorite part! I love to hear men sing to the Lord, but I cannot imagine what the Lord Himself sounds like when He sings.

However He sounds, I imagine God's singing voice must be wonderful!

The thought of Him singing over me gladdens my heart and makes me smile. There is so much pain in this world and I imagine the Lord singing over me to comfort me and let me know everything will be well, indeed **is well**.

Why? Because God rejoices over His children and has [provided everything we need pertaining to life and godliness](#). We just have to believe.

Lord, how wonderful you are! Help us to gain more and more understanding of You every day.

When we stand before You, we want to know You so well that when we all meet You in heaven, it is like a big family reunion!

Kimberly Taylor is the author of *The Weight Loss Scriptures and many other books*. Once 240 pounds and a size 22, she can testify to God's goodness and healing power. Visit takebackyourtemple.com and receive more free health and weight-loss tips.

For the original article, visit takebackyourtemple.com.