

New Study Finds Link Between Dietary Fiber and Breast Cancer

Breast cancer ranks as the second cause of death in females in the United States.

Researchers work to find answers to this debilitating disease plaguing women and devastating their lives. One large-scale study shows a strong indication of the influence of dietary fiber in the diet as it relates to breast cancer development.

Research evidence points toward eating enough high-fiber foods during adolescence into adulthood can significantly add protection against the development of breast cancers. The large study provides strong evidence the risk of developing the disease was far less in these women.

Harvard Scientist Maryam Farvid suggests nutrition plays an important factor in premenopausal cancers of the breast. The large research study included over 95,000 women over an extensive number of years. Information was collected concerning nutrition during the high school years. Participants were followed and required to submit periodic food intake diaries during the study.

The risk of developing breast cancer was 12-19 percent lower in those who consumed more dietary fiber during their young adulthood years. This group of women was also at lower risk of having breast cancer before menopause by 24 percent. The main cause attributes to increased fiber intake, which decreases levels of estrogen in the blood. High estrogen levels are known to cause breast cancer disease.

Other studies reveal sound nutritional food choices during childhood can decrease chances of future cancers. Professors

at Harvard suggest breast tissue is highly influenced during childhood and adolescence. The tissues can hold carcinogens (cancer-causing agents) and anti-carcinogens alike.

According to the research professors, the best options for adding fiber to the diet come from fruit fibers and vegetable fibers. Adding a variety of fruits and veggies throughout the day is a great way to increase natural health benefits for the body. Including 10 extra grams of fiber per day can reduce breast cancer risk by 13% as shown in the Harvard study. {eo}

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

Can Jezebel's Witchcraft Really Make You Sick?

When I was writing my first book on Jezebel, I got sick six times in the course of a year. Yes, six times! I was hardly over one cold or flu before I got another cold or flu. This was especially unusual since I hadn't had as much as a sniffle in the five years before.

Essentially, I was battling a cycle of infirmity—which I overcame. I'm battling another cycle of infirmity right now

and I know others who are facing similar attacks so I thought it wise to dust off the understanding of witchcraft's connection to infirmity so are not ignorant to the devil's devices (see 2 Cor. 2:11). You can read more about Jezebel's tactics in my latest book: *Jezebel's Puppets*.

In this season of ministry, many times when I do a call an altar call for healing the Holy Spirit shows me to break the powers of witchcraft of people's minds before praying over the infirmity that's attacking their bodies. After this happened a few times, I decided to press in to discern the spiritual connection.

Listen to Jennifer's podcast on this topic: Battling Jezebel's Infirmities.

The Holy Spirit showed me that many times witchcraft against your mind can cause you to focus so much on the symptoms attacking your body that you can't extend your faith to receive God's healing power. In other words, if you aren't careful, when witchcraft attacks your mind you will wind up speaking and thinking about the infirmity rather than speaking and thinking about your healing, allowing the enemy to maintain the stronghold.

But Can Witchcraft Cause Sickness?

The Bible talks about Jezebel and her witchcrafts in 2 Kings 9:22. I believe infirmities are part of Jezebel's witchcrafts. Witchcraft is a spiritual force, one of the powers listed in Ephesians 6, that the enemy uses to attack us.

JOIN JENNIFER ON FACEBOOK FOR SPIRITUAL COMMENTARY AND ENCOURAGEMENT. [CLICK HERE.](#)

The word for witchcraft in 2 Kings 9:22 comes from the Hebrew "kesheph." It means sorcery and witchcraft. *Merriam-Webster* defines witchcraft as "the use of sorcery or magic,

communication with a familiar.” Sorcery is defined as “the use of magical powers that are obtained through evil spirits.” The Queen Jezebel in the Old Testament was influenced by the spirit we call Jezebel today. She was practicing witchcraft–sorcery–against her enemies.

Sometimes Jezebel accomplished her wicked agenda with ungodly fasting, as in the case when she usurped Ahab’s authority, wrote a letter of lies and got Naboth killed. Other times, Jezebel literally had her enemies murdered, like the true prophets of Jehovah who would not eat at her table. Still other times, she released word curses that sent people into fear and depression, as she did with Elijah after the showdown at Mount Carmel.

How Does This Literally Work?

I believe people can release witchcraft word curses against you. I more than believe it, I know it because my inbox is full of them every week. People curse me, my family, my ministry and more with the wicked words of their mouth–most of the times these are Christians.

A witchcraft word curse from a Christian, I believe, is more powerful than any curse from a witch because a believer’s words carry an anointing. We’re supposed to break yokes with our words but I believe we can release yokes of sickness with words like, “You’re going to get sick if you don’t slow down,” or “Your mother has all of these autoimmune diseases and that’s your future” or “God didn’t really heal him from that disease. It was just in remission and now it’s manifesting again.”

Of course, these witchcraft curses don’t have to come through Christians. The power of death and life are in every created human being’s mouth. Doctors can release word curses over you while trying to offer a diagnosis. And, yes, witches can release negative thought forms and curses against you. (Read

my recent article about thought curses.) I knew one brother who was cursed by a well-known prophet in Africa and turned up with rashes all over his body until the curses were finally broken.

Taking Authority Over Jezebel's Infirmities

What's a believer to do? When it comes to witchcraft, we have to withstand it. The Amplified Bible says to "be firm in faith [against his onset—rooted, established, strong, immovable, and determined]" (1 Pet. 5:9). It's easy enough to give in to witchcraft, especially if you don't know what is attacking you.

So if you feel like giving up, when you feel tired for no reason, when you have strong confusion, when you are fighting an intense battle in your mind and when infirmities are manifesting, it could be witchcraft—and it could lead you to the doorstep of infirmity. Resist it at its onset. Cast it off. Submit yourself to God. "Resist the devil [stand firm against him], and he will flee from you" (James 4:7, AMP).

Thank Jesus for His blood and plead it over yourself. Rejoice in the Lord. Praise and worship carry breakthrough. That's often all it takes to change the spiritual climate in your home. And worship is where we should start because He is worthy of our adoration.

Take authority over the witchcraft in the name above all names. But before you do, make sure you don't have any common ground with the enemy. Repent for any rebellion in your heart, and surrender your will anew to God. Remember, we are more than conquerors in Christ, and no weapon formed against us can prosper—not even witchcraft. Our job is to be spiritually discerning enough to catch the devil at his onset, resist him, rebuke him and praise God for the victory. Sometimes the battle is fiercer and longer than we would like to endure but we will win if we don't quit. Amen.

39 Days Before Easter: Jamie Buckingham Explains the Sermon on the Mount

The Sermon on the Mount, Jamie Buckingham says, wasn't actually meant for the masses that had gathered to hear Jesus preach. It was supposed to be a simple teaching session for his disciples.

The Beatitudes, however, became one of the most famous passages of Scripture. Jesus taught what the kingdom of God is all about—service to others, comfort, meekness, righteousness, mercy, peace and even persecution.

In this video devotional, Christian author and pastor Jamie Buckingham explains the significance of Jesus' words in Matthew 5:

4 Things to Do When You and Your Spouse Have Nothing in Common

On my commute home, I will sometimes listen to talk radio. I recently came across a show in which a husband was calling in to discuss problems he was having in his marriage.

He and his wife had been married for over 10 years, and he was clearly frustrated. His main issue was that he and his wife had nothing in common. The only possible thing was that they liked a TV show or two; however, they would rarely talk about them. They'd watch in silence.

As he continued to share his story, it became obvious that he and his wife had grown apart. The marriage was devoid of intimacy and sex. What had started as differing interests had sprouted like a weed into dissatisfaction.

Eventually that grew into disconnection and bitterness. This husband had even reached a place where he thought the remedy was leaving his wife to find a woman with whom he had more in common. Fortunately, it didn't need to get to that point.

If you are feeling as though you and your wife have nothing in common, here are some encouraging thoughts to help your marriage:

1. Realize it's OK. You do not have to have the same interests to have a good and thriving marriage. Marriage is about selflessly loving, supporting and caring for one another. Putting the other person's interests before your own. When each partner does that well, the health of the marriage follows. You don't need to love the things they love, but you do need to love them.

2. Appreciate your differences. Don't love them in spite of your differences. Love them because of them. There are great advantages and strengths that come with being different. You are with someone who looks at the world from a different angle. Look at the differences as assets because it will help both of you have more of a 360-degree perspective.

3. Respect their interests. You don't necessarily have to do the same things, but respect what they like and encourage them to do it. When they are doing something they like, it lets them relieve stress and brings enjoyment. Be willing to talk

about it. If you ask them to tell you about it, that's even better. Focus on what it does to them and the joy it brings.

4. Explore new things. There are a million possibilities. Try new experiences and hobbies together. Make sure it is something that neither of you has done before. There will be plenty to talk about and you might just find something that both of you enjoy doing together. Embrace it as an adventure or laugh together about it being a challenge.

BJ Foster is the content manager for All Pro Dad and a married father of two. For the original article, visit .

Why Are Some Men So Spiritually Blind?

It's amazing how some issues simply won't die.

Having grown up in the Catholic Church, I didn't have the opportunity to see or spend time around many women in leadership positions within the church. In fact, Pope Francis reiterated the rejection of women as priests as recently as last September in an article in the [National Catholic Reporter Online](#).

"Women priests—that cannot be done," the pontiff said bluntly.

As a kid, however, I did see a great deal of leadership in my mother, a strong woman of God who had to work two jobs and made less than \$11,000 a year to put food on the table and provide shelter for her three kids.

With my mother—a charismatic Catholic at the time—as an example, I never dared to believe that women could not be

anointed by God as spiritual leaders. And thank God, I have never been accused of being a male chauvinist.

So it continues to amaze me when I see—and forgive me for being so blunt—sexist comments from readers about women and their role in the church. Commenting on an article we ran last week by evangelist Kris Vallotton titled, “[Jesus: Author of the Women’s Liberation Movement](#),” one reader said, “What a horrible exegesis of John 4 and a total disregard for the entire New Testament. Of course we do not expect sound teaching coming from Bethel, where gold falls from the ceiling and children practice astral projection! Of course the real mystery is why *Charisma* gives any credibility to such nonsense.”

Vallotton’s article indeed reflects on John 4 and the Samaritan woman at the well. In his article, Vallotton states, “Jesus championed the equality of women. ... It’s all through the four Gospels—it’s almost impossible to miss the message.”

Read John 4 for yourself. After meeting Jesus, the Samaritan woman at the well became an evangelist, spreading the gospel of Jesus Christ. Wouldn’t you say that is an important position in the church?

John 4:39 says, “And many of the Samaritans of that city believed in Him because of the word of the woman who testified, ‘He told me all that I ever did.’”

We’re talking about a woman who had been married five times and was now living with her boyfriend. Those with a religious mindset wouldn’t have even allowed this woman to step foot in the synagogue. But as Vallotton so eloquently put it, “This woman, who would never qualify to be an elder in anyone’s church, has just turned a Samaritan city upside down with one encounter with her Messiah.”

Vallotton goes further on to say, “I’m telling you that disqualifying women from leadership is costing us our cities.

You say, 'She wasn't a leader.' You're right, she didn't have a title. But she led people and they followed her to Christ. Leadership is more than a title, a plaque on a desk or name on some flowchart. Leadership means people follow you, they listen when you speak, they value your words, and they emulate your experience."

From my own experience, I have been taught the Word of God and been blessed with biblical prophecy from several women. I know I'll get a lot of hate responses for this one, but Joyce Meyer is one of those. If it weren't for her teachings at a critical juncture of my life, who knows where I would be.

Our *Charisma* editor, Jennifer LeClaire, is another. Daily I'm blessed by her teachings and her articles, and as a company, we at Charisma Media are very blessed to work with her. I've read several of her books and try to glean from her wisdom every day.

Two years ago, Jennifer wrote in her Plumb Line column on a great article titled, "[Why Traditional Religion Is Threatened by Women in Ministry](#)." Here is a response she got from a reader:

"The biggest hindrance to understanding women's roles in the church is a simple one to correct. There is a difference between gifting and government. Women are anointed by God to function in the church but they're not anointed for leadership of the church. The church in the wilderness was led by 70 elders, all men. Jesus picked 12 apostles, all men. Good enough for Jesus, good enough for me. Men lead in the home, which is also reflected in the church. This is the proper order and flow of God without contradiction. There are very powerfully anointed and gifted sisters in the church, beyond kitchen and cooking duties, no problem. Thank God for it, just not for leadership of the church. Everything they do should be under the authority of men. Before any of you start having palpitations or throwing out chauvinist claims, I didn't write

the Bible. God did.”

Sorry, but I wholeheartedly disagree. Women are to be used mightily of God, and they have. Just ask followers of those like Cindy Jacobs, Sheila Walsh, Heidi Baker, Judy Jacobs and Stormie Omartian, whom you would do well to listen to. Ask yourselves, why would God allow these women to impact so many people (check out the number of their social media followers) if he didn’t want them in positions of leadership?

To even have to ask the question baffles me.

“It’s a religious spirit, for sure,” Jennifer says. “It’s just sexism. People like to twist the Scriptures. I know I get attacked all the time. One time at a prayer meeting, run by a particular denomination, I was invited as a guests but they believed that women shouldn’t speak in public. I get nasty emails all the time. It’s religion that has steeped us into the thought that men are better than women.”

Lee Grady, the former editor of *Charisma* and founder of the Mordecai Project, I’m sure would agree. I encourage you to read his book, *10 Lies the Church Tells Women*. Believe me, Lee knows what he’s talking about.

I would be remiss if I didn’t mention Kathy DeGraw, who recently has been a huge spiritual inspiration and encouragement to me [with her ministry](#).

I realize this is an age-old argument, and some opinions simply will not be moved. More’s the pity if you ask me. If God wanted women in the church to be silent, He wouldn’t have given them a voice or a desire to spread the gospel. I, for one, am grateful for their counsel, their leadership and their wisdom.

I challenge men who believe women should stay silent in the church to ask yourselves why you interpret the Bible to confirm that statement. Ask yourself why God would not want

that many more individuals to spread His Word.

And as I always like to say, “there is that.” {eo}

41 Days Before Easter: Is There Some Dark Spirit Controlling You?

In Mark 9, a man whose son had an unclean spirit came to Jesus’ disciples to cast the spirit out. However, the disciples could not do it. Eventually the man came to Jesus, and Jesus showed compassion on the boy and drove the demon out.

Jesus’ disciples talked about power and authority, but when it came down to doing anything at that time, they were helpless. The passage of Scripture draws a great parallel to today’s church, which is helpless without the power and authority of Jesus Christ.

In this devotional video, Christian author and Pastor Jamie Buckingham reiterates that “Jesus didn’t come to just give us heaven when we die. He came to give us abundant life here on earth, free from the bondage of demon possession. So ask yourself, ‘Is there some dark spirit driving me, controlling me?’ If so, come to Jesus, and He will set you free.”

Watch the entire video here:

5 Foods That May Cause You Joint Pain

Individuals who are returning to eating real foods (not processed) and experiencing relief from inflammation-related diseases. Seventy percent of the body's immune cells are in the digestive system. Focus placed on gut health becomes of vital importance for natural healing to occur.

The Inflammation Response

When an individual eats food that triggers allergies, the body's response is inflammation. Foods containing bacteria trigger the same reaction. The body becomes inflamed to protect the critical systems. Prolonged inflammation results in severe health conditions.

The inflammation response occurs when undigested proteins pass into the blood, creating an additional health concern. Enterocytes aid the digestive process within the intestines. If these cells are not functioning properly, then protein travels through the blood.

Inflammation-Causing Foods

Natural health providers suggest avoiding inflammation-causing foods for improved health. Five foods top the list of those to avoid as discussed below:

1. Refined sugars. According to the *American Journal of Clinical Nutrition*, processed sugars increase the inflammatory response. The process increases pain, swelling and redness in different parts of the body. Also, Dartmouth Med School found eating sugar directly relates to acne formation.

2. Refined grains. Refined grains are modified significantly compared to their original composition. Products made with refined grains are “nutritionally enriched” to add vitamins and minerals lost in the process. White flour is another food item to avoid. The flour is a simple carb that breaks down and converts quickly to sugar.

3. Artificial sweeteners. Artificial sweeteners create inflammation within the body, especially in those individuals who are prone to the response. This class of sweeteners includes aspartame, Splenda, saccharin and sucralose. Researchers believe these products increase the pH level in the gut and reduce good bacteria.

4. Vegetable oils. Some vegetable oils create inflammation. This list includes corn oil, canola oil, soy oil and cottonseed oil. Using these oils on a regular basis upset the body's balance of omega-3 and omega-6.

According to the *Journal of American College of Nutrition*, individuals who use more olive oil hold lower blood sugars and increased insulin function. Olive oils contain a substance called oleic acid that is also a natural anti-inflammatory. Always, research and choose *real* olive oil.

5. Feedlot animals. Cattle raised on high omega-6 foods are fed inflammation-producing grains. These animals live in restricted locations and receive injections with hormones. In addition, commercial cattlemen treat animals with antibiotics. Eating meats of this nature increase the inflammatory response of the body.

Better Choices

Natural healing comes to the body when removing inflammation-causing foods. Adding organic fruits and vegetables are better for improved health. Organically prevails over commercial foods. Choose whole grains and natural sweeteners for the diet. Remove commercially raised meats from the regimen and

add more plant protein. If meat is desired, choose grass-fed options for more optimal health.

Don Colbert, M.D., has been board-certified in Family Practice for over 25 years and practices Anti-Aging and Integrative medicine. He is a New York Times best-selling author of books 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.

How to Love People Without Approving Their Decisions

Every time I open the Bible, I cannot help but notice the number of times it commands to love the people around us. We're told to love our enemies, our neighbors, our spouses and the world alike (Mark 12:31).

But while the Bible is pretty crystal clear on relentlessly loving those we come across on a daily basis, it seems that many of us have come to make justifications as to why we don't need to showcase love the way Jesus intended us to.

I've heard everything from, *"But, they might think I'm affirming their actions"* to, *"They're just not a nice person."* And while I understand where these people are trying to come from, it still doesn't give them the right to withhold love from anyone, let alone those who are broken and in need of it the most.

The love of Jesus has no bounds, no limits and no

expectations. It just loves. If you call yourself a Christ follower, then you are called to reflect the same image followed by the same intensity.

You want people to see Jesus when they see you. You want people to find comfort in your presence, forgiveness in your heart and love in your soul. You want people to feel like they can confide in you without being criticized and judged irrationally. You want people to know that your words, even if in opposition of their opinion, will be shared in love.

“Anyone who does not love does not know God, for God is love” (1 John 4:8, MEV).

This isn't an easy task, but it's definitely an honorable one for all Christians who are willing to pick up their crosses daily. We're called to love people no matter where they are from, what they're doing or how messed up they really are.

You can still love people without approving their decisions or way of life. You can speak truth but still do it in a loving and compassionate way. How do I know this? It's because Jesus did this all throughout Scripture.

“If we have got the true love of God shed abroad in our hearts, we will show it in our lives. We will not have to go up and down the earth proclaiming it. We will show it in everything we say or do.” – Dwight L. Moody

Love well.

Jarrid Wilson is a husband to Juli, dad to Finch, pastor, author, blogger, founder of Cause Roast. He's helping people live a better story. For the original article, visit [here](#).

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TheCall Asuza: The Opportunity of a Lifetime Knocks at Our Door

What if our generation is pregnant with birthing the next Great Awakening and **TheCall Azusa** on April 9, 2016, is a tipping point?

If this might really be the case, what would it look like if this unified body of Christ assembling in Los Angeles for the 110th anniversary of the Azusa Street Revival, knew the depths of God's history there to be able to draw from and tap into the power of the testimony? What kind of focused prayers and greater signs, wonders, miracles and stewardship of the awakening might take place because of this investment?

Now is our time to arise and shine. Today is the day to dive in and not look back, to remain focused on Jesus, to immediately respond to the leading of the Holy Spirit and to lean into the Father's heart. Now is our moment as a generation to shine.

As a generation, we have been given a great opportunity to shift the culture of what the next 100 years and more can look like. What if once this billion-soul harvest is released, the new believers immediately get welcomed into the family of God, are discipled and activated in signs and wonders all coming from a place of intimacy with Jesus?

What if people are knit together in covenant relationships with the family of God who will encourage and cover them as they follow the leading of the Spirit even into dangerous places? We have such an awesome opportunity to create a

culture of family, love, intimacy, and power to welcome the new Christians into. What are we going to do with the responsibility God has entrusted us with?

We were born for such a time as this. God has called and equipped us to stand together with one another. He has promised to be with us always.

To position yourself to step into what God has for us in our day, I encourage you to receive impartation from the Welsh Revival (1904-1905) video above. This revival preceded and was an important catalyst for the Azusa Street Revival (1906).

The ladies of Destiny House watched this video during one of our Monday night family times and after it ended, we waited on the Lord. The presence of God was thick in the room. After some silence, prayer broke out, then I could hear weeping. Bodies covered the floor. A couple of the ladies were so rocked by God's presence after watching this that they never made it back home that night but lay there encountering God deep into the night. I pray the same refining fire falls upon you as you watch.

Be also encouraged by an exhortation by Azusa Street Revival participant Frank Bartleman written in June 1906, just months after the Azusa Street Revival broke out:

"Opportunity once passed, is lost forever. There is a time when the tide is sweeping by our door. We may then plunge in and be carried to glorious blessing, success and victory. To stand shivering on the bank, timid or paralyzed with stupor, at such a time, is to miss all, and most miserably fail, both for time and for eternity. Oh, our responsibility! The mighty tide of God's grace and favor is even now sweeping by us, in its prayer-directed course.

"'There is a river whose streams make glad the city of God, the holy dwelling place of the Most High' (Ps. 46:4). It is time to 'get together,' and plunge in, individually and

collectively. We are baptized 'in one Spirit, into one body' (1 Cor. 12:13). Let us lay aside all carnal contentions and divisions that separate us from each other and from God.

"If we are of His body, we are 'one body.' The opportunity of a lifetime, of centuries, is at our door, to be eternally gained or lost. There is no time to hesitate. Act quickly, lest another take thy crown. Oh, church of Christ, awake! Be baptized with power. Then fly to rescue others. And to meet your Lord."

To learn more about the Azusa Street Revival check out *Spirit Flood: Rebirth of Spirit Baptism for the 21st Century (In light of the Azusa Street Revival)* and to be catalyzed to write literature that will set this world aflame with the love and fire of God check out *Writing in the Glory*. Join us at Destiny House Redding Friday mornings 8-10 a.m. for worship, prayer and testimonies. Many blessings and fire! {eo}

In addition to authoring Silver to Gold, Spirit Flood, Water to Wine and Life on Wings, Jennifer A. Miskov has supported Bill Johnson and Heidi Baker on several writing projects. She was ordained with Iris Global on New Year's Eve 2011 by Heidi Baker. Shortly after, she walked through one of the most stretching times of her life to establish Destiny House in February 2012. She also launched the first of the Annual Healing and Revival Retreats at Carrie Judd Montgomery's Home of Peace that year. Jen currently teaches a few classes at Bethel School of Supernatural Ministry and SUM Theological Seminary as well as hosts Writing in the Glory: How to Write and Publish Your 1st Book workshops.

41 Days Before Easter: Messiah's Throne

In this video devotional from Israel, leading up to the celebration of Jesus' death and resurrection, Christian author and Pastor Jamie Buckingham said many Jews believed the Messiah would come as a "thundering prophet" like Jeremiah. Many others believed He would be like Moses or Judas the Maccabee.

"The disciples struggled with that," Buckingham said. "As Jesus' crucifixion drew nearer, they began to realize that Jesus was not the Messiah the rabbis had taught them to expect. He was more like the Messiah prophesied by the prophet Isaiah 700 years before His birth."

No matter how He appeared, Jesus is indeed the Messiah, the Anointed One. Take a moment to watch this video and worship Jesus as your Savior. {eoa}

*For more information on **Jamie Buckingham** and his ministry, please visit .*