

# Food Management: 5 Ways to Cut Cancer Risk

The World Health Organization last month labeled one of the most widely used weed killers—the active ingredient in Monsanto’s popular herbicide Roundup—a “probable human carcinogen,” raising new concerns about agricultural chemicals.

The decision, by the WHO’s International Agency for Research on Cancer, deems glyphosate—a staple of commercial farming worldwide—an all-but-certain cause of cancer. That designation has prompted the Environmental Protection Agency to initiate a new evaluation of its safety, even though Monsanto argues the chemical is safe.

In the meantime, health and nutrition experts say consumers to take active steps to reduce their exposure to glyphosate as a precaution.

“Exposure can come through water, air and a variety of foods including produce and animal products,” notes Marisa Moore, a registered dietitian nutritionist and spokesperson for the American Academy of Nutrition & Dietetics. “Unless you are growing your own produce from seed in soil that has not been treated with a specific chemical, you cannot guarantee the amount of residue you might encounter.”

Consumers can significantly limit their potential risks from glyphosate and other agricultural chemicals by taking a few simple steps:

- 1. Wash produce.** Thoroughly washing fruits and vegetables—including bagged lettuce—can remove surface chemical residues from such foods, as well as surface bacteria and other causes of foodborne illnesses. But keep in mind that agricultural chemicals can penetrate produce, so washing them

will not entirely eliminate chemical residues.

“According to the Environmental Protection Agency, washing will not remove all pesticide residue from the surface of fruits and vegetables,” Moore tells *Newsmax Health*. “However, washing and scrubbing fruits and vegetables under running water may get rid of small amounts of pesticides or agricultural chemicals from the surface.”

**2. Peel fruits, veggies.** Removing the skin or surface leaves of lettuce, cabbage, and other conventionally grown fruits and vegetables won't take away all chemical residues from non-organic foods, but can cut levels significantly.

“You can reduce but not eliminate your exposure to pesticides, herbicides and other chemicals by peeling fruits and vegetables or removing the outer leaves of certain vegetables,” Moore notes.

**3. Buy organic.** The most obvious and effective way to reduce your risk is to buy fruits and vegetables grown organically. To be labeled “organic,” a product has to be made with organic ingredients and certified by the U.S. Department of Agriculture. But keep in mind, it still doesn't mean the product is completely organic—it can contain up to 5 percent nonorganic ingredients.

“To reduce exposure you can buy your produce from organic farmers who don't use the pesticide you're trying to avoid,” Moore tells *Newsmax Health*. “But remember there are a number of different pesticides and herbicides used in farming and regular testing shows that eaten in typical amounts the residues don't carry a food safety concern.”

**4. Choose foods wisely.** If you don't want to buy only organic produce, you can still greatly reduce your risks by purchasing only certain foods that are grown without chemicals—those that top federal government lists of those with the most pesticide residues.

“The U.S. Department of Agriculture tests produce for pesticide residues every year,” Moore notes. “Certain fruits and vegetables like apples and sweet bell peppers often top the list but it changes year to year. Some of these foods that top the list may be worth buying organic.”

According to the Environmental Working Group’s annual “Dirty Dozen” list of produce with the most pesticide residues, issued last month, apples have the highest levels, followed by peaches, nectarines, strawberries, grapes, celery, spinach, sweet bell peppers, cucumbers, cherry tomatoes, imported snap peas and potatoes.

The EWG also found that two types of produce, green leafy greens and hot peppers, were so contaminated with pesticides that they deserved a category of their own, the “Dirty Dozen Plus.”

The advocacy group’s “Clean Fifteen” list of fruits and vegetables with the least amount of pesticides includes (with only 1 percent showing pesticide residue), sweet corn, pineapples, cabbage, sweet peas (frozen), onions, asparagus, mangoes, papayas, kiwi, eggplant, grapefruit, cantaloupe and cauliflower.

Almost two-thirds of the produce samples tested by the USDA contained pesticide residues. The EWG estimates that people can lower their pesticide exposure 90 percent by avoiding the most contaminated fruits and vegetables and eating the least contaminated instead.

“Know which ones have the highest amounts of pesticides so you can opt for the organic versions, if available and affordable, or grab a snack off the ‘Clean Fifteen,’ ” said EWG senior analyst Sonya Lunder.

**5. Use safer household alternatives.** Roundup and other products containing glyphosates are not only used in agriculture, but also in household and commercial-property

applications.

According to the University of Maryland, it is commonly applied in nurseries, greenhouses, lawns, landscapes, golf courses, rights-of-way, and elsewhere. In homes and gardens alone, Roundup is it is the second most-used herbicide and may account for up to 90 percent of chemical applications in landscape beds.

Numerous non-toxic alternatives are available to kill weeds and keep plants healthy in and around the home and commercial settings—including those made with vinegar (acetic acid), fatty acids (soaps) and essential oils (extracts of clove, peppermint, pine and citronella) can all act as herbicides, experts note.

*For the original article, visit*

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## **You Won't Believe What the Devil Said to Me!**

Life is not always easy. Ministry is not always easy. When people break their word to you, it's disappointing. When people close to you malign you, it's hurtful. When you are sick and tired and see no rest in sight, it's easy enough to grow weary in well doing and fainting doesn't sound like such a bad thing. At least you'd get some rest.

I've been there more than once—and you probably have too. Daniel 7:25 says the enemy comes to weary the saints but Paul told the Galatians not to grow weary. There's tension between those two verses. The devil really is roaming about like a roaring lion seeking someone to devour (see 1 Peter 5:8) and

we a really are more than conquerors in Christ Jesus (see Rom. 8:37).

As warriors, we labor in the Spirit to push back darkness and make the paths straight for Christ to have His way. We make intercession to see His kingdom come and His will be done on earth—or in any given situation—as it is in heaven. But we're wrestling against principalities, powers, rulers of the darkness of this age and spiritual wickedness in high places to get the job done (see Eph. 6:12).

### **You Won't Believe What the Devil Said to Me**

That's it in a nutshell. Sometimes I just get tired. One time, when I was completely worn out, had just been betrayed, was physically sick, facing unexpected pressures and generally disappointed, the devil said this to me:

"Your life would be so much easier if you would just work a job, go exercise at night, then come home and relax and watch TV. It would be so much easier for you. Think about it."

Of course, I knew it was the voice of the enemy. There was no doubt about where this not-so-subtle suggestion was coming from. And I did think about it for a minute. I agreed quickly with my adversary. I thought to myself, "That's right. My life sure would be a lot easier if I just got a regular job, worked my 8 hours, then came home and watched TV. It sure would be. Yes, indeed. No doubt about it."

### **Are You Listening to the Enemy?**

I didn't meditate on that long, of course, because I don't want those seeds planted in my head. I always say the best thing I've got going for me is that I just refuse to give up. My testimony is: "I'm still here." I actually found it amusing that the enemy thought he could turn me away from God's will so easily, especially after everything I've been through already.

I called one of my intercessors and shared with her what the devil told me. She said he was telling her the same thing! That's when it struck me. I am convinced the devil is using that same line on many in the body of Christ who are just tired, worn out, weary and about to faint. And I wonder how many are listening.

The problem with that "your life would be so much easier" line from the enemy is it seems true. Life would be so, so much easier if we didn't press in to God's calling. Or would it? Would we really be content knowing that we're disobeying God? Do we really believe that the enemy would stop attacking just because we lay down our weapons? Do we really believe that the warfare would stop just because we backed off God's plan?

### **The Devil Is a Liar**

The devil is a liar. He wants us to think that if we stop going hard after God that life will be easier, less stressful. It may be easier in a certain sense but don't be deceived. There is no peace when you are not on God's path. There is no joy in willful disobedience to Him. Don't fall for this line of the enemy.

If we love God, we will keep His commandments (see John 14:15). We need to determine to present our bodies to God as a living sacrifice, which is our reasonable service considering all He's done for us (see Rom. 12:1). If we are willing and obedient, we will eat the good of the land even if it looks like the land is parched right now (see Is. 1:19).

Beloved, don't let the enemy wear you out and run you down. Some time ago, I shared with you all a powerful prophetic promise for the weary. Now may be a good time to go back and read that. But let me leave you with this encouragement:

Wait on the Lord. Expect Him. Look for Him. Hope in Him. He will cause you to soar above the storms in your life like an eagle soars above the clouds in the sky. He will give you a

prophetic perspective on your situation so you can see the proverbial forest instead of getting overwhelmed by the trees. He will give you strength to continue pursuing His will. Greater is He who is in you than he that is in the world. You can do this!

*Pockets of true revival are breaking out across America. Want to know more about the next great move of God? Click here to see Jennifer LeClaire's new book, featuring Dutch Sheets, Reinhard Bonnke, Jonathan Cahn, Billy Graham and others.*

**Jennifer LeClaire** is senior editor of Charisma. She is also director of Awakening House of Prayer in Fort Lauderdale, Florida, and author of several books, including *The Next Great Move of God: An Appeal to Heaven for Spiritual Awakening*; *Mornings With the Holy Spirit*, *Listening Daily to the Still*, *Small Voice of God*; *The Making of a Prophet* and *Satan's Deadly Trio: Defeating the Deceptions of Jezebel, Religion and Witchcraft*. You can visit her website [here](#). You can also join Jennifer on Facebook or follow her on Twitter.

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## **WATCH: What To Do If Your Child Leaves the Faith**

If you're a Christian parent you've probably read this scripture from the book of Proverbs: "Train up a child in the way he should go and when he is old he will not depart from it."

If your child has wandered away from the faith, you may be tempted to blame yourself.

But many Christian scholars say that scripture is often taken out of context. In an article published by , author Mark Harper says most people are missing the point of that verse.

“It’s not a scripture about salvation. The scripture is simply saying that through consistent discipline, you can train your children to behave. Herein lies the problem. Salvation does not come through obeying the rules,” Harper wrote.

“One problem is that we mix the scriptures on evangelism and parenting and we tend to think they are the same when it comes to children,” he said.

What should parents do if their child leaves the Christian faith? Dr. Linda Mintle, family therapist and author, answered this question and more. Click play to watch.

For the original article, visit .

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## **How the Busiest Moms Can Still Get Fit**

This week, I have the honor of speaking to a group of MOPS. I should clarify ... “MOPS” stands for “Mothers of Preschoolers” (I haven’t spoken to inanimate objects since I was a little girl and taught kindergarten to my “Winnie the Pooh” stuffed animals, and a few Beanie Babies).

I was asked to speak about the importance of exercise and healthy eating and how moms do in fact show love to their children and husbands when they devote time to taking care of themselves, as counterintuitive as that may seem. The fitter they become, the better equipped they will be to face life’s

challenges, both routine and unexpected, with confidence, vigor, energy, and strength.

In preparation for this talk, I sent out a two-question survey that posed the following questions:

- What is your number one reason for getting fit?
- What is the biggest hindrance to getting your workout in?
- 10-minute AMRAP (“AMRAP” means “As Many Rounds as Possible”)
- 20 reverse lunges (10 each leg)
- 15 goblet squats (holding kettlebell, dumbbell, or other weighted object, such as a heavy book or purse)
- 5 burpees

Fifty-one percent of those surveyed said their main motivation for wanting to get fit is to be healthy for their families. To the second question, 51 percent answered that “Time” is their biggest workout obstacle.

In a separate article, I thoroughly explore the subject of motivation, and the lack thereof, and submit that our primary reason for pursuing fitness should be because it is honoring to the Lord. I write that, *“when we choose to neglect exercise, we choose to disobey the call to keep our bodies, our temples, tidy and strong. By forgoing exercise, we set ourselves up for a future of poor health and, ultimately, a shorter life devoid of the strength, energy, focus, and confidence that work to advance God’s kingdom.”*

Since, as I said, I’ve written previously on motivation, today I will focus on the majority’s answer to Question No. 2: *“Time.”* One of the Powerpoint slides I created bears this simple sentence in big, bold, inescapable letters:

*“A 15-minute workout is just percent of your day.”*

In other words, generally speaking, we have no excuse to skip

exercise.

I am not a mom, but I know more than a few of them who have chosen (notice that it is a conscious decision) to find the time in their busy schedules to work out. From making use of their gym's childcare service while they take a class or hit the weights, to making a fitness studio out of their living room while the baby is napping, or letting the kids double as enthusiastic workout buddies, countless moms have found effective ways to make—and keep—exercise a part of their daily routine.

To improve our heart health and prevent the risk of heart disease and stroke, the American Heart Association recommends that we get 150 minutes of moderate exercise each week, or—here's the good news—just 75 minutes of vigorous exercise each week. Alternatively, you can opt for a combination of these two modes of exercise, switching between moderate and vigorous activity for 30 minutes a day, five times a week.

When it comes to helping people make time for working out, I'm a big fan of the AHA's middle suggestion, because 75 minutes vigorous exercise can be attained with just five 15-minute sessions a week! The kicker, however, is that these short-duration workouts need to be intense, meaning heart rate-elevating, muscle-pumping, perspiration-producing, endorphin-releasing workouts, the kind that may be tough while they're transpiring, but will make you feel oh so glad you stuck it out when the fifteen minutes are up. There's nothing like finishing a challenging workout, knowing you gave it everything you had and that you made it happen despite a myriad of voices, chores, excuses, and distractions trying to pull you away from it.

*“No discipline is enjoyable while it is happening—it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way.” (Heb. 12:11, NLT).*

As I mentioned above, the time to work out is already there, a hidden treasure accessibly buried within the 1,440 minutes of your day. It's your choice to discover it, dust it off, and give it fifteen itty bitty minutes under the spotlight with no interruptions or spontaneous plans, and no backing down because you "don't feel like it" or would prefer to start tomorrow.

Remember, we are to present our bodies as a living sacrifice, "holy and pleasing" to God. This, the Bible says, is "[our] true and proper worship" (Romans 12:1, NIV). Exercise is an act of obedience, not necessarily convenience. It's a discipline, like Hebrews says, that produces a rich harvest of health, boasting benefits for your entire being, from the way you think, look, and feel, to how you overcome sickness, prevent disease, and interact with your children's children when you're seventy years old.

I pray that you choose obedience. For many moms I know, working out began as a chore, a thorn in their side that caused unwanted pain in their muscles, sweat on their brows, and even stress in their life. It took weeks, if not months, for them to adjust not only to the workouts themselves, but to allowing themselves the time to do them.

Many moms initially feel guilty for not devoting every minute they can to tending to their children's needs or spending precious hours playing with them, reading to them, etc. But as they continue to trust that they are actually showing love to their families by taking care of their bodies, they begin to enjoy their fifteen or so fitness-only minutes. And sure enough, working out transforms from duty to *joy*, from burden to *blessing*.

I would like to give you a sample workout that you can do at home, one that I hope will prove to you that fifteen minutes truly is all it takes to challenge your body and become fitter, one repetition at a time. (For over 100 at-home

workouts, check out my book, *Perfect Fit: Weekly Wisdom and Workouts for Women of Faith and Fitness*).

First of all, it's extremely important to warm up before you begin any sort of physical activity. But don't worry—the warmup is part of the fifteen minutes! Never, never skip the warmup as doing so could result in injury.

## **Warmup**

- 2 rounds
- 20 arm circles forward
- 20 arm circles reverse
- 10 mountain-climbers (right/left is 1 rep)
- 20 butt-kicks (20 each side)
- 20 high-knees (20 each side)
- 10 scorpions (5 each side)
- 5 air squats

## **Workout**

### **Exercise Instructions:**

#### **Arm Circles (Forward and Backward)**

- a. Stand in a neutral position with feet hip-width apart. Your arms should be straight out to the sides so your body forms a "T."
- b. Begin making slow circles in a forward motion with your arms, then gradually make larger ones and complete the given number of repetitions.
- c. Repeat in the opposite direction.

#### **Mountain-Climbers**

- a. Place your hands on the floor, slightly wider than shoulder-width. Step out with your feet to assume a plank position.
- b. While holding your upper body in place, alternating bringing the right and left knees toward your chest.

c. Keep your hips down and increase the intensity by performing the movement faster as you feel comfortable.

### **Butt-Kicks**

a. Begin by jogging normally, either in place or traveling for a short distance.

b. Then begin raising your heels up toward your bottom as you jog, using rapid, forceful movements. Again, you may either do these in place or traveling.

### **High Knees**

a. Begin jogging, either in place or over a short distance.

b. Drive one knee up toward your chest and quickly return it to the ground. Follow immediately with the opposite knee.

c. Continue alternating for the given number of repetitions.

### **Scorpions**

a. Lie face-down on a mat or on the floor. Stretch your arms out to either side, forming a T.

b. Lift your left leg away from the floor as far as you can, then move it to the right, crossing it over your right leg. As you do this, twist your hips to the right, allowing the left leg to touch the ground on the right side.

c. Return your left leg back to starting position and repeat the movement with your right leg.

### **Air Squats**

a. Stand with your feet spread apart at a distance slightly wider than the shoulders. Position your feet so that your toes angle out. This angle varies from person to person, but should be about 30 degrees. Keep your weight on the heels to prevent yourself from rolling up onto the balls of your feet.

b. Keep your chest up, shoulders back, head up. This helps promote a nice, safe, intact lumbar curve.

c. Place arms straight out in front of your chest. The arms should be in a comfortable position as they act as counter balance to the motion of the exercise.

d. Bend your knees as you lower yourself down. Pretend there is a chair behind you that you're reaching back to sit on. Your knees should track over your feet and never jut out over them. In other words, your knees should be pointing in the same direction as your toes. If you find your knees starting to cave in, focus on pushing them out. A good way to achieve this is by imagining you are tearing the floor apart with your feet.

e. The push back up should be generated from your hamstrings and glutes. Your chest and head should remain pointing straight forward. As you rise, your arms will probably lower back to your sides naturally. Make sure your knees keep tracking with your toes and do not begin to buckle inwards. Also be sure and keep your lumbar curve intact (curved). Generally speaking, if you have your chest and head up, your lumbar curve will be in the correct position.

## **Reverse Lunges**

a. Stand with feet shoulder-width apart, torso upright with arms hanging straight at your sides.

b. Take a slow, controlled lunge backward with one foot.

c. Lower your hips so that your front leg becomes parallel to the floor. At this point your right knee should be positioned directly over your ankle and your front foot should be pointing straight ahead. Your left knee should be bent at a 90-degree angle and pointing toward the floor. Your left heel should be lifted.

d. Push through both feet to straighten your legs. Bring your left foot back to meet your right in the starting position. Repeat on the other side, and continue alternating for the given number of repetitions.

## Goblet Squats

- a. Hold the weight at your chest. Stand with feet shoulder-width apart, torso upright.
- b. With the kettlebell against your chest, squat down with the goal of having your elbows slide down along the inside of your knees. It's okay to have the elbows push the knees out a bit as you descend. Focus on keeping your back flat.
- c. Rise out of the squat by driving through your heels.

## Burpees

- a. Lower your body down using proper squat form. Place hands on the ground in front of you.
- b. Jump your feet back to a plank position, then quickly lower your chest to the ground.
- c. Push yourself back up to a plank position and jump your feet back in toward your hands.
- d. Jump back up and simultaneously clap your hands behind your head. Stand all the way, extending the hips fully before beginning your next rep.

*NOTE: To modify this exercise, you may eliminate the push-up component. To further modify for beginners, you may also walk your feet out and back in instead of jumping them out and in.*

**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 [www.dianataylor.com](#), and she is the owner and a coach at CrossFit 925. Diana can be reached on Twitter.

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

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# Keep This Prevalent in Your Diet to Stay Alert in Your Old Age

If you want to keep your mind in good shape as you get older, try eating leafy green vegetables every day.

Researchers studied more than 950 older adults for five years and found that those who ate vegetables held onto their mental abilities better than those who didn't.

"With baby boomers approaching old age, there is huge public demand for lifestyle behaviors that can ward off loss of memory and other cognitive abilities with age," Martha Clare Morris, assistant provost for community research at Rush University Medical Center and leader of the research team, said.

"Our study provides evidence that eating green leafy vegetables and other foods rich in vitamin K, lutein and beta-carotene can help to keep the brain healthy to preserve functioning."

People who ate up to two servings of vegetables per day had a higher cognitive ability than younger people who consumed none.

"Losing one's memory or cognitive abilities is one of the biggest fears for people as they get older. Since declining cognitive ability is central to Alzheimer's disease and dementia, increasing consumption of green leafy vegetables could offer a very simple, affordable and non-invasive way of potentially protecting your brain from Alzheimer's disease and

dementia," Morris said.

Researchers found that vitamin K, lutein, folate and beta-carotene were most likely helping to keep the brain active and healthy.

"No other studies have looked at vitamin K in relation to change in cognitive abilities over time, and only a limited number of studies have found some association with lutein," Morris said.

*For the original article, visit .*

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## **5 Signs of an Emotional Affair**

It normally starts with a rough patch in the marriage. One spouse feels rejected. She doesn't feel like he pays attention to her or he feels like she is never interested in sex.

Someone gets hurt, maybe even repeatedly. The feelings and voices replay over and over again, "He doesn't appreciate me." "She never shows me affection." "He takes me for granted." "She doesn't love me."

Then it happens. While at work or a party, there is an interaction with someone of the opposite sex. The person feels good and excited, two emotions that haven't been felt in a while. These are all of the things they used to feel with their spouse. They can't wait for the next time they see or talk to that person. After a while, they look forward to interacting with that person more than their spouse.

Emotional affairs are a real and painful form of infidelity.

However, at what point has the line been crossed? Answering yes to the following questions are signs you are having an emotional affair or headed that way:

**1. Are you hiding things from your spouse?** This is the biggest and most telling signal. The moment you keep secrets from your spouse about relationships with others, the betrayal begins. Deleting texts and emails, putting passwords in place to restrict access or starting a new email account your spouse doesn't know about crosses the line.

**2. Do you feel a greater connection to this person over your spouse?** Do you feel like this person understands you more than your spouse? Are you having more deeply personal talks with this person than with your wife? Do you talk to her about your marital problems? If you find yourself leaning on this person for emotional support, your connection with them is going to grow as will your disconnection with your spouse.

**3. Do the two of you flirt with one another?** Giving someone a compliment is fine; however, flirting is a violation. Flirting is being overly or strategically complimentary. It is sending someone signals that you are attracted to them and open to their reciprocated affection. It is gazing eye contact and suggestive touching with a spirit of attraction. It's important to be honest about your intentions because the other person will pick up on your feelings and so will your spouse.

**4. Do you daydream about this person?** When you are with your spouse are you preoccupied with thinking about the other person? Do you think about her more than your wife? Do you get excited when you think about your interactions, replaying the old ones and looking forward to the next time? At this point, your heart is entangled. The more time you spend thinking about the other person the more cracks appear in your marriage. Your spouse will sense the problem and feel the neglect.

## **5. Do they fill a “missing piece” in your life or marriage?**

Whether it is lack of attention, hurt feelings or just boredom, something is missing in your marriage. Are you trying to fill that hole with this “friend”? Do they give you things your marriage no longer does? If you are finding the attention you lack or are experiencing the thrill you used to feel for your spouse, you are there. As long as you are finding those things from a person other than your spouse, your marriage will continue to lose more life and be in danger.

What are some other signs of an emotional affair?

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# **3 Ways to Rebuild Trust in a Relationship**

About five years ago, I wrote this post and decided to tweak it a bit and bring it to you once again. Why? Not only was it a popular topic, but also so many people who comment on my blog have struggled tremendously because trust in their marriage has been breached.

They want to know how what needs to occur to have the foundation of trust restored in their relationship. While I’ll specifically be addressing this issue in the context of marriage, the principles apply to all relationships.

Before a couple can start restoring trust in their marriage,

there needs to be an admission of wrongdoing by the offending spouse, a sincere request for forgiveness and granting of forgiveness by the offended mate. I've addressed those issues in my past blogs on giving forgiveness and two personal stories for forgiveness: Corrie ten Boom and the family of Ed Thomas.

Do you need to rebuild trust in your relationship? If so, there are a few things you need to know.

First, notice that the word "rebuild" implies that a relationship has been torn down and needs to be established once again. Something you said or didn't say, did or didn't do to your spouse, child, relative or friend has adversely impacted your relationship with them.

Second, trust is not something that anyone owes you. Trust must be earned. That means that you need to provide something to the other person in order for them to trust you once again. It is not something you just do one time, but rather need to display them consistently, day in and day out, over a period of time.

Third, in order to trust you, the other person must have complete confidence that from this day forward:

**1. You are who you say you are.** Your spouse needs to know that you are genuine and you are the real deal. Whether you are with your family, friends or coworkers, your spouse needs to see that you are the same person wherever you are and whoever you are with. They need to see you living a consistent life. Your spouse needs to know that you are rock solid, not a person whose personality or behavior is constantly shifting.

Also, when you and your spouse got married, you promised to be there for each other "for better, for worse, for richer, for poorer, in sickness and in death us do part." You also committed to become "one flesh." That means the other person should be able to rely upon those promises—that you will not

tear the marriage apart and that you will be there, as their husband or wife, no matter what happens.

**2. You will always speak the truth.** There are no such things as “little white lies” or “half truths.” What you say is either true or it is not. Let me illustrate. If your wife asks you something simple like, “What have you been doing?” Don’t just say, “Mowing the lawn.” If you have also been watching television and checking emails, say so. Remember: Truth is the whole truth. To rebuild trust, speak truth in everything, big and small. Doing so will help build the other person’s confidence in your trustworthiness.

Speaking truth also means not keeping secrets from your spouse. Whether it’s a purchase you made, an addiction you have, an illness you’re experiencing or where you’ve been, nothing should be kept from your spouse. A surprise party may be an exception! Sharing challenges, problems, and your emotions with your spouse may be difficult initially, but will help rebuild trust and ultimately intimacy in your relationship.

**3. You will always do what you say you’ll do.** In simple terms, when you say you’ll do something, the other person can *check it off the list* or *take it to the bank*. It’s a *done deal*. If for some reason you are unable to do it, let the other person know immediately. Also the seeds of suspicion and distrust seem to germinate when the person working to rebuild the trust does unpredictable things. For example, if you are going to be unusually late coming home from work, tell your spouse and let him or her know why.

As you rebuild trust in your relationship, remember that one of the best things you can do is to ask the other person, “What can I do to earn your trust once again?” Then be sure to listen carefully and take action.

Are you needing to rebuild trust in some area of your

relationship with your spouse? Are these thoughts on how to rebuild that trust helpful?

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## **3 Ways to Mend Trust in a Relationship**

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Second, trust is not something that anyone owes you. Trust must be earned. That means that you need to provide something to the other person in order for them to trust you once again. It is not something you just do one time, but rather need to display them consistently, day in and day out, over a period of time.

Third, in order to trust you, the other person must have complete confidence that from this day forward:

**1. You are who you say you are.** Your spouse needs to know that you are genuine and you are the real deal. Whether you are with your family, friends or coworkers, your spouse needs to see that you are the same person wherever you are and whoever you are with. They need to see you living a consistent life. Your spouse needs to know that you are rock solid, not a person whose personality or behavior is constantly shifting.

Also, when you and your spouse got married, you promised to be there for each other “for better, for worse, for richer, for poorer, in sickness and in death us do part.” You also committed to become “one flesh.” That means the other person should be able to rely upon those promises—that you will not tear the marriage apart and that you will be there, as their husband or wife, no matter what happens.

**2. You will always speak the truth.** There are no such things as “little white lies” or “half truths.” What you say is either true or it is not. Let me illustrate. If your wife asks you something simple like, “What have you been doing?” Don’t just say, “Mowing the lawn.” If you have also been watching television and checking emails, say so. Remember: Truth is the whole truth. To rebuild trust, speak truth in everything, big and small. Doing so will help build the other person’s confidence in your trustworthiness.

Speaking truth also means not keeping secrets from your spouse. Whether it’s a purchase you made, an addiction you

have, an illness you're experiencing or where you've been, nothing should be kept from your spouse. A surprise party may be an exception! Sharing challenges, problems, and your emotions with your spouse may be difficult initially, but will help rebuild trust and ultimately intimacy in your relationship.

**3. You will always do what you say you'll do.** In simple terms, when you say you'll do something, the other person can *check it off the list* or *take it to the bank*. It's a *done deal*. If for some reason you are unable to do it, let the other person know immediately. Also the seeds of suspicion and distrust seem to germinate when the person working to rebuild the trust does unpredictable things. For example, if you are going to be unusually late coming home from work, tell your spouse and let him or her know why.

As you rebuild trust in your relationship, remember that one of the best things you can do is to ask the other person, "What can I do to earn your trust once again?" Then be sure to listen carefully and take action.

Are you needing to rebuild trust in some area of your relationship with your spouse? Are these thoughts on how to rebuild that trust helpful?

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## **7 Tips For How to Deal With Allergies**

If you suffer from allergies you are not alone. It's estimated one out of every four people suffers from either pollen from trees, which is common in the springs, grass in the summer or weed pollen in the fall.

Some people, poor things, deal with all of the above!

### **Check the Forecast**

If you tend to sneeze and wheeze, check your local weather forecast to see when the pollen is going to be the highest. Rainy days, or shortly after a rain are the times when it's the lowest, as well as days when there isn't much wind.

### **Close the Windows**

Since pollen is in the air, close your windows and use your air conditioning. It helps to cool, dry and clean the air. Same thing with your car: windows up, air conditioning on.

### **Keep Pollen Out of Your Home**

Change your clothes when you come inside, because you're likely covered in pollen, which you don't want to bring into the house. Don't forget to wash your skin and hair. Also wash your bedding frequently in hot water.

### **Manage Outdoor Time**

Pollen is at its worst from 5:00 to 10:00 in the morning. So if possible, wait until later to go outside. Go the extra mile if you will be outside for a long time doing an activity such as gardening or mowing the lawn, by wearing an N-95 mask for added protection. You can find these at most home improvement stores. They're especially useful if you plan on mowing the grass or gardening, although if you can afford to, it's best to pay someone to perform these tasks and save yourself the discomfort.

### **Anti-Allergy Diet**

Believe it or not, your diet can help reduce outdoor allergy symptoms. Adding Omega-3 fatty acids, particularly fish oil, can reduce inflammation. The best fish are cold water ones, such as salmon or tuna. Fish oil supplements also do the trick.

Antioxidant foods can relieve your allergic symptoms, too. That includes a wide variety of fresh fruits and vegetables.

Topping the list are broccoli and blueberries.

### **Take Supplements**

Also quercetin helps. This is found in foods like onions and apples and is also available in supplement form. Vitamin C, in foods or supplements, including the powdered form, is also helpful for combatting allergy symptoms.

### **Pharmaceuticals**

Over-the-counter medications sometimes help allergy sufferers, although many people do not find relief from them. Claritin and Allegra are popular because they typically do not cause drowsiness the way some other allergy medications do. Be careful not to over-use nasal sprays, because they can lead to dependence on them. Those warnings are listed on the product's package.

If over-the-counter drugs don't relieve your symptoms, see your doctor. Sometimes prescription medications work.

However, the most effective treatment is immunotherapy, otherwise known as allergy shots. The injections contain tiny, but increasing, amount of the allergen, which increases the immune system's tolerance so over time you can decrease or eliminate your symptoms altogether. Patients start off by getting a shot once a week, then taper-off to once every six weeks.

*For the original article, visit .*

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# **WATCH: The Hardest Sin to**

# Spot

We are called to contend for truth. But shouldn't that truth come from a broken, loving and humble attitude that does not enjoy pointing out others' faults?

Watch Shane Idleman talk about "The Hardest Sin to Spot:"