

Don Colbert: Healthy Holiday Alternatives

Studies show most people gain a few pounds over the holidays. People who are already overweight tend to gain the most.

The bad news is most people keep those extra pounds for life—and it keeps adding up year after year. Here are a stocking full of ways to make the holidays healthier and the New Year less depressing.

1. Don't try to lose weight over the holidays. Maintaining your current weight may be a more practical goal. Whatever you choose to eat, eat more slowly and wait 20 minutes before deciding on a second course.

2. Make healthier casseroles. Green bean almandine with a squeeze of lemon is healthier than traditional green bean casserole. Simple peas or corn are healthier than creamed peas or corn. Use low-fat soup, increase the veggies and top it with a crunchy whole-grain cereal instead of fried onions.

3. Roasting or grilling meat, seafood, vegetables and potatoes. It's a smart, low-calorie cooking alternative that brings out the natural sweetness and flavor in foods. Roasted sweet potatoes with a sprinkle of cinnamon sugar and a spritz of butter are delicious alternative to the traditional casserole. Grilled pork chops served with a mango salsa are much healthier than pork chops smothered in mushroom cream.

4. Reduce salt by half in most recipes by substituting fresh herbs and flavored vinegars. Go easy on salty condiments, such as pickles, catsup, mustard and soy sauce. Include crunchy, raw veggies like cucumber slices, jicama sticks, carrots and celery on the relish tray. Try a new homemade dip, such as hummus and salsa.

5. When making desserts or eggnog, reduce the amount of sugar by half. Enhance “sweetness” by adding a bit of citrus, more vanilla, nutmeg or cinnamon. Try turbinado sugar, honey or molasses—their flavor means you can use less. If recipes call for sugary toppings like frosting, jams and syrup, try fresh or unsweetened frozen fruit instead. Consider chocolate-dipped strawberries. If you insist on pie, choose healthier pumpkin pie. Make it with non-fat evaporated milk, less sugar and topped with fat-free whipped cream.

6. When baking, reduce the fat by substituting unsweetened applesauce, prune puree or mashed banana. Instead of regular condensed milk, use condensed skim milk. This works with fudge as well.

7. For gravy, mix whole grain flour into cold skim milk and pour slowly into heated, fat free, low sodium broth. Stir until thickened and season to your liking.

8. Holiday beverages can add a huge number of calories. Choose low calorie choices such as sparkling water or a low-calorie punch. Alcohol releases inhibitions and can increase hunger. If you drink alcohol, choose simple beverages like wine and beer rather than high calorie, sugar filled cocktails.

9. As you plan your holiday parties, ask your guests if they have any food preferences or intolerances. Some may be lactose intolerant. Others may have cut red meat from his diet. You can't please everyone, but you can include a wide variety of healthy foods. Keep in mind most people are more health conscious today than they were a few years ago. Be part of that crowd.

Don Colbert, M.D., is board certified in family practice and in anti-aging medicine. He also has received extensive training in nutritional and preventive medicine, and he has helped millions of people discover the joy of living in divine health.

For the original article, visit drcolbert.com.

Building Hardihood in Today's Christian Man

It is not the man standing at the pew staring off into oblivion that displays the hardihood characteristics; instead it is the man on his knees at the front of the church. His presence there requires courage, boldness and confidence.

It is these traits that he will take with him from that moment. It is these traits that God will use to make him strong. And not just for that day, but the many days to come.

Hardihood—noun—bold, daring, courageous, strength, vigor.

When was the last time you heard this word? Have you ever heard of this word?

The characteristics of hardihood describe a man who is willing to be bold and take daring steps. But even more, it describes a man who is able to stand up when he falls or is resistant when facing failures or challenges.

In other words he is not afraid to face a challenge and he is ready to pick himself up off the floor if he fails. Can you say this about yourself?

Common Places Christian Men Struggle With Hardihood

First of all, I'll be the first to admit that I'm guilty. Guilty as charged. I can't count the times that I've said the phrases like the following:

- This will be the last time I do that (insert sin)
- Today is a fresh start
- Only one more time
- I'll do that tomorrow
- I'll ask for forgiveness later...

I have fallen victim to these lies in the past and I will fall to these lies in the future. I'm human and I make mistakes. The first problem with these phrases is that they represent a weak and passive man. The man who says these words over and over again has created a lie in himself. Although he knows they are lies, he proceeds to do the "sin" and ask for forgiveness later. This does not display the characteristics of hardihood. In fact, these phrases say the complete opposite.

A Man of God displaying the true hardihood characteristics might get to a point where he says one of the lines above, but the big difference will be that he sticks to it! You must say the line you choose everyday and be honest with the actions and results. Not matter how hard it may seem.

The Challenge of Hardihood

The real challenge doesn't lie in starting something, it lies in committing to something. [\(TWEET THAT\)](#) Over two years ago now I started writing this Blog. I needed a way out of saying the common phrases mentioned above. I needed something beyond the Sunday morning sermon. I needed more of God. This is the challenge of hardihood. To start something and stick with it no matter what.

Persistent courage. Resilient attitude. Active learning and listening. The hardihood lifestyle requires each man to continue down the path he started the day he said, "Today's a fresh start." But won't there be hard times? Won't there be moments when I am tempted to masturbate? Won't there be moments when I want to lust after women again? Won't there be

moments when I want another drink? Won't there be moments where I don't want to go to Church or seek out God? Yes! Yes! Yes!

These times separate the men from the boys. When these moments arise and challenge us, we must stand firm to the promise we made to ourselves and to God. Fresh start. Fresh start. Not at this moment, but still the moment in the past when you said it. This is the true challenge of hardihood.

So Why Are Men Failing And What Can You Do?

I believe men are afraid to go to that next level. It's much safer to follow a football team through the good and the bad. It's much safer to ask for forgiveness later and, when you're living from day today, it just seems easier. The hard fact is that it's not easier, in fact its harder. Tomorrow will face the same struggles as today because you are not willing to take the necessary long-term steps. So what can you do to change?

Encourage Each Other

1 Thessalonians 5:11 – Encourage one another and build each other up. On the day that you decide to say on of the phrases above or decide to make a bold change in your life, tell someone. Tell a fellow brother or close family member and have them keep you accountable. Honesty and openness is a must. Express your fresh start and allow someone to help you keep it fresh!

God Is Faithful

2 Thessalonians 3:3 – The Lord is faithful, and he will strengthen and protect you from the evil one. God knows your heart and he knows when you really mean you want a fresh start. It's critical to remember that God will give you the strength to move to the next level. Personally, I have continued to fight some hard times, but God protects, strengthens and has always been faithful to me. Ask for his

strength daily!

Consider Jesus

Hebrews 12:3 – Consider him who endured the cross and such opposition from sinful men, so that you will no grow weary and lose heart. When I think of the word hardihood, I honestly think of Jesus. He was faced with numerous kinds of risky feats and ventures, yet he continued to walk his path. With more charisma and more character than any of us could ever hope for, Jesus endured it all for us. The next time you say something closely related to the phrases above, think about the life and death of Jesus.

He followed through on his word, now we need to follow through on ours.

Be the man on his knees in the front, not the man standing in the pew waiting for something to happen. Be the man who sticks to his word no matter what. Be a strong man of God carrying the heavy characteristics of hardihood.

Faced with opposition or hard decisions, how were you able to tough it out and get through it? Were you able to display some hardihood characteristics? Share in the comments below.

For the original article, visit manturity.com.

ACLJ: We Can't Trust Iran's Good Intentions

C.S. Lewis once famously declared experience to be “that most brutal of teachers. But you learn, my God, do you learn.” The [bipartisan Iran sanctions bill](#)—sponsored by 13 Democrats

and 13 Republicans—is the product of bitter experience.

First, we have 34 years of experience with jihadist Iran and know it is and has been actively working to kill as many Americans and Israelis as it can without courting open war. Since the hostage crisis in 1979, Iran has killed Americans in Lebanon, Saudi Arabia, Iraq and Afghanistan. Its Quds force directly engaged in Iraq.

My own deployment took place largely within sight of Iran, and I know firsthand its support for various branches of the Iraqi insurgency. The best way to describe Iran's posture toward the United States is prolonged, low-intensity warfare.

In other words, we can't trust Iran's good intentions.

Second, we now have almost five full years of experience with the Obama administration's foreign policy—a policy that is most charitably described as pathetically naïve in its dealings with Islamic supremacists. The scorecard isn't pretty.

The administration has backed the church-burning Muslim Brotherhood in Egypt, an al-Qaeda-infested insurgency in Syria and motley militias in Libya that soon morphed into a force that attacked and killed four Americans left vulnerable in part because of the administration's wishful thinking. And now this same administration has made a deal with jihadist Iran that rests on Iranian good faith.

In other words, we can't trust the administration's competence.

Cognizant of these truths, what does this legislation do? It [reins in both Iran and the Obama administration](#):

The bill calls for “prospective sanctions” that go into effect if Tehran violates the nuclear deal it reached with world powers last month or lets it expire without a long-term

accord.

The measures include a global boycott on Iranian oil exports within one year and the blacklisting of Iran's mining, engineering and construction industries. The goal, according to supporters, is to strengthen the negotiating leverage of the Obama administration as it seeks to pressure Iran into a comprehensive agreement next year that would eliminate the risk of the Islamic republic developing nuclear weapons.

Under the bill, the administration would have to certify to Congress every 30 days Iran's adherence to the interim pact. Without that certification, the legislation would reimpose all sanctions that have been eased and put in place the new restrictions. Foreign companies and banks violating the bans would be barred from doing business in the United States.

These provisions are necessary and prudent. So, naturally, the administration has issued a veto threat.

If Iran builds a nuclear bomb, then nuclear war becomes far more possible and the world far more dangerous. Iran without a bomb is dangerous enough, but it is incapable of genocide against Israel or the United States.

With stakes this high, now is not the time for trust.

For the original article, visit aclj.org.

3 Proofs Christmas Is a Jewish Story

Luke gives us a beautiful glimpse of the entrance of the God-man, Yeshua, into earthly life. It was a glorious moment, no

matter when it took place:

“And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, ‘Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Savior has been born to you; he is the Messiah, the Lord. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger’” (Luke 2:8-12, NIV).

Every now and then I come across a passage and I think to myself, “Oh, how I wish I was there!” Acts 2, the road to Emmaus, the Exodus and this one. Jewish shepherds are watching over their sheep at night when suddenly an angel appears to them, announcing the birth of the Messiah.

But notice the angel’s words. *This is a Jewish story.*

1. He says this will “cause great joy for all the people.” What people? The people of Israel, of course. And we see this great joy manifested in Jerusalem in Acts 2, when the Holy Spirit is poured out, and we will see it again in the end-time revival that is sure to touch Israel (Rom. 11:26).

2. He says the baby has been born not in Rome nor in Antioch but in Bethlehem, presently a PLO-controlled city next to Jerusalem (as an Israeli, I can’t even visit the city if I wanted to) but once a completely Jewish town, home to the young shepherd David. David was a type of the Messiah, and the prophets foretold that while the Messiah would minister in Galilee (Is. 9:1-2), He would be born in the Bethlehem:

“But you, Bethlehem Ephrathah, though you are small among the clans of Judah, out of you will come for me one who will be ruler over Israel, whose origins are from of old, from ancient times” (Mic. 5:2).

3. Next, the angel does not announce the coming of a new religion called Christianity that will one day be based in Rome but simply says that the One the Hebrew prophets spoke of has come, the Messiah. For Jews, to believe in this prophesied Messiah certainly did not mean changing religions. In fact, when Gentiles began to believe in the Jewish Messiah, the Jews' first reaction was, "OK, let's get you guys circumcised and converted to Judaism." They did not understand that Gentiles could come to the Jewish Messiah without first becoming a convert to Judaism. It was a revelation to Simon Peter in Acts 10 that ultimately became doctrine in Acts 15. Now, as the one new man (Eph. 2:15) made up of Jew and Gentile, together we worship the Messiah of Israel.

Yes, Christmas, or *Messiahmas*, is a Jewish story indeed.

Ron Cantor is the director of [Messiah's Mandate International](#) in Israel, a Messianic ministry dedicated to taking the message of Jesus from Israel to the ends of the earth (Acts 1:8). Cantor also travels internationally teaching on the Jewish roots of the New Testament. He serves on the pastoral team of Tiferet Yeshua, a Hebrew-speaking congregation in Tel Aviv. His newest book, [Identity Theft](#), was released April 16. Follow him at [@RonSCantor](#) on Twitter.

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

How to Seek the God Who Is

Because we rarely release ownership of our lives on our own (even if we want to), God organizes a crisis to "assist" us in making a full surrender to the lordship of Jesus. Now, this is certainly not the pathway for every man, but in my experience it is for most of us. Suffering compels us to seek the God

that success makes us think we don't need.

It could be a marriage crisis, a crisis with our children, a health crisis, a money crisis or any one of dozens of other problems that drive that last bit of willfulness out of us.

For me, it was a business crisis. When I was a real-estate developer, I took big gambles. When a major recession hit, I was overleveraged and my world started to crumble. One day, while sitting in the rubble of my collapsing business, I was struck by an idea that I believe is the greatest lesson I've ever learned:

There is a God we want, and there is a God who is. They are not the same God. The turning point of our lives is when we stop seeking the God we want and start seeking the God who is.

I had received Christ, but it dawned on me: *Morley, what were you thinking? Did you really think any amount of reinventing God in your imagination to be the God you wanted Him to be would have one iota of impact on His unchanging nature and character?*

It finally sank in. I had wanted to change God, but God wanted to change me. He wanted me to follow Jesus with my whole heart: wherever, whenever, whatever. That's what He wants for all of us—a full, total, complete surrender to the lordship of Jesus.

So as we do our year-end/new-year reflections, let's each ask God for His grace to lead this fully surrendered life in 2014. To Him and for His glory. Amen!

Note: *The preceding is an excerpt from Patrick Morley's book How God Makes Men.*

Shingles Outbreak: Is the Chicken Pox Vaccine to Blame?

Cases of shingles, a painful rash caused by the same virus that triggers chicken pox, have increased by 39 percent since the chicken pox vaccination program was introduced in 1996.

Many experts have seen the increase as more than just mere coincidence and have blamed the vaccine. But a study released this month says that's not the case.

Dr. Craig Hales, a medical epidemiologist at the U.S. Centers for Disease Control (CDC), says he examined Medicare claims of more than 2.8 million people and found that although shingles cases did increase over the 18-year study period, cases didn't increase after the introduction of the vaccine.

Some experts, including nationally recognized health authority and neurosurgeon Dr. Russell Blaylock, aren't convinced.

"The rise in shingles cases paralleled the widespread use of the chickenpox vaccine," Dr. Blaylock tells Newsmax Health.

As for the CDC study, he believes it has little validity.

"The study is unable to truly differentiate between other factors suppressing immunity and the effects of the childhood chickenpox vaccine, and this negates their study," he says.

Chicken pox is a common illness that causes rashes and blisters all over the body and is most common in young children. The varicella zoster virus that causes it remains in the body and lies dormant until triggered years later by a weakened immune system. Shingles is a viral infection of the nerves and is extremely painful, and residual pain can last for months or years.

Dr. Blaylock doesn't believe there was ever a strong need for a chicken pox vaccine in the first place.

"Chicken pox is a very benign childhood disease, and there was no urgency to produce a vaccine," he says. "Most infectious disease docs found it laughable that they produced one."

In addition to possibly increasing the risk of shingles, the chicken pox vaccine itself is only effective for about four years, whereas natural infections offer lifetime protection. And a study published in the *New England Journal of Medicine* found that even with the vaccine, 10 percent of vaccinated children contracted the disease anyway.

The same study also found that five years after being vaccinated, children who caught chicken pox were more likely to suffer from moderate to severe infections and also had a much higher rate of complications.

"The age of infection has shifted upward because of the massive vaccination program," Blaylock says.

The age of natural infection was usually between the ages of 3 and 6, but now most cases are seen in children older than six.

"This dramatically increases the risk of severe complications," he says.

People develop shingles because their cellular immunity is suppressed, Dr. Blaylock continues, which he says the author of the CDC article, at least in part, acknowledged.

"The solution to this problem is to address the cellular immune suppression in older adults," he says. "We know that even subclinical deficiencies in even single nutrients can cause cellular immunity dysfunctions—especially the mixed carotenoids (astaxanthin especially), vitamin C, mixed tocopherols, B1, B3, B6, folate, B12 and the minerals zinc, magnesium and selenium, all of which are commonly deficient in

older individuals.”

Bad diets consisting of massive amounts of sugar, immune-suppressing oils (omega-6 oils) and tremendous free-radical production in older adults are also adding to the problem of suppressed immune systems, as well as pesticides, herbicides and fungicides and exposure to industrial chemicals.

“The answer to this problem is not to add one more vaccine—it is to boost cellular immunity by replacing deficient vitamins and minerals and using specific cellular immune stimulants, such as beta-glucan,” Blaylock says. “Cleaning up the immune-suppressing American diet is also essential.”

“Finally, the number of vaccines has increased dramatically right at the time we observed the 39 percent increase in shingles cases,” he says, “and this continues to increase.”

For the original article, visit newsmaxhealth.com.

6 Ways Your Marriage Can Thrive in a Busy Season

I’ve come to the conclusion that more often than not, we find ourselves in a busy season of life. There is always a new assignment at work, another child’s dance recital to attend, another book to read, a new trip to take, another practice to drive the kids to, another meal to cook, another day of yard work, and now Christmas. The list goes on and on.

So how can our marriages not only survive but *thrive* in these seasons? Here are six ways your marriage can thrive even through the busiest times of life:

1. Set aside a little time throughout the day. Our days often have a couple minute-long breaks here and there. So instead of checking your Twitter feed, posting on Facebook or staring off into space, make those moments count. Send a quick email or text, or make a phone call to your spouse just to let them know you are thinking about them. It's a simple way to interact frequently and consistently without taking too much time out of your schedule.

2. Be busy together. If you find that your wife has committed to serving at school next week, serve with her. If your husband is coaching your daughter's soccer team, volunteer to help coach with him. You may not be able to get rid of the obligations in your life, but you can certainly thrive in the busyness if you go through it together. This may even turn out to be a sweet opportunity for you to grow as a couple as you learn to interact in a new way and in a new place.

3. Leave notes around the house. You may not have hours to spend with your spouse each day, but you can take a few minutes in the morning or at night to jot down a quick love note and stick it somewhere you know your spouse will see it—on the bathroom mirror, on the kitchen counter or even on the steering wheel in the car. This will be a creative reminder of your love in the midst of the craziness of life.

4. Plan dates in advance. Planning ahead will always help you spend time wisely in your marriage. If you know you have a date set for next Saturday, you each will work to get things done for that special night. So sit down with your spouse in advance and pick a night you know will work for both of you. Then calendar it as a very important appointment.

5. Say "no" more. It's sometimes easier to say yes when someone asks you to do something with or for them than it is to say no. It's OK to say no more often, even to good things, so that you can focus your energy and attention on your spouse.

6. Leave more margin on your calendar. If you don't block out time on your calendar each day where you don't schedule anything, it will fill up by default. Leave room for the unexpected—the child who needs to be picked up, the call to get the A/C repaired, the friend who needs help—so that your focus can be fully on your spouse when you're together.

What are some ways in which you and your spouse have worked to keep your marriage thriving in the busy seasons of life? I'd love to hear your suggestions in a comment below.

Mark Merrill is the president of [Family First](#). For the original article, visit [markmerrill.com](#).

Passenger Vigilance Foils Terror Attack on Bus Near Tel Aviv

A potentially devastating terror attack was averted in the Tel Aviv suburb of Bat Yam on Sunday, thanks to the vigilance of the passengers aboard Dan bus No. 240. Several passengers noticed a suspicious bag that was left in the rear portion of the bus and alerted the driver, who immediately stopped the vehicle. The passengers disembarked from the bus minutes before a bomb concealed in the bag exploded.

One police sapper suffered a light blast injury and was taken to a nearby hospital for treatment.

Police officials believe the explosion was a Palestinian terrorist act. It is unknown at this time whether the attack was the work of a major terror group or a lone terrorist.

No group has claimed responsibility for the attack, but Fawzi Barhoum, a spokesman for Hamas, said in a statement that the blast was a "heroic action" in response to what he called Israel's "continued crimes against the Palestinians."

According to a report from the Palestinian Maan news agency, an Islamic Jihad official lauded the attack, saying he hoped it "could usher the resumption of suicide attacks."

"[This is] a sign that the Palestinian people no longer accept that Israeli attacks [against the Palestinians] continue without any real response," he says.

Israeli security forces have formed a joint task force to investigate the attack and apprehend the perpetrators, Army Radio reported Monday. Following the attack, the search for the perpetrators focused on roads in southern Israel.

Meanwhile, Israel Defense Forces troops operating in Judea and Samaria overnight apprehended 12 wanted Palestinians. The men were turned over to security forces for questioning.

Police spokesman Micky Rosenfeld says there were no civilian injuries in the blast. The explosion blew windows out of the bus and charred the sides of the vehicle.

"Based on the findings at the scene by bomb disposal experts, it was a terrorist attack," Rosenfeld says. "We're continuing to search the area for suspects."

He says the nature of the target and the nature of the device led authorities to determine that terrorists, not criminals, were behind the bombing.

Police Commissioner Yohanan Danino held a security assessment following the incident and ordered to bolster police presence on the ground in all major cities and main bus stations nationwide. The police further urged the public to remain vigilant and alert security forces to any suspicious objects

of individuals.

"The incident in Bat Yam proves that the threat of terror is always in the background, especially now, when [Israel] is trying to advance the peace process," Danino says.

'I'm No Hero'

The incident took place around 2:30 p.m., when the bus, which travels through Tel Aviv on its way from Bnei Brak to Bat Yam, was approaching a stop on Katznelson Street in Bat Yam.

David Pappo, 40, a resident of Bat Yam who was aboard the bus, noticed that a bag placed near the rear of the bus had a wire coming out of it and decided to look inside.

"It nearly cost me my life, but at least I helped find the bomb," Pappo said Sunday.

Pappo says a 15-year-old passenger sitting next to him alerted him to the bag.

"I didn't think twice—I looked inside and immediately realized what it was," Pappo says. "I shouted to the driver to stop and get people off the bus. I know it was a mistake to touch it, because it could have exploded, but at least I helped save lives."

Bus driver Michael Yoger, 59, has been praised by authorities for reacting quickly and ensuring his passengers' safety.

"I'm no hero. I just did what needed to be done," he said Sunday evening. "A passenger said there was a bag with wires near the rear door. I made sure that everyone was off the bus and away from it. I was the last one to get off the bus, only after I made sure all of the passengers were safe."

President Shimon Peres later phoned Yoger and thanked him and the passenger who discovered the explosive, saying their actions saved lives.

“The nation owes you a debt of gratitude, and I would like to personally congratulate you for this act of bravery,” the president said.

According to Eitan Fixman, a spokesman for the Dan bus company, there were 12 passengers on the bus when the bomb was discovered.

Foreign Minister Avigdor Lieberman denounced the attack in a post on his Facebook page, saying that it served as a reminder that the terror that threatens Israel “never rests.”

“The ‘quiet periods’ that we enjoy are the result of the important preemptive measures and work done all the time by the security services, and not because the terrorists have taken a time out because of the diplomatic negotiations or any other reason,” Lieberman wrote.

U.S. State Department spokesperson Jen Psaki issued a statement condemning the attack.

“We strongly condemn the bombing of a bus near Tel Aviv today,” Psaki said. “Violent acts targeting civilians are deplorable. We reaffirm our unshakable bond with Israel and our solidarity with the Israeli people. Our thoughts are with those affected and with the Israeli people at this time.”

Meanwhile, three other security incidents took place on Sunday. A rocket fired from the northern Gaza Strip late Sunday night exploded on a road in the Ashkelon region, causing no harm. Warning sirens sounded in the area before the explosion. Police sappers canvassed the area in the early hours of Monday morning and found the rocket’s remnants.

The second incident took place at the Mishor Adumim junction near Jerusalem, around noon Sunday, when three Palestinians attempted to attack policemen stationed at the junction’s checkpoint.

The three arrived at the checkpoint in a taxi and exited the vehicle. The policemen noticed that one of the men approaching them had drawn a knife and proceeded to restrain him. The three were arrested and turned over to security forces for questioning.

In another incident, boulders that were placed on train tracks running between the southern cities of Dimona and Beersheba caused a minor accident, which left no injuries but damaged a train engine. Israel Railways suspended all train traffic in the area for a few hours following the incident to ensure the tracks' safety.

The Beersheba police have launched an investigation into the incident. A police source says that several leads are being investigated, including the possibility of a nationalistically motivated attack.

For the original article, visit israelhayom.com.

Understanding the Differences Between Proteges, Partners and Parasites

Being involved with pastoral and apostolic-type ministry for more than three decades, I have attempted to prioritize building relationally through covenant, and mentoring. This experience has shown me that in order to be successful I must discern between three types of people: protégés, partners, and parasites.

The following are my observations regarding these three kinds

of people:

Proteges

By *protege* I mean a person who I am mentoring who is open to grow with a heart to serve together with me for the kingdom. Usually it is a younger emerging leader who I see leadership potential in, which motivates me to invest my time into him or her.

The greatest call upon my life is to mentor and nurture the next generation of leaders so that God's kingdom influence can penetrate every facet of society! In order for me to accomplish this, there has to be a generational impact in which the next generation of leaders is equipped to stand upon the shoulders of those leaders who preceded them.

A protege would develop a deep relationship of trust with me, have access to me, and allow me to speak into their life. In many cases, we have to choose our successors in every aspect of our life's work; our successors will most likely arise out of the pool of proteges we are mentoring. That being said, I am constantly looking for potential proteges to pour into—some will be short term for a season and some will have a lifetime relationship with me. Discovering a divine connection with a new protege is one of the great joys of my life!

Partners

In order to establish kingdom influence in a community, city or nation, we have to establish many partnerships. No leader, organization or church will be able to bring societal transformation by themselves!

Another great joy in my life is when God connects me to have peer relationships with other like-minded leaders who have high levels of influence in their particular spheres.

For example, in the word of God we find that in order to rebuild Jerusalem during the post-exilic era God partnered together Nehemiah, who was a politician (who received a

government grant and safe passage from the Persian king for his assignment to rebuild the walls of Jerusalem) and Ezra, a religious leader who taught the word of God to those repatriating back into Jerusalem from exile. In my more than three decades of ministry I would not have been able to accomplish much in the way of church and marketplace ministry if I did not collaborate with key leaders in both spheres.

Partners must have a certain amount of influence depending upon the task at hand, they must have a willing heart to serve, be trustworthy, have no hidden agendas, and be willing to do what it takes to get the job done. If they are all talk and no action I cannot count upon them to be a partner.

Parasites

Last, but not least, there will always be parasites who want to use your name, influence, authority and gifting to benefit themselves while not having a mutual motivation to benefit you. The scientific definition of parasite can come in handy in this article: a parasite is “an organism that grows, feeds, and is sheltered on or in a different organism while contributing nothing to the survival of its host.” Thus, in this context, a parasite is someone who feeds off of other people to sustain themselves, while not reciprocating a mutual benefit.

Of course, some are not in a position to have a mutually beneficial relationship with anyone, such as young natural children and newly born spiritual children, as well as some people in trauma. But, in the context of this article, with *parasite* I am referring to a person who should be in a position to have mutually beneficial relationships but because they are self-focused they only relate to those they can take advantage of since their only agenda is self-preservation and/or self-aggrandizement! They have no motivation to give blessings back even though they may talk a good talk!

These are the people who drop names to get ahead, who use your

influence to get what they want, and who will feign friendship with you as long as you are doing something for them!

Consequently, if at all possible, avoid these kinds of people and do not waste your time investing into them (except to win them to Christ) because, unless they change, they will go from one relationship to another and never bear long-lasting fruit for the kingdom! Their very nature, motivation and behavior totally repels the attitude of the Lord Jesus who came not to serve but to serve and give His life as a ransom for many (Matthew 20:28)!

In closing, not every person in the Body of Christ has the same motivations, maturity levels, goals and emotional health levels. This is why we need to properly discern between the above three kinds of people. If we do not, we will try to make a parasite a protege and/or make a protege a partner prematurely, and we will experience much failure and frustration in our lives!

Joseph Mattera is overseeing bishop of Resurrection Church, Christ Covenant Coalition, in Brooklyn, N.Y. You can read more on josephmattera.org or connect with him on Facebook or Twitter.

Are You Starving Yourself into Obesity?

It sounds strange, but people are starving themselves into obesity. Our bodies crave the nutrients found in healthy foods. But if you eat food that's missing those vital nutrients, you'll just keep craving more food.

Unfortunately, our food supply is sorely lacking micronutrients, the vitamins and minerals we need to live healthy lives. Even fresh fruits and vegetables are a lot less nutrient-rich than they were a couple of generations ago.

Micronutrient deficiency can lead not only to obesity but a whole host of other health problems.

Everyone knows that going without food causes malnutrition. But people who eat plenty can also suffer from it and become very sick.

Could you be one of them? Take this quiz to find out:
caltonquiz.com

Journey to Wellness

Just ask Mira Calton.

“When I was 30 I was diagnosed with advanced osteoporosis, which means I had the bone density of an 80-year-old, which was quite a shock to the physicians at that time. They had no idea what had happened,” she recalled.

“And all they told me was I was going to be on prescription medication for the rest of my life, it wasn’t going to get any better and that was going to be my new existence,” she continued.

Mira didn’t want drugs, so she searched for a natural treatment. She remembered thinking, “I’m going to try taking calcium, maybe that will work.”

That started the ball rolling.

“And then I started studying calcium and that led to magnesium, and magnesium research led to vitamin D and boron and K,” she said. “And, all of the sudden, I realized that at the heart of what had happened to me was a really big micronutrient deficiency, a deficiency of vitamins and

minerals that my bones were just starving for.”

After two years of the right vitamins and minerals, her osteoporosis disappeared.

During that time, she embarked on a new career as a licensed certified nutritionist. She also met and fell in love with the man she eventually married, Jayson Calton, who holds a doctorate in nutrition and has completed post-doctoral continuing medical education at Harvard and Yale Medical Schools.

Now the dynamic duo are spreading the news about the dangers of micronutrient deficiency.

90 Percent of Americans Deficient

“For me it was osteoporosis,” Mira said. “But it’s also things like cancer, it has to do with your high blood pressure, your cholesterol levels, your metabolism, whether or not you sleep well, it has to do with everything, diabetes, and it also has a lot to do with obesity.”

“This is why we say micronutrient deficiency is the most widespread and dangerous health condition of the 21st century. Because we’re all walking around with these deficiencies and we have no idea that this is even a problem,” Jayson added.

According to government statistic, micronutrient deficiency affects 90 percent of Americans, which means nearly all of us lack at least one critical vitamin or mineral necessary for good health.

Topping the list of micronutrients most people are lacking are potassium, calcium, magnesium and vitamins A, D and E.

‘Naked Calories’

Processed food is the major culprit. In their book, [Naked Calories](#), the Caltons describe how processed food is stripped

of the vitamins and minerals we need.

After reading the book, the Caltons invite readers to email them questions about micronutrient sufficiency. They promise to answer each question personally.

It's estimated that one quarter of the calories the average person consumes is completely void of any nutritional value whatsoever. Those are called "empty" calories.

But it gets worse: some foods even take away micronutrients. For instance, the phosphoric acid in carbonated drinks interferes with your body's ability to absorb calcium.

Jayson Calton said processed food companies spare no expense in developing foods that are utterly irresistible to consumers, foods that are addictive but tremendously unhealthy.

"There's a war going on right now with Americans and food manufacturers," he said. "And the problem is most Americans have no idea it's even going on."

Deficient Food

Not only is processed food health enemy No. 1, but there is a shocking health hazard in the produce section of your grocery store.

Most people are unaware of the fact that fruits and vegetables are severely lacking in the vital micronutrients they contained just a generation or two ago.

For instance, apples contain 77 percent fewer minerals than they did 80 years ago. This is a trend observable with most produce.

The major reason for this change is over-farming, which robs the soil of precious micronutrients that used to be absorbed into the food.

Also, shipping produce long distances adds to the problem. Picking it too soon and exposing it to light, heat, and air for a long time, all take away micronutrients.

That's why buying local produce is a healthier alternative.

Factory Farms

In addition to fresh produce, fresh meat is also lacking the vital micronutrients it once contained. This is because of the ravages of factory farming. Most animals raised on factory farms never see the light of day and are fed unnatural, unhealthy grains or worse.

"They're being fed up to seven pounds a day of stale candy and chocolate bars that these candy manufacturers are throwing at these farmers and saying hey, fatten up the cattle with this. It will spike their insulin, you'll get more marbling in the meat, you'll be able to sell the meat and it will taste better," he said.

"This is just, to me, an abomination," he argued.

A much healthier alternative to factory farmed beef is grass-fed beef.

"Now what's going to happen when the animal is out in the sunshine, absorbing the vitamin D, eating the grass? They're going to have over 400 percent more vitamin A and vitamin E in that meat," Jayson explained.

"There's going to be 300 percent more of something called CLA, or conjugated linoleic acid. This is a kind of fat that science thinks is going to help prevent cancer, it's also a kind of fat to help burn our body fat. This is a fat that these cows can really only get when they eat grass," he continued.

Depleting Lifestyle

Micronutrient deficiency isn't just about an unhealthy diet. There are lots of lifestyle habits we choose that deplete our body's reserve of vitamins and minerals.

Smoking, living in a polluted city, stress, prescription medicine, even exercise, all deplete our body's reserve of vitamins and minerals.

"And that's really scary, because when these things become deficient, we start to get sick," Mira said.

So to make up for what your body's missing, take a supplement. But choose carefully.

"The problem is most multi-vitamins don't disintegrate," Jayson explained. "They don't have enough of the good stuff in them, and also they're competing with each other for entry into the receptor sites in your gastrointestinal tract."

The Caltons recommend highly absorbable powdered multi vitamins, without fillers, binders, sugars, or artificial colors and flavors.

It should also be designed to take more than once a day to account for water solubility.

So while the standard American diet and lifestyle can lead to malnutrition, we can get the micronutrients our bodies crave by avoiding processed food, eating more local, organic produce, and supplementing properly.

For the original article, visit cbnnews.com.