

Faith or Medicine: What Health Choices Does God Want You to Make?

My first choice is always prayer and nutrition. I believe that if you give your body the right tools to work with, it has been designed by God to heal itself. The right tools include nutrition. I also believe that, in a crisis situation, pharmaceuticals can be a good stopgap measure.

Throughout my cardiac event, I was overwhelmed by the love, care and skill of everyone I met. It began with the paramedics who took me to the hospital, then the emergency room personnel, the surgeon and his staff, and finally the nurses who cared for me. Their greeting of "Hello, Friend" brought tears to my eyes. I believe this is the first time I have ever encountered such a greeting.

They sent me home from my five-bypass surgery with seven medications. Patti and I agreed that I should take them for at least the next couple of months and then see where we go from there. The seven medications did list 97 harmful side effects and I was consciously aware of experiencing eight of them.

I tested each medication on our Qest4 unit which reads the electromagnetic signature of whatever is put on the test plate and then compares it to the simultaneous electromagnetic signature of your body. If your body wants it, you get a green light, and if damaging to your body, you get a yellow light. Each of the seven medications registered green, so it was clearly telling me I need these!

We asked our chiropractor if he could recommend a medical doctor who leaned toward natural remedies. He recommended Dr. Jose Fernandez, with whom I am just beginning to meet. So I will come back to this blog at the end of each month for three

months and add updates as to where things are at with the medication/nutritional connection.

The information below contains specific recommendations from *The Great Cholesterol Myth*.

Tests you should ask your doctor for to determine risk of a heart attack

1. **Particle Size Test.** Pattern B profile to discover if most of your LDL cholesterol is composed of the small, dense, particles that cause inflammation and ultimately plaque.
2. **NMR LipoProfile.** Measures size of LDL particles by measuring their magnetic properties.
3. **C – Reactive Protein.** High sensitivity CRP test is a marker for inflammation that is directly associated with overall heart and cardiovascular health. CRP level should be less than 0.8 mg/dL.
4. **Fibrinogen.** Normal levels are between 200 and 400 mg/dL.

Nutrition That Can Strengthen the Heart

1. If you are on a statin drug, you *must* supplement with **CoQ10**. At least 100 mg twice a day is recommended. Statins deplete CoQ10. CoQ10 is a powerful antioxidant, inhibiting oxidative damage to LDL. It is a kind of “energy fuel” for the heart.
2. Supplements such as nattokinase can work well to “thin” the blood and prevent unwanted clotting. Adding **omega-3** fatty acids to your diet may also help.
3. **Serum Ferritin.** Iron levels in the body are cumulative (stored in the muscles and other tissues), and unless iron is lost through menstruation or by donating blood, over the years, toxic levels can build up in the system. People who donate blood have a much lower risk of heart disease. Levels less than 80 mg/L for women and less than 90 mg/L for men are healthy.

4. **Homocysteine.** Give the body the three main nutrients it needs to metabolize homocysteine back into harmless compounds. The three nutrients are folic acid, vitamin B12, and vitamin B6. All it takes is about 400 to 800 mcg of folic acid, 400 to 1,000 mcg of B12, and 5 to 20 mg of B6. Optimal homocysteine level is between 7 and 9 $\mu\text{mol/L}$.
5. **Interleukin-6.** Maintain between 0.0 to 12.0 pg/mL.

Eliminate these foods: Sugar, soda, processed carbs, trans fats, processed meats, cereals, pasta, bread, minute rice. Ezekiel bread is a great alternative. Avoid trans fats. If the list of ingredients contains partially hydrogenated oil or hydrogenated oil, the product has trans fats.

Eat more of these foods: Wild salmon, berries and cherries, grass-fed meat, fruits, vegetables, beans, dark chocolate, garlic and turmeric, pomegranate juice, green tea, red wine, extra-virgin olive oil, oatmeal, legumes and nuts, which all have a low glycemic index. The entire vegetable kingdom is loaded with natural anti-inflammatories, antioxidants, and flavonoids that are good for your heart.

Make these lifestyle changes to reduce stress: Exercise at least 30 minutes a day. Meditate or practice deep breathing, express your emotions, commune with God, play, cultivate intimacy and pleasure and most of all ... enjoy your life!

Journaling

Mark, the stressors of anger, fear, anxiety and bitterness have been largely weakened over your lifetime. Now is the time to put these totally behind you and replace them with love, care, joy, peace and forgiveness. Now is the time to finish the job.

Do not trust in exercise, nutrition or doctors, but trust in My power to work through each of these. All trust is to be placed in Me.

Mark and Patti Virkler have been married and active in ministry since 1972. Together they have co-authored over 60 revelation-based books in the areas of hearing God's voice and Spirit-anointed living. They are the founders and directors of Communion with God and Christian Leadership University, an internet school (). They have recently created a fully electronic "School of the Spirit" with 18 downloadable training modules. Mark travels extensively conducting workshops on how to hear God's voice and how to experience divine healing. They have helped establish over 150 church-centered Bible schools.

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