

How a Big Word Can Help You Fulfill God's Bigger Destiny for Your Life

Homeostasis: a big word some of us remember from elementary school—and some of us don't.

It refers to a state of balance. As bestselling Christian author and former science teacher Neill G. Russell tells Dr. Steve Greene on a recent episode of the *Greenelines* podcast on the Charisma Podcast Network, homeostasis represents our key to fulfilling the divine destiny God has for each one of us.

"Let's go back in time, when you would wake up in the morning, and you would eat your breakfast, go outside and play go to school, you would come home, you'd have all kinds of energy," Russell says. "And then at the end of the day, it's time to go to sleep. That is balanced; we lived a long time in balance."

Russell adds that as we age, we get out of balance. "God created everybody's body—including all the animals and plants out there—to be in balance," he says. The problems we have with our health often come because we we get out of balance, he explains, but "no one's teaching us that."

Russell set out to change that with his new booklet, *Health by Numbers*. His collaborators for the project include experts in the fields of exercise, nutrition and detoxification to yield a booklet that, he says, "Shows you how to maintain homeostasis: No doctors, no pills, no medical bills."

But Russell's experience with *Health by Numbers* goes beyond his professional interest. He lost his first wife to cancer, and he has encountered numerous health problems of his own, including an aggressive prostate cancer in 2014. He faced it as any good scientist would: with research.

“I experimented on this body,” he says. “I did the research because this is what I do. I’m a researcher; I search for God’s truth.”

Russell, who turns 69 in October, says he has more energy right now than in many years. At the beginning of his health and research journey, all his health numbers (cholesterol, triglycerides, blood pressure and more) were “off the charts,” he says. “That’s why it’s called *Health by Numbers*. ... Right now my blood pressure is normal; my triglycerides are 65. My triglycerides are 65. Every factor that I had in 2014 because I was dying is back to normal.”

Russell adds that the teaching in *Health by Numbers* is also the cure for fear of COVID. “If you do what’s in the book, you will not have to worry about COVID ... we have an immune system in our body that God put there. And it’s job is to kill anything that shouldn’t be there. It’s when you have secondary problems—which I had, which a lot of people have today—that you have to worry about COVID This book will eliminate that.”

✖ For much more from Neil Russell on how you can achieve balance in your health and life—and even remove the fear of COVID—listen to the entire episode of the *Greenelines* podcast at this link. Subscribe to *Greenelines* on your favorite podcast platform, and find *Health by Numbers* at this link. {eoa}

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