

Naturopathic Doctor: 'It's Put Up or Shut Up Time' for the Body of Christ

Naturopathic Doctor Mark Sherwood says COVID-19 has exposed a flaw in the way many Americans, including believers, treat their bodies. And many have died because of a weak immune system, something that could have been prevented with a healthier diet and exercise regimen.

So, says Sherwood, founder of the Functional Medical Institute, it's time for God's children to start providing an example of how to live a healthy life God's way—the way the Bible originally intended—so we can get and stay strong to lead people to Christ.

"It's put up or shut up time at this point in the body of Christ," Sherwood told Dr. Steve Greene on a recent episode of *Greenelines* on the Charisma Podcast Network. "This COVID-19 has shown us our vulnerabilities physically, emotionally and spiritually.

"Any opponent that you're fighting against shows you where he can attack you, and many simply don't make the adjustments to defend themselves. I mean, that's nothing more than either foolishness, or, perhaps even stronger, rebellion or laziness. We've got to do better and we really let ourselves down. You can't disagree with the Scriptures because they are infallible. ...

"The church is sick, chronically sick. We're having people come to the altar in these ministry times who want to be prayed for [who have] type two diabetes, and we're serving doughnuts in the lobby or we go out to eat, and it doesn't work. We need pastors out here that step up and live by example. We all need to step up and live it. ...

“Nothing comes from mankind. Everything is from God. As Solomon said, it’s important that you allow God to be the great physician, and He has a 100% cure rate. There’s a prayer that I have that says, ‘Father and great Physician, teach me Your ways, Your remedies and Your protocols to heal Your people.’”

For more about how to get healthy God’s way and to enhance your immune system, listen to this entire podcast.