

The Power to Revolutionize Your Health Lies in This One Simple Step

I have been a Christian for the majority of my life, and I have always believed that God gave me—not just the doctor or dentist—the responsibility of investigating the best tools to achieve and maintain my health. Since I was the one having to live with the results of my choices, I wanted to be involved and knowledgeable.

My tender heart toward others propelled me into nursing school. However, after a few years I found more satisfaction in the pursuit of natural health techniques and in sharing information on the use of herbs, essential oils, and healthy lifestyle with others. I hated seeing the harmful side effects of drugs, and the more body-friendly tools were a joy to use and share.

I readily embraced a lifelong pursuit of God-given healing techniques that work without harming the body. I remained true to what I taught others, and I reaped the benefits. My pregnancies were healthy and my labors short (two were only four hours from start to finish!). My children grew to adulthood without requiring any prescriptions for illness.

Wanting to share our knowledge, my husband and I opened the Herbal Health Center, where we teach and demonstrate God's strategies for optimal health to equip clients to take personal responsibility for their own health choices. God continually and generously shows us new and more excellent ways as we grow.

It is important to understand that all healing techniques that originated in the Bible may be placed under the umbrella of Christian spiritual healing, as it emanates from God's Word

and is therefore God's will. If He has provided these techniques in His Word, I do not want to ignore or show disdain for any of them. These include important principles on the use of healthy food (including herbs), water and essential oils, along with all God's other wonderful promises in Scripture.

"But what about my doctor?" When people begin expanding their knowledge base and become excited about new healing possibilities, this question often comes up. Let's face it. If we didn't have doctors, many people who are alive today would be dead. However, an unfortunate truth is that a significant percentage of people who go to a doctor for healing die prematurely from unnecessary procedures, the side effects of prescription drugs and the risk factors of surgery.

People who have conditions and no time to investigate other options often rely on emergency procedures and drastic measures to improve their health. Western medicine typically looks for the right drug or surgery to cure the vast array of complex diseases that plague people today. But the cause of most diseases is not a deficiency of medication or surgery. It is not even completely rooted in a poor diet or a lack of herbs and essential oils. Our ailments spring from not understanding the many promises for our health and healing present in the Word of God.

Jesus said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds out of the mouth of God'" (Matt. 4:4). God's Word is life and health. It feeds our bodies the life-giving properties they require. If we want to experience health and wellness, we must learn to balance and apply this truth.

Now please do not stop taking your medications without consulting with your doctor. I expect you to feel better if you pursue natural health, but it is important that you have your doctor's guidance before changing or eliminating any

medications. Any time you believe it wise to allow a trusted professional to monitor your progress, please do so.

The title *doctor* means *teacher*. Is your doctor teaching you how to become healthy, or is he or she simply suppressing your symptoms? Symptoms are not your enemy. They are your body's voice asking you to seek out the root cause of a problem. Always be informed about any medical procedures your doctor prescribes.

I often encourage people to find a Christian health professional who incorporates biblical principles for healing and is encouraging, positive and supportive of your goals to not rely on prescription and surgical routes to experience good health. Be wary of anyone who speaks negativity over your future or places limitations on what you want to accomplish. If you hear the words "you can't," "you'll never," or "you won't," stop and think. If you believe those words, they will likely become your reality. Always remember that nothing is impossible with God. {eo}

*Excerpted from Healing Words by **Sylvia Rogers**; published in 2016 by Siloam/Charisma Media/Charisma House Book Group. To order the book, [click here](#).*

Sylvia Rogers is committed to teaching scriptural healing techniques to help people take more responsibility for their health and partner with their heavenly Father to experience wholeness and lasting wellness. She holds a bachelor of science in nursing and is a certified nutritionist, a natural health consultant and herb specialist, and a national lecturer and teacher for Nature's Sunshine Products. She is also a certified biofeedback specialist who has assisted her clients in praying biblical promises and principles during biofeedback sessions with eye-opening and astounding results. Visit for more information regarding her business, mission, offered services and the fine products that can be used as tools in one's healing journey or to help others. To purchase Healing

Words, [click here](#).