

Last Generation News

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Last Generation Ministries

Grace be unto
you, and peace, from
God our Father, and from the
Lord Jesus Christ 1 Corinthians 1:4

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How Long, Oh Lord?

These past few months we have been receiving volumes of emails regarding the current financial crisis and end time events. Uppermost in everyone's mind is the question, "How much longer do we have before the end of this world?" In this newsletter we are going to attempt to give a partial answer. We cannot give a complete answer at this time because enough events have not yet unfolded for us to know when the exact end of this world will be.

As you read what we write, keep in mind that in order for you to fully comprehend what we are saying, you need a basic understanding of certain Bible teachings and prophecy as knowledge builds on itself. For obtaining a foundation we recommend doing the free Bible studies at www.amazingfacts.org, click on Free Stuff and then click on Bible studies. Or you can do the Bible studies via regular mail by calling them at 916-434-3880. We also recommend that you read the book *Great Controversy* at www.thegreatcontroversyonline.com. You can hear an audio version at www.greatcontroversyonline.com. Or you can order the book by calling 931-692-2777.

The Bible compares waiting for the Second Coming to a woman waiting for the birth of her child (1 Thessalonians 5:3). The closer a woman gets to the end of her pregnancy, the more clues she receives as to "when" the baby will be born. Likewise, the closer we get to the Second Coming, the more clues we are given as to exactly when it will be.

In Matthew chapter 24, the disciples asked Jesus when the end of the world would be. In Jesus' reply, He gave signs that we should watch for that applied to both the destruction of Jerusalem in AD 70 and the end of the world. What this means is that the end of the world will be patterned after the destruction of Jerusalem. History repeats. We need to study the destruction of Jerusalem to know what is going to happen at the end.

A dear friend of ours has studied deeply into the destruction of Jerusalem and she tells us that for 10 1/2 years before the final end, which was Masada, the Jews received a major warning every 3 1/2 years. She shared this with us over ten years ago, and at that time there had already been three major warnings spaced about 3 1/2 years apart. We didn't know if she was right or not, so we decided to "watch." When the next major warning arrived right on time, in 1998, we decided that she was on to something, and knew that the next major warning would be in 2001. And that is exactly what happened.

We have now received major warnings longer than the 10 1/2 years that the Jews received then; in fact, currently our warnings have now been for 21 years, exactly twice as many years as was given before the destruction of Jerusalem. Obviously God in His great love and mercy is giving us more years of warnings than what the Jews received.

Here is an interesting observation that is speculation at this point. The fall feasts in Leviticus chapter 23 are 22 days from start to finish. We know that the fall feasts are all prophetic, portray-

ing events that happen at the end of the world (For proof of this see our book *God's Holidays*.) Since the fall feasts cover 22 days, could it be that God is giving us 22 years of warnings, one year for each day in the fall feasts? We don't know, but time will tell. Here are the major warnings that we have received so far.

In 1988 the Pope came to the United States for the first time amidst great fanfare. For those of you old enough to remember, due to still remembering the Inquisition where the Catholics tortured and/or killed millions of Protestants, Jews, and Muslims, there was strong anti-Catholic sentiment in this country until this past generation.

Around 1988 this sentiment changed in this country due to much hard work on the part of the Catholic Church to change their image. However, the Bible warns us that the Catholic Church will again become a persecuting power at the end time. For proof of this read the book *National Sunday Law* by Jan Marcussen. You can obtain a free copy of this book by writing to National Sunday Law, P. O. Box 68, Thompsonville, IL 62890 or you can read it online for free at www.reg6.com. For this to happen the Catholic Church has to regain their world power, and in order to regain their world power, they have to first become popular.

The second major warning was in 1991 when President Bush an-

nounced the new world order at the start of the Gulf War. We didn't know what that meant at that time, but since then we have learned that the powers that be are planning a one world government and one world religion.

If you study Revelation carefully, you will find that at the end there will be only two groups of people--those who receive the seal of God and those who receive the mark of the beast. Those who receive the mark of the beast will try to force their mark on those with the seal of God. In order to have the power to do this, they need a one world government. Revelation 17:12-13 also states that at the end there will be ten kings which "have one mind." In other words, they are united. Interestingly, we have found out that the powers behind the New World Order have divided the world into ten regions which will ultimately be under one government. We have already seen one region formed—the European Union and we are hearing rumblings of an American Union being formed.

The third major warning was in 1994 when an asteroid broke up into 21 pieces and hit Jupiter in rapid succession, causing that major planet to ring like a bell. Before this happened we had concluded that our planet is going to also be hit by major asteroid impacts because of our studies into the Trumpets written about in Revelation chapters eight and nine. We wrote a booklet on this subject at that time, and recently a friend has republished our booklet and informs us that there is a lot of interest on this topic and our booklet is flying off her shelf. If you want a copy you may contact her at RST Seminars, 314 Hope Rd., Helena, MT 59602, 406-458-5111. She sends the books out for free, but I'm sure she would appreciate any donation you can afford to give to assist with the costs. You can also read an article we wrote about the Trumpets at our website, www.godsholidays.com, under "Articles."

The fourth major warning was in 1998 when the Pope sent out his letter upholding Sunday sacredness. Included in this letter was a veiled threat of persecution against all who resist observing Sunday as a holy day. You can read his letter on the internet at http://www.vatican.va/holy_father/john_paul_ii/apost_letters/documents/hf_jp-ii_apl_05071998_dies-domini_en.html.

The Bible clearly states that God's sign or seal is the Seventh-day Sabbath (see Ezekiel 20:20). The mark of the beast has to be the opposite of the seal of God. Therefore, if the seal of God is observing the Sabbath on the seventh day according to God's Commandments, then the mark of the beast has to be the observance of another day of the week as the Sabbath instead of the Seventh-day Sabbath. In his letter, this is exactly what the Pope does. He says that Sunday is the Sabbath instead of Saturday, even though there is no proof in the Bible for such a statement. Since Revelation tells us that at the end time there will only be two groups, those who have the seal of God versus those who have the mark of the beast, if we are getting close to that time, we can expect that we will start seeing a call for keeping Sunday holy. We are seeing that happen now.

The fifth major warning has, so far, been the most famous, September 11, 2001. This event has enabled Congress to pass legislation that has seriously harmed our freedoms and that trample on the Constitution. Indeed, we have been warned a hundred years ago, when such a thing seemed impossible, that this would happen. "When Protestantism shall stretch her hand across the gulf to grasp the hand of the Roman power, when she shall reach over the abyss to clasp hands with Spiritualism, when, under the influence of this threefold union, our country shall repudiate every principle of its Constitution as a Protestant and Republican government, and shall make provision for the propagation of papal falsehoods and delusions, then we may know that the time has come for the marvelous working of Satan, and that the end is near." (*Testimonies*, vol. 5, p. 451)

Protestantism, Catholicism, and Spiritualism have, in our generation, clasped hands together (known as the ecumenical movement). (Remember, this quote was written under divine inspiration over a hundred years ago when the possibility of Catholics and Protestants ever joining together seemed very remote.) Now we are in the process of repudiating the principles of the Constitution because of the Patriot Act. This quote has come true just in the past several years and so this is further evidence that the end is near.

The sixth major warning was in December, 2004 when the tsunami devastated Asia. We have been warned that thousands of cities will be destroyed at the end time. Interestingly, both of these areas were hotbeds of sexual immorality. "Oh, that God's people had a sense of the impending destruction of thousands of cities now almost given to idolatry!" (*Adventist Home*, p. 136)

The seventh major warning has just happened, with the largest stock market crash since the Great Depression and economic crisis and depression swirling around the globe in response. What is notable about the present situation, however, is that this is the first time that the entire world is facing a depression at the same time. This is the result of global economics. If countries are closely tied to each other through global economics, when one major player goes down, it will take the rest of the world with it. This is what we are seeing now. Interestingly, the Bible predicts global economic crisis at the end time. See James 5:1-8, and Revelation 18:9-24.

A Messianic by the name of John McTernan made the following interesting observations. "The great stock market meltdown of 777 points took place on September 29, 2008, which was the biblical feast of Rosh Hashanah, (Trumpets) the Jewish New Year. This fall shook the U.S. market

to its core. The next biblical holiday takes place 10 days later, which is called Yom Kippur, the Day of Atonement. The 10 days between are called the “Days of Awe.” During the Days of Awe, the world markets began to collapse until on Yom Kippur, 10/09/08, the market fell 679 points.

“During these holidays and the Days of Awe, the market lost 2,400 points for a 22 percent loss! The greatest sell off since the crash of October, 1929. On Yom Kippur, the leaders of the West called for international action to stop the crash as markets all over the world were collapsing. The economic crash on Rosh Hashanah that shook America turned into a world collapse on Yom Kippur.

“It appears that God is judging the United States—and now the world—on Jewish biblical holidays!”

Note that we have now had seven major warnings, spaced about 3 ½ years apart, over the past 21 years. God tends to work in groups of seven, as we see in the book of Revelation. Each of these major warnings have been warning of similar future events that we know will occur during the Great Tribulation, only on a much larger scale.

Dear friends, time is short. If you don't have the assurance that you are saved, you need to do whatever it takes to get that assurance. Read the book *Steps to Christ*, and follow it, for in that little book is everything you need to know to be saved. You can read this book for free online at <http://www.stepstochrist.us/>. At this website you can also download an audio copy of *Steps to Christ* to listen to. Or you can order this book by calling 931-692-2777.

How long is the Great Tribulation going to be? Daniel chapter 12 and Revelation chapter 13 tell us. Daniel chapter twelve begins with writing about the Great Tribulation in verse one. Then, in verse six the question is asked, “How long shall it be to the end

of these wonders?” In other words, since the subject being addressed is the Great Tribulation, the question is, how long will this Great Tribulation last? Anytime major trouble hits us, we hope that it will be short, so when the Great Tribulation begins, this will be the major question being asked. The answer is given in verses seven, eleven and twelve. “It shall be for a time, times, and an half... And from the time that the daily sacrifice shall be taken away, and the abomination that maketh desolate set up, there shall be a thousand two hundred and ninety days. Blessed is he that waiteth, and cometh to the thousand three hundred and five and thirty days.”

The time, times, and a half in Daniel 12:7 is 3 ½ years. A time is one year, times is two years, and a half is another half year, for a total of 3 ½ years or 42 months or 1260 days. (Revelation 13:5). We know that these are literal years because the original Hebrew word for “time” in Daniel 12:7 is “moed.” “Moed” is the word used for “feast” in Leviticus chapter 23, where it speaks of the feasts, or holidays, that God has ordained as His feasts. These feasts are each celebrated once a year, so when the Bible uses this word to mark time, God means a literal year. Yes, the Bible does mention this 3 ½ year time period also in Daniel 7:25 and Revelation 12:6 and in these two places, this 3 ½ years or 1260 days is in prophetic time, not literal time. (Prophetic time is where a day equals a year. For proof of this see Ezekiel 4:6. For additional proof that in prophetic time a day equals a year, note the 50-day count to the Feast of Weeks in Leviticus 23:15-16 which represents a mini Jubilee. A Jubilee is 50 years. See Leviticus 25:8-10 and note the similarity in wording of the Jubilee to the wording regarding the Feast of Weeks in Leviticus 23:15-16.)

In our studies we have discovered that the Bible predicts that the Catholic Church would rule the world at two different time periods. One time period is past, and was for 1260 day/years which

lasted from 538 A.D. to 1798 A.D. at which time the Pope was taken captive and the power of the Catholic Church was broken by the Protestant Reformation (Daniel 7:25 and Revelation 12:6). Then, at the very end, the Catholic Church will regain their world power for 1260 literal days (Daniel 12:7 and Revelation 13:5). (To prove this point is beyond the scope of this newsletter and the book on this has already been written.

Go to www.endtimeissues.com and order the two books entitled *End Time Secrets of Daniel* or write to them at End Time Issues, 4256-B Mockingbird Lane, Banning, CA 92220. This website is extremely valuable and contains a lot of advanced Bible knowledge which by studying, you will understand better what we are trying to say in our newsletters.) However, note this one point. In Revelation 13:1-6, it says that the beast that rules for 42 months begins its rule after its deadly wound was healed. The deadly wound that was inflicted on the Catholics occurred when the Pope was taken captive in 1798 A.D. and the Pope did not regain his power again until the Lateran Treaty in 1929 at which time Rome was made a sovereign nation under the Pope. You can read all about this at <http://biblelight.net/wound.htm> where they have a copy of a newspaper article written at this time telling of this event. This newspaper article even uses the same wording as the Bible in Revelation 13:3 where it speaks of the wound being healed.

The Bible is clear in Revelation 13:1-6 that this beast reigns for 42 months after the deadly wound is healed. This means that this 42 month reign has to be after 1929 A.D. and not before, further proof that this 42 months is at the very end, in literal time, and is the same time frame of 3 ½ years spoken of in Daniel 12:7.

In Daniel chapter 12, two other time periods are mentioned, the 1290 days and the 1335 days. The Bible tells us that the abomination of desolation will begin the 1290 days. The great abomination spoken of in Revelation is the mark of the beast. Therefore, the setting up of the mark of the beast, or enforcing another day of worship in place of the Seventh-day Sabbath, will begin the 1290 days.

Since all three time periods are given in answer to the question as to how long the Great Tribulation will be, we believe that these three time periods run at the same time. Our educated guess is that the 1335 and the 1290 days will start at the same time with the decree legislating Sunday as a holy day of worship. Thirty days later, this law will take effect, and this will begin the 1260 days. The 1260 and the 1290 days will then end at the same time. There will then be an additional 45 days to reach the end of the 1335 days. The Bible says that those who reach the end of the 1335 days will be blessed because they have lived through the most difficult time period in earth's history and yet remained completely faithful to God at the peril of their lives. The 1335 days ends with the Second Coming.

In Daniel 8:19 the Bible tells us what event marks the Second Coming. "For at the time appointed the end shall be." The word "appointed" is, again, "moed" or "feast." The Bible is saying that the Second Coming will occur on a feast day. In examining all of God's feasts very carefully, we find that the feast that points forward to the Second Coming is the Feast of Tabernacles. (See Leviticus chapter 23 for an outline of God's feasts.) For a more detailed discussion showing that the Second Coming occurs at the Feast of Tab-

ernacles, read our book *God's Holidays* which you can download for free at www.godsholidays.com or call us at 870-545-3884 for a copy.

Since the 1335 days ends with the Second Coming, and since the Second Coming occurs at the Feast of Tabernacles, to find the beginning date of the 1335 days, which is the beginning for the Great Tribulation, we back up 1335 days from the Feast of Tabernacles. (The Feast of Tabernacles can occur anywhere from late September to early November.) When we do this, we end up somewhere around late January to early April.

Will the Great Tribulation begin this winter? This is the question we have been asking ourselves every year since we learned these truths. We don't know, but we do believe with all our hearts, that we are very close. Whether it is this year, next year, or the year after, is all in God's timing. But when the Great Tribulation does begin, we can comfort each other that in just 3 ½ years we will be going home to be with Jesus forever and all of our troubles will be over!

So what is going on right now and what are we to do now? Jesus said, in Matthew 24:15-16, that when they saw the abomination of desolation, they were to flee to the mountains. Again, these words of warning are double application—one for the destruction of Jerusalem and also for the end of the world. When the armies of Rome encircled Jerusalem, the early Christians believed that this was the abomination of desolation that Jesus spoke about. This was one of their major 3 ½ year warnings.

For some unknown reason, these Romans armies withdrew their troops from Jerusalem and immediately the Christians fled

from Jerusalem as Jesus had instructed them to do. Now, put yourself in their place. Jesus told them to flee quickly when they saw this sign. So they did. They would have had to leave their homes and everything they owned. And then, they waited and waited--for 3 ½ years. Can you imagine how their faith must have been tested during this time? 3 ½ years, with nothing happening, and their comfortable homes in Jerusalem beckoning them to come back. How would you feel? But for those who obeyed and who left Jerusalem and did not return, their faith was amply rewarded.

After 3 ½ years the Roman armies unexpectedly came back and this time they destroyed Jerusalem. However, because the Christians obeyed, their lives were saved. What is the parallel for our day? We see Rome encircling us now. At the present time, Rome is trying to get a Sunday law written into the European Union's Constitution. If they succeed, then instead of having to fight for such a law in multiple countries, this law will take effect in many countries at once. This law may seem benign now, but eventually this law will lead to the persecution of all those who observe the Seventh-day Sabbath. Now we know why they wanted a European Union and why they want an American Union. So, what should we be doing now?

In addition to making sure our lives are right with God, we need to be moving out of the cities into the country, just like the early Christians fled out of the city of Jerusalem into the country. We need to be thinking, "If tomorrow the law forbidding me to buy or sell was enacted (see Revelation 13:17), what would I wish I had done? What will I wish I had stocked up on? For instance, if we

can't buy or sell, we will need garden seeds to grow our own food and we will need to be in the country where we can have a good sized garden plot. We will need to have also stocked up on gardening supplies, and maybe some other critical supplies that we might run short on and need for survival. Think over carefully what you will need and obtain it now. God is giving us a little grace period now. Now is the time to act. Do not delay, for we do not know how long our grace period will be.

Spring Feast Meetings

A special weeklong meeting during the feasts of Passover and Unleavened Bread are being planned in northern California at Alpine Meadows. The scenery is absolutely breath-taking, the meetings will revive you both physically and spiritually, and the food will be delicious! We invite you to come. For additional information and for registration go to www.alpinemeadow.org or call 707-263-5871. At this website you will see beautiful pictures of this camp and also pictures of the Feast of Tabernacles conducted there last fall. The Benton Family has stepped out in faith and bought this property for the purpose of conducting health and evangelism outreach as well as spring and fall feast meetings. They are depending on God to send them the money to make the many repairs that the buildings need as well as the monthly payments. If you would like to assist in this project, you can mail your checks to them at Alpine Meadows, P.O. Box 1815, Lakeport, CA 95453.

The Dates for God's Holy Days for This Year

Mark your calendar for these important dates. Passover is April 10, Unleavened Bread is April 11-17, Pentecost is May 31, the Feast of Trumpets is September 20, the Day of Atonement is September 29, and the Feast of Tabernacles is October 4 to October 11.

Recent Letter From A Reader

"I have been an SDA member since 1980—former Catholic—and have sensed something was still missing! You've made it so clear. Now, I must share this knowledge with others. Pray that I share it with much love and in a manner that allows God to reveal to others His truth." M.H., age 72. M.H., we are praying for you and we ask all of our dear readers to do so as well.

Update on Our Ministry's Health and Evangelism Center

We are making good progress on building our health and evangelism center and hope to have it done by this June/July time frame. We continue to pray for God's leading. Our dream is to make this health center available for all, even for those who can't afford to pay very much. To accomplish this we either need funding or we need to have some kind of business that will sustain this health center. We are confident that if this is also God's plan that He will open the doors. Meanwhile, we are doing what we can, helping people locally, and also long distance via the phone and internet, as we have time around our full time jobs.

We thought that we could start this summer with a health seminar over a long weekend. Would you be interested in coming to a restful place out in the Ozark Mountains amidst pleasant scenery with walking trails in the woods while learning how to overcome all diseases and maintain health God's way?

Until we get funding, we will have to charge enough to cover our costs. If you decide to fly, the closest airport is XNA in Northwest Arkansas near Bentonville, AR. We are about an hour and twenty minutes from there. You can arrive on Thursday and leave on Monday. We will conduct the health class all weekend long from Friday through Sunday. We have enough room for 6-8 people at a time. If you are interested, give us a call at 870-545-3884. If we get enough interest we will announce the exact time and cost in a future newsletter. Even if you can't afford to pay but are interested, give us a call as we could use one or two people who could come a couple of days early and do the cooking and help us get ready for the weekend in exchange for going through our seminar for free.

Would you like to help us to help sick people recover their health? We have had some very sick people getting in contact with us to recover their health and many times they don't have the money to be able to afford to do what they need to do to recover their health. They are too sick to work to earn the money, and many times their spouse is having to stop work in order to help them, so they are in a real financial bind. If you are interested in helping us to help these people with what they need to recover their health, send us a check clearly marked as Health Donation and we will save this money to help these dear people.

Our Website Has Recently Been Updated

If you haven't seen our website, www.godsholidays.com recently, check it out. We have added a recipe section where you can get quite a number of delicious, healthy, vegan recipes for free. We also have a section on preparing for the future both physically and spiritually and will soon be adding some additional articles. Keep checking back as we plan on adding more new recipes every month as well as more articles in other sections.

How To Reverse Cancer, Serious Injuries, and Other Serious Illnesses

We have found that there are two major causes of all disease: 1) A lack of nutrition. 2) Toxins and poisons that get into the body. We have a friend who was dying from a brain tumor. By the time the physicians got her diagnosed, she was end-stage and given 2 weeks to 2 months to live. Because she was at such an end stage they told her they could do nothing to help her and sent her home to die. That was over ten years ago and today she is alive and well and free of her brain tumor. We suspect that many of you would like to know what she did and so this article will tell you the journey she took. We have changed her name to Mary to protect her privacy.

Mary followed the above two principles to reverse this brain tumor. First, she put major nutrition into her body while at the same time getting the garbage out fast. Every day Mary juiced seventeen lbs. of organic vegetables and fruits, which comes out to about 13 cups of juice, and she drank this juice spaced throughout the day,

stopping half an hour before meals and resuming 2 hours after meals. It is best to drink the juice within ten minutes of making it due to the fact that the nutritional value will decrease due to oxidation. The majority of this juice was carrot juice, because carrot juice is almost identical to our blood in composition. About 8 cups a day were carrot juice, 4 cups a day of barley green juice, and the remaining were other vegetables such as one beet per day, cabbage, and organic apple juice. The reason for only one beet per day in juice is because beets are very powerful detoxifiers and using more than one beet per day will make one detox too fast.

For the barley green juice use Barley Max which is higher in quality and nutrition than any other barley green juice on the market. To order, call 800-915-9355 and use the Health Minister Code of DQM (by using this code you enable us to remain health ministers for Hallelujah Acres which helps our health ministry).

For her meals Mary ate 100% raw, organic fruits and vegetables with absolutely no cooked food at all. She also did not eat any nuts, seeds, or avocados because the high fat content in these foods make it difficult for the body to fight cancer. (However, in their raw state these are good foods for a healthy person.) She ate a raw salad for breakfast and another one for lunch. Throughout the week the salads were made with a wide variety of vegetables so as to increase her nutrition, but only 3-4 different vegetables in each salad as too many varieties at once make digestion more difficult. She made a salad dressing out of flaxseed oil, fresh lemon juice, and herbs. Barleans flaxseed oil (obtainable at the health food store) is the brand that is highest in nutrition. Flaxseed oil

actually kills cancer cells while nearly all other oils promote cancer growth. So the only oil our friend used was flaxseed oil and that was in moderation, about 3 tablespoons per day, and only cold, never heated, as heating flaxseed oil will turn it into a cancer-causing oil.

Mary ate about 8 apricot seeds twice a day. (Raw apricot seeds can be obtained by calling 305-648-1933.) Raw apricot seeds contain cyanide in sacs which only break open when they hit a cancer cell--natural chemotherapy! Yes, we know that raw apricot seeds taste terrible and actually make the mouth go numb for a short time, but it sure beats the side effects of taking chemotherapy. (At the website of the Health Sciences Institute, which has the backing of a panel of medical doctors, they have an article which says that the herb Graviola also works as natural chemotherapy and is stronger than chemotherapy without the side effects. Go to www.hsibaltimore.com to read the article. I found a source for Graviola which you can obtain at 800-571-4321.)

Mary also made a castor oil pack which she put over her liver (R side of abdomen just under the rib cage) every night when she went to bed. The castor oil pack pulls toxins out of the liver which is important because the liver pulls toxins out of the bloodstream; thus keeping the liver detoxed is a key to getting well. One can make a castor oil pack by soaking an old towel in castor oil, place it over the liver, cover it with plastic like saran wrap, and then put a hot water bottle over that. The heat will help pull toxins out faster. Leave this on all night every night. It's also best to do another castor oil pack directly over where the cancer is. If you have a brain tumor, cover

your head with castor oil every night and then put a stocking cap over your head. I read about one man who saved his father's life by soaking a sleeping bag in castor oil and having him sleep in it every night. If the castor oil pack gets discolored you need to discard it and make another one because the discoloration will be toxins that have been pulled out of your body and you don't want to reabsorb these toxins.

Mary also took three sweat bath treatments a week which also pulls toxins out of the body. Sweat bath treatments are best done early evening as they make one very tired and one will want to go to bed for the night afterwards. There should always be another person present watching the person in the sweat bath because of the danger of fainting.

To do the sweat bath treatment, get into the bathtub and put in the hottest water without getting burned. Put an ice pack on your head and if you have heart problems, put another ice pack over your heart. Put a thermometer in your mouth and keep adding hot water until your body temperature is above 102 degrees, 104 degrees is actually the ideal. Keep on adding hot water to keep your body at that temperature and stay in the tub for 20-30 minutes after one's body gets above 102 degrees. Don't let the body get hotter than 104. This induces a fever and one will sweat a lot. For this reason, while in the sweat bath, consume at least 6 cups of herb tea or plain water. Add natural salt to the herb tea or water at the rate of 1/4th teaspoon of salt to every 4 cups of water or herb tea. This will replenish the salt that one sweats out. The ideal is to keep the body at 104 degrees for 30 minutes. Doing this will sweat a lot of toxins out of the body.

Mary also did three to five coffee enemas per day. This enables the body to get the garbage out fast. I know some of you are thinking the caffeine will get into your system and will be bad for your health. Actually, the caffeine will not get absorbed into your system.

These enemas are extremely important because the juicing will pull the toxins out of the tissues and put them into the bloodstream where the liver pulls them out of the blood stream. So many toxins are being dumped that the liver won't be able to keep up unless the liver is continually detoxed and this a good method to detox the liver. If the liver isn't able to keep up, one will get very sick when those toxins reach the blood stream.

Until our friend did these enemas the toxins in her bloodstream were causing her to have seizures, but once she started these enemas the seizures stopped.

To do a coffee enema, mix 3/4 Cup organic coffee with 4 cups of distilled water and bring to a boil. Reduce down to a simmer for 20 minutes. Strain off the coffee grounds and add enough distilled water to again reach 4 cups. This is your concentrate. Refrigerate it and to do an enema, take 1 cup concentrate, add 3 more cups of distilled water, warm it to lukewarm, and place in an enema bag. Run the coffee down the tube to get rid of the air in the tube, and clamp it. Put lubricant on the end of the tube and insert into the rectum while lying on your left side. Run the enema in slowly and then hold it for 15 minutes. By holding the enema it gives it time to work. What happens is that there is a tube that runs from the colon to the liver. The caffeine in the coffee shocks the liver into giving up its poisons that it has pulled out from

the bloodstream and then these poisons travel down this tube to the colon and then out when the enema is expelled.

It may be hard to hold the enema because of fecal matter, so make the first enema of the day a clear water enema that you immediately expel and then once the fecal matter is cleared out it is much easier to hold the enema. If at first you have difficulty holding the enema, that's ok. The more you do this, the easier it will be to hold the enema. Cramping can hit, but if you relax and mildly rub your stomach while doing deep breathing exercises, the cramps will go away within a minute or two.

You may get enema dependent, but when you are well and want to stop the enemas, just make the enemas half as strong. Then slowly reduce down the number of enemas you do per day while taking the Colon Cleanse from Hallelujah Acres (www.hacres.com or call 800-915-9355 and use the Health Minister code of DQM when ordering). This will enable you to get off your enemas. If you absolutely can't do the enemas, you can do this Colon Cleanse from Hallelujah Acres and Dr. Schultze's liver detox instead of the enemas. You can order Dr. Schultze's liver detox program by calling 800-437-2362.

Mary also avoided chemicals and pesticides as much as possible. Eat organic foods as much as possible. If you can't afford organic foods, then soak your fruits and vegetables in a sink full of water with 1/4th cup of hydrogen peroxide (drug store variety) in the soak water. Soak thin-skinned vegetables like lettuces for 15 minutes and thick-skinned fruits and vegetables such as apples and oranges for 30 minutes. Drain, dry, and

refrigerate. This will remove a lot of the pesticides.

If you can afford to buy partly organic then the salad ingredients and apples are the most important to buy organic.

Don't put anything on your skin that you wouldn't eat as everything you put on your skin goes directly into your bloodstream. Use Burts Bees lotions (obtainable at the health food store) which are 100% chemical free. All commercial deodorants are harmful, including the ones in the health food store, except for the Thai Deodorant Crystal. Or you can mix one part baking soda and one part cornstarch and use that as a deodorant. (When you get your body detoxed you won't have any body odor.)

Use only fluoride free natural toothpaste as fluoride is a dangerous chemical. Don't drink any water with chlorine in it, another potent chemical. The best is to distill your own water. Don't drink distilled water from the grocery store as that comes in a plastic jug and the chemicals from the plastic will have leached into the water. (For this reason stop using plastic and use glass canning jars to store your food in instead. I also use glass or stainless steel jars for my drinking water.)

Stop the cosmetics, hair dyes, and the perms. Give up these harmful items unless you can find cosmetics that are 100% chemical free. Stop using anything that has chemicals in it, including all household cleaners, all of which have very potent cancer-causing chemicals in them. Instead, put hydrogen peroxide in a spray bottle and use that along with a good scrubber. Hydrogen peroxide is also cheaper and will save you money. Just spray on a surface and let it sit for ten minutes for it to

work, then scrub and rinse. Hydrogen peroxide kills viruses, bacteria, and mold and is actually good for our bodies instead of harmful. In fact, I know of a man who reversed his cancer by drinking water with food grade hydrogen peroxide in it. He started with 3 drops in a cup of water and each day increased by one drop until he was taking 20 drops in a cup of water. I think he did this twice a day. Hydrogen peroxide fights cancer because it oxygenates the body and cancer can't live in the presence of oxygen. However, he didn't increase his nutrition (which was the original cause of his cancer) and the cancer came back, showing that ALL of this program is extremely important—don't skip anything.

After just a few days on this program Mary's pain went away and she was able to stop her morphine that she took for pain. You can also do hydrotherapy (hot alternating with cold) over the painful areas which will enable you to get off your pain medicines faster. You will be able to get off of most medicines after being on this program for anywhere from one to four weeks.

Prescription medicines are also potent poisons to our bodies. However, consult your physician as to how to get off your medicine safely. And yes, some medicines you may not be able to get off of, such as thyroid medicine if your thyroid is not functioning, lithium if you are bipolar, and insulin if you are a Type I Diabetic. Use caution and consult your physician.

Psychiatric medicines are some of the most potent and the most difficult to get off of and most physicians don't know how to get off of them safely. You will have to reduce down slowly over six months by every day shaving a little more off your pill with a razor

blade.

Go to www.theroadback.org for help in getting off of psychiatric drugs. Follow their advice. One thing that The Road Back doesn't know about that assists you in getting off of psychiatric drugs and also for promoting sleep, is using GABA. A 120 lb person can take up to 2500 mg of GABA per day (figure the math to adjust the dosage for your weight). GABA works very well to calm anxiety, induce a feeling of calmness, and also induces sleep. For GABA to work you must also take L-Glycine and L-Glutamine. For sleep, in the evening take 3 GABA capsules and 1 each of the L-Glycine and L-Glutamine on an empty stomach and in 20-30 minutes you will feel relaxed and sleepy. If you have to have supper eat a quick light snack after the sleepy feeling is induced and then immediately go to bed before the GABA wears off. It works well. You can order all three of these supplements from JoMar Labs at 800-538-4545. By ordering 2500 capsules at a time you get a significant discount.

Mary also drank normal saline water in addition to the juicing. You make normal saline water by mixing 1/4th teaspoon natural salt in one quart of water. (The only natural salts we recommend are Miracle Krystal Salt, the salt which has more minerals in it than any other salt and is the best, which you can obtain by going to the homepage of our website at www.godsholidays.com, Real Salt, Celtic Salt, or rock salt, the kind you make ice cream with. Just grind the rock salt in a coffee grinder.)

If the detox causes nausea, it's best to make peppermint tea using this normal saline water. Peppermint tea reduces nausea and also fights cancer, so it is a good idea to

drink the peppermint tea instead of plain water anyway. Drink about 6-8 cups per day in addition to the juicing.

Mary also did several quick 5 minute showers per day. As the body is detoxing, the poisons will also come out of the pores of the body at a very rapid pace. In order to prevent these poisons from being reabsorbed you will need to wash these poisons off of your skin. In between showers, if you notice a strong odor under your arms, just quickly wash under your arms with soap and water. Use soaps that don't have any perfumes added. It is also best to wash your sheets and pajamas frequently for the same reason. Wash them in baking soda instead of laundry soap.

The last thing Mary did was keep a positive attitude of gratitude and trust God. She had recently been through incredible major stress, more than most of us have been called on to endure, and she turned all of this over to God and stopped worrying. By doing all this Mary was cured of her brain tumor in two months and she has the before and after MRI of her brain to prove it. Today she has managed to rise above her stress and build a new life, so God did indeed work for her in a mighty way to get her through these stresses when she trusted Him.

If we could just see what our Heavenly Father is doing behind the scenes to save us, we would totally trust Him and leave our worries behind and this alone would save many from having to go on psychiatric medicines.

Remember the story in the Bible about how Elishah's servant was very worried when their enemies surrounded the town they were in and Elishah prayed that

this servant's eyes would be opened? Well, God answered Elishah's prayers and the servant was enabled to see God's angels surrounding the entire city, preventing the enemy from invading. We still serve the same God today.

If we have followed the principles in the book *Steps to Christ* (mentioned earlier in this newsletter) we can be assured that we are saved and that then, indeed, all things that happen to us are under God's control. He is doing the very best for us, even through our troubles, which many times God allows for the purpose of purifying us. Trust God with all of your troubles and all of your worries. Put it all on His shoulders. Ask Him to take control and to guide you and He will. If you will trust God, He will take the biggest negatives that have happened to you, and will turn them into good for you. I can testify to the truth of this. I have had some pretty tough things happen to me, but because I turned them over to God, He was then enabled to take this negative and turn it into good. Here's an example.

I was in a car accident a number of years ago and it threw me into fibromyalgia. I was devastated as I felt terrible, was having severe difficulty coping with life, and my anxiety level was extremely high. When I found out that the medical profession couldn't help me, I decided the only way I would get well was to do my own research. I did, and God guided. It took a number of years, but I got there. As a result you see this newsletter today. So because of that car accident, I got the knowledge that I needed to help save many other people's lives—maybe even yours. God can take the worst negative in your life and turn it into good as well—if you will

pray and ask Him to, and totally trust Him.

What does Mary do now to keep the cancer from coming back? To this day she does a modified version of the above program. She drinks about 4-6 cups of vegetable juice a day, mostly carrot juice and Barley Max. She eats a diet of 80% raw foods and has added in about 20% cooked foods, but only healthy cooked foods. No junk foods at all, including no sugar, no white flour, etc. She does 3-5 coffee enemas one weekend a month in order to keep her liver detoxified. She also drinks plenty of normal saline water (we recommend 10-12 cups per day for maintenance), and follows the eight natural remedies which are: Good nutrition (for healthy recipes go to our website at www.godsholidays.com), exercise, daily sunshine, drinking plenty of water and bathing in water every day, temperance and moderation in all things, plenty of fresh air every day, plenty of rest and sleep each night, and trust in God.

We find that many people have difficulty keeping up with the juicing. We have found only one alternative to juicing. There is a company that makes a very powerful supplement, that contains over 70 vitamins, minerals, and herbs in liquid form and is the closest beverage to total nutrition that we have ever seen. Nothing out there equals this supplement and we have tried just about everything. We have heard the most amazing testimonials of people being healed from just about every disease simply by being on this supplement, because the incredible nutrition in this supplement gives the body what it needs so the body can heal itself. The great thing is that it comes in powder form and only

takes a few seconds to mix with water and drink, which saves a lot of time over juicing.

We have found from experience that this supplement actually works better than juicing for some problems. For instance, juicing did not reverse my TMJ, but this supplement did. This supplement also enabled me to get off of my thyroid medicine. It also improved my fibromyalgia even more than the juicing did. We think that the reason it works better than juicing is because all our food, including organic food, is being depleted of nutrition due to improper farming methods. The only drawback is that it does not contain the enzymes that the raw vegetable juice has, so if you have a serious illness still do the juicing, but substitute some of your juices with this supplement.

Another reason to use this supplement if you have a serious illness is because the man who invented this supplement was an expert in nutrition and did his homework. For instance, this supplement contains ingredients that will help to reverse MS and thyroid problems that juices don't have in them.

The cost of this supplement is about the same as what it would cost you to juice but it's a lot less work. You need to understand how powerful this supplement is and what it can do for you, so we advise you to listen in on a conference call where every week you will hear different testimonials from several people as to what this supplement can do. The conference call is Monday evening at 7 p.m. Central Time, and Thursday evening at 8 p.m. Central Time. To get in on this call dial 646-519-5860 and when you are prompted to do so, dial the PIN number which is 7259#. After listening to

this, if you have any questions, call me at 870-545-3884 or 479-935-9444.

To order this supplement, call 800-735-4887, tell them you are a new customer and that you are using Melody Drake's distributor number of 707-336-5801 to make your order as this product is sold by distributorship only. That is my distributor number and you can order under it. Ask for Classic and Innergize. When you get it, mix 1 scoop of Classic and ½ scoop of Innergize in 1 cup of water and drink immediately as letting it sit will oxidize the nutrition out of it. This will substitute for one cup of carrot juice. As in juicing, the more serious your illness, the more you will need per day.

To reverse my fibromyalgia and TMJ symptoms I took 2 scoops of Classic along with the Innergize three times a day and now I have to stay on a maintenance dose of 2 scoops of Classic with Innergize twice a day or my symptoms start coming back. I mix this supplement in with my normal saline (salt) water. If you want to obtain this supplement at 20-40% off retail, or learn how you can earn the money for this supplement, call me at 870-545-3884 or 479-935-9444, and I will tell you how to do so. The company has made this opportunity available so that if you can't afford their product, you can still get their product. The local health food store doesn't give me that same option for getting carrots for juicing, so if you are low on money, this is a great option to be able to still get the nutrition you need to heal your body.

Remember that good nutrition takes time to heal. Many people want an instant fix, but to get good health, there is no instant fix. It took me 5 months on this supplement before I saw results, but now

I'm glad I hung in there and stayed on it. It took me several months on carrot juice too, before I saw results. However, if after 3 months you have not seen results, call me (870-545-3884 or 479-935-9444), and I will introduce you to people with your same health challenges who have gotten results and we will find out what they did. It may be that you need to increase your dose or use some of the other support products that this company makes. We have never failed to help people get excellent results if they did what we told them to. Remember, the more juice or the more of this supplement that you take per day, the faster you will heal.

We have found that the above program also either significantly improves or reverses all other illnesses. I know personally that this program works because I did a modified version of this program and have reversed 90% of my fibromyalgia symptoms. I have heard stories of this program reversing just about every illness out there. If you don't have a fatal illness and you are very busy and don't have much time, do the eight natural remedies, the 80% raw food diet, and the above supplement that we recommend. I work full time as a nurse now and don't have much time and this is what I do to maintain my health. And, for a busy person, the raw food diet is the way to go as there is very little cooking which saves a lot of time!

In this newsletter we have included the basics for how to overcome serious illness. However, it's difficult to include everything, so we recommend that you also read our Natural Health and Healing Manual on our website at www.godsholidays.com as this manual contains other important natural remedies that you need to

get well. If you aren't on the internet, go to a friend who is and have them print this manual off for you.

Dr. Schulze has also written a book about the above method that we describe, with some variations. This book is excellent and if you have a life threatening illness we strongly urge you to obtain this book and study it thoroughly and follow it exactly, without eliminating anything—even if you think what you are eliminating isn't important—because everything in that book is really very crucial. This book is called *There Are No Incurable Diseases* by Dr. Richard Schulze and you can obtain it for only \$12 by calling 800-437-2362. Dr. Schultze also adds in a number of herbs and herb tinctures into this program which strengthens your immune system considerably. He sells all the herbs and the book together as a package at a reduced rate and calls it the Incurables Program, because this program is for those who have been told they are incurable. If you have a life threatening illness, order his Incurables Program **NOW** and do everything he says. We suggest you also research his website at www.herbdoc.com.

Dr. Schulze's book explains how to do the Cold Sheet Treatment which can save your life if you have pneumonia. Everyone needs to know how to do this treatment. The Cold Sheet Treatment will also get as much toxins out of your body in one night as 30 days of juice fasting will. This book contains the most aggressive form of the above health program that we have ever seen. If you have a life threatening illness, you need the most aggressive program because you don't have time to take chances. You will also need someone to assist you in the program and this person also needs to thor-

oughly study this book. You will need to read and reread this book as you do the program to make sure you aren't missing any part of the program, because eliminating even one thing can cost you your life. **So don't eliminate any part if you have a life threatening illness. We can't stress that enough.**

We suggest you get this book and study it, because eventually either someone close to you will develop a life-threatening illness, or you will develop one yourself, and you need to be ready and know what to do. What we see over and over is that when someone gets a diagnosis for a serious life-threatening illness (cancer, etc.), that they are overwhelmed with advice from many different people. They are suffering from information overload from all these sources as well as trying to deal with their illness and it's too much for them to process at that time. So, in advance, make your game plan of exactly what you would do if you got a diagnosis of cancer and were given two months to live. You won't have time to research all options as by the time you get done researching you'll be dead, plus you will probably be too sick to research anyway. So research it now. We ourselves would do Dr. Schultze's program. We have studied his book and if tomorrow we got that diagnosis, we could, quite literally, start his program immediately. We are ready. You need to do the same, because someday you will be very glad you did. It will enable you to either save your life or the life of someone you know.

We will be putting this protocol about reversing serious illnesses on our website and updating it frequently at www.godsholidays.com under Health. So check our web-

site frequently for the latest.

This method will not save everyone. We all have a point of no return and for each person that point is different. Some people do die. However, many people have literally been brought back from the brink of death with this program. Dr. Schultze's philosophy, as is ours, is, "As long as they are breathing, there is hope, so give the program your best shot."

And now, our prayer for you is, "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." (3 John 2)

Help Protect Our Health Freedoms

This information is extremely important. There are people in high places who know how powerful natural medicine is and they are trying to stop our access to natural medicine. There is a medical doctor who is doing an excellent job countering these people and her efforts are slowing them down. What she is doing could one day save your life, so we urge you to go to her website, study it, donate to her so she can continue the fight, and sign the petitions that she has on her website. Her website is <http://www.healthfreedomusa.org>. Sign up for her free email newsletters which contain crucial information. The latest newsletter we just received reports that a major drug company "accidentally" contaminated vaccines shipped to 18 countries with Avian Flu. She reports that this is major news overseas but that this news is being blacked out here in the US. To read all about it go to <http://www.healthfreedomusa.org/?p=2220>. For some time we have

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been concerned about the safety of vaccines. You can read much more about this subject on her website. Because of what I read, I will never get another vaccine again. However, the powers that be are trying to force all of us to take vaccines. This medical doctor is fighting this proposition and needs our support.

Colossians Chapter Two

Many say that Colossians chapter two proves that the feast days have been abolished at the cross. Others say the law and the feasts are abolished in this chapter. Still others say that this chapter proves that neither the law nor the feast days were abolished at the cross. So, who is right? For the best study on the law and the feast days in Colossians chapter two that we have ever read, go to www.lawincolossians.com. This study is fascinating and extremely interesting. Many amazing facts are presented. We challenge you to prayerfully read through this study.

Comforting Promises

“The widow of Zarephath shared her morsel with Elijah, and in return her life and that of her son were preserved. To all who, in time of want and trial, give sympathy and assistance to others more needy, God has promised great blessing. He has not changed.”

Prophets and Kings, p. 132

“Today, as verily as in the days of the apostles, heavenly messengers are passing through the length and breadth of the land, seeking to comfort the sorrowing, to protect the impenitent, and to win the hearts of men to Christ.” Acts of the Apostles, p. 152

“For the joy of the LORD is your strength.” Nehemiah 8:10

“For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.” Romans 8:18

“It is nothing with Thee to help, whether with many, or with them that have no power; help us, O LORD our God; for we rest on Thee, and in Thy name we go against this multitude. O LORD, Thou art our God; let not man prevail against Thee.” 2 Chronicles 14:11

“Let him take hold of My strength that he may make peace with Me, and he shall make peace with Me.” Isaiah 27:5

“The difficulties that seem so formidable, that fill your soul with dread, will vanish as you move forward in the path of obedience humbly trusting in God.” Patriarchs and Prophets, p. 437

“Through all our trials we have a never-failing Helper. He does not leave us alone to struggle with temptation, to battle with evil, and be finally crushed with burdens and sorrows. Though now He is hidden from mortal sight, the ear of faith can hear His voice saying, Fear not; I am with you...I have endured your sorrows, experienced your struggles, encountered your temptations. I know your tears; I also have wept...Think not that you are desolate and forsaken.”

Desire of Ages, p. 483

Thank You For Your Support

We appreciate so much all of you who support us through prayer and/or through financial donations. We are running this ministry on a shoe string budget and doing everything we can to keep costs down. Your support enables us to reach out to others with the gospel and also with the health message. We thank you from the bottom of our hearts.