

“People Need Help In Every Area Of Their Spirit, Soul, And Physical Body”

By telling you the things I did in 1983, to turn my health around when I came back from near death with lupus, hopefully I may help you. Nutrition had a part in helping to restore my health after my spirit was healed by confessing healing promises from my King James Bible. Then, I changed my bad eating habits and supplemented my diet with natural vitamins, as well, after my good nutrition doctor advised me to do so.

Though I attacked lupus from both the spirit and physical realm, it took one year to restore and turn my health around, as I was so near death. The word of God healed my spirit and started my soul on a search that changed my negative medical report. At last, God’s covenant promises had started my mental health on my way to recovery. Yet, I knew my body must be cared for better or my weakened immune system would cause my body to malfunction and drag my spirit down, as no one is helped if they are unwilling to change their mind, and nothing changes our mind as God’s promises can. I started in Psalms 91 and read and claimed my covenant promises. Now if you have bad eating habits, as binge-eating or improper eating you must change it as well and also exercise daily. This only scratches a surface of many ways you can turn your health around. I was more dead than alive, and yet, I turned my health and life completely around, and if you are alive, so can you change as well. I am not a certified nutritionist, and you do not need one to seek help, as I found information to rebuild my physically weakened body by studying nutrition. My health climbed for a while when I took good nutrition, and then, down again I went, because I would catch contagious things that went around. I did not know my problem back then, but now I can inform you, so that you do not get attacks like I endured, because I did not know how to care for my triune being of ‘my spirit,’ ‘my soul,’ and, ‘body.’ God made us a three part being, in His Image. He is a three part being. He is: (1) Father God, (2) God manifest as Jesus, and He is (3) The Holy Spirit. We are (1), spirit, just as God is a Spirit. (2) We have a (soul,) containing, mind, will and intellect. (3) We have a (physical body), so

as to contact others. However, angels are spirits, without physical bodies, and they can be with us, but unless God opens our spiritual eyes we cannot see, or touch them, as they have no form of body to touch them as we have.

Though we are a spirit, we must deal with our body, as well, as our spirit rules our body, as Proverbs says, “A broken spirit who can bear?” The spirit of a man is a candle, (or a light). Our spirit candle must always be lit to shine brightly, or else, our mental soul and our body will get weary. Our spirit has ‘a mind’ to know happiness or sorrow, just as our intellect has ‘a mind’ to make our decisions with. Jesus said that man cannot live by bread alone.

Though as

important as nutrition is for our body, yet, we must deal with ‘our spirit, plus our soulish mind, and body. So we change three things: How we ‘act’, how we ‘think’, and how we ‘eat’. So, if one part of our three-part being is fragmented and not in harmony with the other two parts, then, that upsets our entire physical body’s very delicate system. God said that we are fearfully and wonderfully made. We aren’t made to carry weights of worry. Jesus said to cast our cares on Him, as He cares for us. Worry or stress is proven to kill, as it destroys the body. So first, we must cast our cares on Jesus and let Him deal with them. Next, we must train our mind to think godly thoughts by reading the Bible, as Jesus said that we cannot live by bread alone. Here is how I made my change: I read Psalms 91 to the end and claimed my long life promise in that chapter’s last verse, as it says that God will satisfy and show us His salvation. Salvation means, for our spirit, soul, and body. Then, we are satisfied to live a long, healthy life if we follow God’s Laws. Also, I read and obeyed Joshua 1:8; so, I stayed on target, as this will make us successful in everything. Then, at the health-food store I inquired of a nutritionist about what nutrition would benefit me. I changed my diet and ate right and took vitamins, minerals, and enzymes, as food today is void of nutritional value of food our ancestors ate, because of polluted soil, air, and water from factory fallout, etc. Food today is harvested days and weeks before eaten, so it’s void of nutrients of the food taken straight from a garden. I had tried to live on store-bought foods and almost died, as I thought if I ate a variety of food I

would be healthy, but I wasn't. Then, I supplemented my diet and enforced God's Word on the enemy, and after a year, I was healed of lupus, and I have stayed healthy. My article is here to create hunger, so you will seek for health answers. I do not say that my information will be your answer. So, ask God for wisdom concerning your problem. My article is meant to inform you of things you can do to change and turn your health around, just as I turned my life and health from defeat to victory, in 1983.

I suggest you read all my healing articles on this website and let your spirit be healed, as that is how you start first, and then, take the best of care for your body, and ask yourself, "Would Jesus eat this kind of food?" If not, why do you eat it" Our body is a temple of God therefore, we must treat it well as it holds Royalty, because it does if we are born again by the Spirit of the Living Savior, and Lord, Jesus Christ.

If you will call my office at (336-969-4659,) I can lift your spirit with prayer. You can print this article for your friends and they can read my healing articles themselves. Know this, that as long as there is life, there is hope in the Lord and in His Word. God bless you!

By Emily Dotson